

NEW HAMPSHIRE



Amount of Required Physical Education: The state requires students to take physical education in grades K-8, and directs local school boards to adopt a time schedule for physical education in each school.²⁰¹ All high schools are required to provide students with physical education, and students must earn physical education credit for graduation.²⁰² Schools must demonstrate compliance with the requirements²⁰³ by completing an annual state department of education-issued survey. If minimum requirements are not met, an alternative must be described. The state department of education follows up with annual site visits to 10 percent of schools each year to confirm accuracy and/or acceptability of the school's survey responses.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state requires students to earn 1.0 credit in physical education for graduation.²⁰⁴

Substitutions: The state does not permit school districts or schools to allow students to substitute other activities for their required physical education participation or credit.

Exemptions/Waivers: The state permits schools or school districts to apply for a waiver from state physical education requirements. Students may receive an exemption from required physical education credit.²⁰⁵ The commissioner of education may grant individual students an exemption from required physical education credit upon receipt of a written request from a local school board. The commissioner may grant an exemption for medical reasons or if the student moves into a state school district from another state during grade 12 and is not able to complete the graduation requirement.

Physical Activity: The state directs each school district board to develop and adopt a daily physical activity policy that may include recess and does not replace required physical education. The state does not specify a minimum weekly amount of physical activity for elementary, middle school/junior high, or high school students. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor does it prohibit using physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state does not require schools or school districts to provide their local school wellness policy to the state education agency nor to post it online for the public. It does not monitor the implementation of local school wellness policies.

State Standards: The state has adopted standards for physical education, with which all school districts are required to comply. [The New Hampshire K-12 Physical Education Guidelines](#) were adopted in 2005.

The state's Minimum Standards for School Approval rules embed the following national standards in the regulations that address what schools should provide in their programs:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state requires school districts and schools to use a curriculum aligned with state and/or national standards for physical education, but the choice of curriculum is a local decision.²⁰⁶ In the past year the state distributed a physical education competencies scope and sequence, vetted by a state physical education consultant, to teachers during a state professional development session. It has not promoted use of the Physical Education Curriculum Analysis Tool (PECAT) to schools or school districts.

State Funding for Physical Education Programs: General education funding is available for the state's physical education programs in school districts and schools. No additional funding is available for physical education programs.

Class Size: The state's required student-teacher ratio for academic classes is applicable to physical education.

Grade Point Average (GPA): The state does not require physical education grades to be included in a student's overall GPA.

Online Physical Education Courses: The state allows students to earn required physical education credits through online physical education courses.²⁰⁷

Student Assessment Requirements: The state requires ongoing student assessment of student learning outcomes²⁰⁸ in grades 1-12, but does not set specific requirements for areas to be assessed (other than graduation competencies).²⁰⁹ Individual student results are sent to parents/guardians. In addition, schools must demonstrate how school and student assessment data are used to evaluate, develop, and improve curriculum, instruction, and assessment.

Fitness Assessment: The state does not require student physical fitness assessment but it is still considered a best practice and is included in some schools' curriculum.

Body Mass Index (BMI): The state does not require schools to collect student BMI or height and weight.

Certification/Licensure of Physical Education Teachers:

The state requires physical education teachers to be state certified/licensed and endorsed to teach physical education at the elementary, middle school/junior high, and high school levels, and to teach online physical education courses. It also requires physical education teachers to pass a physical education certificate/licensure exam (Praxis II) before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are not allowed to teach required elementary school physical education classes.

Professional Development of Physical Education

Teachers: Professional development is required in order to maintain/renew one's physical education teacher certification or licensure, and this professional development must be on physical education topics. The state provides professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state has a teacher evaluation system for all teachers.

National Board Certification: The state supports the National Board Certification process by providing a link to National Board for Professional Teaching Standards homepage from its Bureau of Credentialing web page.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It has designated staffing (<0.5 FTE) to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

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201 N.H. Code Admin. R. Ed. 306.26 (2015).

202 N.H. Code Admin. R. Ed. 306.41 (2015); N.H. Rev. Stat. Ann. § 189:10 (2015); N.H. Rev. Stat. Ann. § 189:11-a (2015); N.H. Rev. Stat. Ann. § 193-E:2-a (2015); N.H. Code Admin. R. Ed. 306.411 (2015); N.H. Code Admin. R. Ed. 306.04 (2015).

203 N.H. Rev. Stat. Ann. § 193-E:3-b (2015).

204 N.H. Code Admin. R. Ed. 306.27 (2015).

205 N.H. Code Admin. R. Ed. 306.27 (2015).

206 N.H. Code Admin. R. Ed. 306.27 (2015); N.H. Code Admin. R. Ed. 306.41 (2015).

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