

INSTRUCTION

File: IGAE/IGAF

HEALTH/PHYSICAL EDUCATION

Each school shall organize and maintain a physical and health education program in accordance with State Board of Education regulations and State Board of Health Guidelines. Such health instruction

- incorporates standards that recognize the multiple dimensions of health by including mental health and the relationship of physical and mental health so as to enhance student understanding, attitudes, and behavior that promote health, well-being and human dignity, and
- may include an age-appropriate program of instruction on the safe use of and risks of abuse of prescription drugs that is consistent with curriculum guidelines develop by the Board of Education and approved by the Board of Health.

The Charlottesville City School division’s goals are that a program of physical activity will be available to all students in grades kindergarten through five consisting of at least 20 minutes per day or an average of 100 minutes per week during the regular school year and available to all students in grades six through 12 for at least 150 minutes per week on average during the regular school year. Such program may include any combination of physical education classes, extracurricular , athletics, recess or other programs and activities.

- Adopted: July 16, 1998
- Revised: April 17, 2008
- Revised: June 19, 2008
- Revised: June 17, 2010
- Revised: June 30, 2015
- Reviewed: June 20, 2017
- Revised: June 19, 2018

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Legal References: Code of Virginia, 1950, as amended, sections 22.1-207, 22.1-253.13:1  
8 VAC 20-320-10

Cross References: IC/ID School Year/School Day  
 IGAG Teaching About Drugs, Alcohol, and Tobacco  
 JHCA Physical Examinations of Students  
 JFCH Student Wellness  
 JO Student Records