

**Section 8-9.1. Physical Education Program must comply with state law; goal of Suffolk Public Schools.** — A. Students receive health instruction and physical training as prescribed by the Board of Education and approved by the Board of Health. Such health instruction:

- (i) 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
- (ii) 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 developed by the Board of Education and approved by the Board of Health.

B. Suffolk Public Schools provides a program of physical activity 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 school year and available to all students in grades six through 12 with a goal of at least 150 minutes per week on average during the regular school year. Such programs may include any combination of physical education classes, extracurricular athletics, recess or other programs and physical activities. Any physical education class offered to students in grades seven and eight includes at least one hour of personal safety training per school year in each such grade level that is developed and delivered in partnership with the local law-enforcement agency and consists of situational safety awareness training and social media education. (Adopted January 12, 1995; Revised September 8, 2011; Ordinance 11/12-2; Effective Date: September 9, 2011; Revised June 9, 2016; Ordinance Number 15/16-71; Effective Date: July 1, 2016; Revised November 8, 2018; Ordinance Number 18/19-38; Effective Date: November 8, 2018; Ordinance 19/20-41; Revised/Effective Date: December 12, 2019)

**Legal Authority** - Virginia Code §§ 22.1-207, 22.1-253.13:1, (1950), as amended. ~~and § VAC 20-320-10.~~