

MAINE



Amount of Required Physical Education: The state requires students to take physical education in grades K-8, but does not specify time or duration.¹³⁵ The state requires high schools to provide physical education but does not have a requirement for the grades (9-12) in which it must be taken in order to fulfill the physical education credit requirement for graduation.¹³⁶ The state does not have a method for enforcing physical education requirements.

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

High School Graduation Requirements: The state requires students to earn 1.0 physical education credit for graduation.¹³⁷ Beginning in 2017, the state will move to proficiency-based diploma system and students must demonstrate proficiency in meeting state standards for physical education.¹³⁸

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

Exemptions/Waivers: The state does not permit schools or school districts to apply for a waivers from state physical education requirements. The state does not permit students to apply for an exemption from required physical education class time or credit.

Physical Activity: The state does not require elementary schools to provide daily recess and does not require a minimum weekly amount of physical activity time for elementary, middle school/ junior high, or high school students. Classroom physical activity breaks are not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor does it prohibit the use of 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 [Maine Learning Results](#) were adopted in 2007.

Areas addressed in the state standards include:

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 does not require schools or school districts to use a specific curriculum for elementary, middle school/ junior high or high school physical education, but curricula must be aligned with the state standards.¹³⁹ In the past year the state has promoted the following curriculum tools to schools or school district: goals and objectives of physical education, student learning benchmarks, a chart describing scope and sequence for physical education, and lesson plans or learning activities for physical education. It has also promoted use of the Physical Education Curriculum Analysis Tool (PECAT), through Centers for Disease Control and Prevention (CDC)-sponsored professional development session(s), presentation(s) at state conferences or meetings, and information-sharing through existing state communication networks.

State Funding for Physical Education Programs: General education funding is available for the state's physical education programs in school districts and schools. The state survey reported that there is no additional funding for school districts or schools to improve physical education programs. According to state law, a municipality may raise or appropriate money for physical education or to provide for physical fitness programs in the schools (but does not specify the source).¹⁴⁰ In addition, balance in the state Obesity and Chronic Disease Fund may be used to pay for implementation

(e.g., equipment, staff training, and personnel) of a new physical education program for elementary schools.¹⁴¹

Class Size: The state has a required student-teacher ratio for academic classes that applies to physical education.

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

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

Student Assessment Requirements: The state department of education is to implement a statewide system of learning results that establish parameters for physical education instruction. Each school year the superintendent must certify to the Commissioner that the local assessment system meets appropriate standards.¹⁴² The state requires annual student assessment related to the state physical education standards in grades 1-8. Students are assessed in National Standards 1-5 listed above. Individual student results are shared with each student's parent/guardian, and aggregate results are used to inform school district or school long-term strategic planning.

Fitness Assessment: The state does not require student physical fitness assessment, but any data collected are shared at the school level (e.g. to students, parents, principal).

Body Mass Index (BMI): The state does not require schools to collect student BMI or height and weight, but it does provide model policies, policy guidance, or other materials to inform school or district policy on this screening.

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 online physical education courses. It also requires physical education teachers to pass a physical education certificate/

licensure exam (Praxis I and II) before they are endorsed to teach physical education. Elementary classroom teachers (generalists) are 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, but the professional development does not have to 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 does not actively promote or encourage teachers to register for the National Board Certification process, nor does it provide mentoring or funding support, or any type of monetary compensation, for physical education teachers going through the process.

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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135 Me. Stat. tit. 20-a, § 4711 (2015). Elementary course of study; Me. Stat. tit. 20-a, § 4712 (2015). Junior high school or middle school course of study.

136 Me. Stat. tit. 20-a § 4723 (2015). Health and physical education; Me. Stat. tit. 20-a, § 4721 (2015). General requirement.

137 05-071-127 Me. Code R. § 7 (2015). Conditions for Awarding Diplomas.

138 Me. Stat. tit. 20-a, § 4722-A (2015). Proficiency-based diploma standards.

139 05-071-127 Me. Code R. § 5 (2015); 05-071-127 Me. Code R. § 6 (2015); 05-071 Me. Code R. § 7 (2015).

140 Me. Stat. tit. 30-a, § 5724 (2015).

141 Me. Stat. tit. 20-a, § 6631 (2015).

142 Me. Stat. tit. 20-a, § 6209 (2015); 05-071-127 Me. Code R. § 4 (2015).