

Physical Education Instruction Requirements

Legal Requirements

[OAR 581-022-2030 District Curriculum](#) requires that districts have a planned K-12 instructional program for physical education that includes the [academic content standards](#) adopted by the State Board of Education.

[ORS 329.496](#) and [OAR 581-022-2263](#) require districts to ensure that K-8 students participate in physical education instruction as follows:

Grades K-5	150 minutes per week for the entire school year (120 minutes for 4 day school week)
Grades 6-8	150 minutes per week averaged over the year (120 minutes for 4 day school week)

[OAR 581-022-2000 Graduation Requirements](#) require:

High School	1 credit of PE is required for a high school diploma
-------------	---

- **Physical education** is an academic, sequential, skill-based class aligned to state standards to reach specific outcomes. Best practice includes being taught by a licensed PE teacher. In Oregon, licensed teachers are required to teach PE at MS and HS levels.
- **Physical activity** is any physical movement, unstructured or structured and provides opportunities to apply skills learned in physical education.

Primary
Grades
K-5(6)

Primary Grades K-5(6)

Approaches & Considerations

Best Practice

Licensed teachers with a physical education endorsement can provide as many minutes towards the requirements as possible to any class in any grade

*Districts can add to minutes taught by a licensed Physical Education teacher in the following ways:

Embedding Physical Education in the Classroom Environment

An unlimited number of minutes can be provided by a **multiple subject endorsed elementary teacher to students in their own classroom as long as:**

- Content taught is aligned to Oregon Physical Education state standards
- Minutes are consistently implemented as part of the school day schedule (Example: All K-5 classes must receive an equitable amount of time as well as an equitable amount of content)
- The curriculum is reviewed by an endorsed PE teacher

Licensed Elementary teachers that don't have a physical education endorsement, but possess a multiple subject endorsement, may provide up to 45 minutes of physical education **to another class that is not their own**, provided the curriculum is reviewed by an endorsed PE teacher.

Recess time is converted to become PE Instruction

A district can utilize the time allotted for “recess” and make appropriate changes for it to qualify as physical education minutes as long as:

- the time utilized is structured
- content is taught by a licensed multiple subject endorsed elementary teacher
- content is aligned to Oregon state physical education standards
- there is equitable access for all students

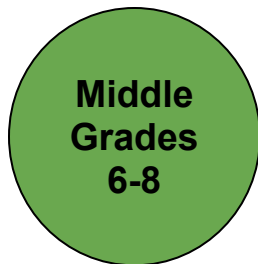
*Districts should double check their Wellness, or other policies to make sure they are not utilizing required unstructured recess time for Physical Education minutes. The minutes should be identified as Physical Education Minutes in the schedule.

Beginning or End of the School Day (within the school day)

A district may utilize time at the beginning or end of the school day for physical education minutes as long as:

- the time utilized is structured
- content is taught by a licensed multiple subject endorsed elementary teacher
- content is aligned to Oregon state physical education standards
- there is equitable access for all students

*Note - the minutes should be identified as Physical Education Minutes in the schedule.



Middle Grades 6-8

Approaches & Considerations

Staffing

All physical education must be taught by a **licensed physical education teacher** at the middle school level.

*Exceptions are considered if a teacher is teaching 10 hours or less outside of their content area and as allowed by TSPC emergency licensing exceptions. Teachers may not be hired for the sole purpose of teaching Physical Education for these 10 hours without a license to teach Physical Education.

[\(OAR 584-210-0160\)](#)

Cross-curricular Approaches

Some districts are exploring creative solutions to meeting physical education minutes:

- Embedding some PE instruction within Health education classes. In order for this to meet the requirements of the law, districts must ensure that:
 - coverage of the Health standards is maintained
 - a licensed Physical education teacher is teaching the PE portion
 - 50% of any time counted toward PE minutes must be spent engaged in physical activity
 - content is aligned to state physical education standards

Additional Notes Regarding Extracurricular Sports

- After-school athletics are an excellent way for students to maintain physical fitness, but extracurricular activities are not a substitute for physical education minutes and do not meet the legal requirements. Sport activities do not provide equitable opportunities for students, and should not be considered for physical education minutes.

Implementation Support & Technical Assistance

[Suzanne Hidde](#)

PE & Health Education Specialist
(971) 208-0395

[Susan Payne](#)

Division 22 Standards Specialist
(503) 580-6814

“Physical literacy is the ability, confidence, and desire to be physically active for life.”

- [Physical Literacy in the United States](#)

January 2024