



## Physical Education Requirements for New York City Elementary Schools

Physical education (PE) is required by New York State law and the Commissioner of Education's regulations for all students in grades K-12. In PE, students learn about fitness and develop attitudes, skills and behaviors that lead to lifelong physical, mental, emotional and social wellness.

### Physical Education Is

- An academic subject, with established learning standards
- A regular class scheduled during the school day
- Taught by a certified, licensed DOE teacher
- Based on a curriculum, with learning outcomes and assessments
- Accessible to all students
- Comprised of instruction on a diverse range of skills (not just sports)
- Required by State law

### Physical Education Is Not\*

- A form of punishment
- Recess
- A before- or after-school club
- A video-based activity break
- An external- or vendor-provided program
- A community sports league
- Going to the gym
- Active transportation

*\*Although some of these activities may help increase physical activity at your school, they do not replace physical education.*



**Elementary school students must participate in PE for at least 120 minutes per week.**

- Grades K-3 must participate in PE every day.
- Grades 4-6 must participate in PE at least three times per week.

**A certified PE teacher is most qualified to provide instruction that meets New York State (NYS) and national PE learning standards. The NYS learning standards for physical education are:**

- 1) Personal Health and Fitness
- 2) A Safe and Healthy Environment
- 3) Resource Management

The Office of School Wellness Programs (OSWP) supports schools in achieving standards and provides professional development opportunities for NYC DOE teachers in health, wellness and PE. Visit [schools.nyc.gov/wellness](https://schools.nyc.gov/wellness) or email [wellness@schools.nyc.gov](mailto:wellness@schools.nyc.gov) to learn more.



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