

NEBRASKA

Amount of Required Physical Education: The state requires students to take physical education in grades K-8 but does not have a requirement for the number of minutes. High schools are required to provide physical education. The state survey reported that students in grades 9-12 are not required to take physical education. State law specifies that secondary school students must complete 20 instructional units or two years of daily classes in personal health and physical fitness.¹⁸⁹ The state enforces the physical education requirements using the school improvement process.

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 does not have a requirement for the number of high school physical education credits needed for graduation.

Substitutions: The state survey reported that schools or school districts are permitted to allow students to substitute interscholastic sports, Junior Reserve Officer Training Corps (JROTC), or marching band for required physical education participation or credit. State law specifies that in middle and secondary schools, practice for and participation in interscholastic athletic activities are not accepted as a substitute for any part of the personal health and physical fitness requirement.¹⁹⁰

Exemptions/Waivers: The state permits schools or school districts to apply for a waiver from state physical education requirements. The Nebraska Board of Education has authority to grant these waivers, and the waiver is effective for one year. Students may apply for an exemption from required physical education class time or credit for medical reasons.

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. Nebraska 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. The state does not monitor the implementation of local school wellness policies.

State Standards: The state has adopted [standards for physical education](#). The standards were last revised in 2006 and are undergoing revision in 2016.

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, but it provides guidance regarding areas that must be covered by the curriculum.¹⁹¹ In the past year it has distributed the following curriculum tools to schools or school districts: goals and objectives of physical education programs, student learning benchmarks, a chart describing scope and sequence for physical education, written physical education curriculum, lesson plans or learning activities for physical education, the Physical Best Activity Guide, and (to high schools only) Fitness for Life. Nebraska has promoted use of the Physical Education Curriculum Analysis Tool (PECAT), through existing state communications networks and through professional development session(s) sponsored by the Centers for Disease Control and Prevention (CDC), presentation(s) at state conferences or meetings, and curriculum mapping workshops.

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 for is available for physical education programs.

Class Size: The state does not have a required student-teacher ratio for academic classes.

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

Online Physical Education Courses: N/A

Student Assessment Requirements: The state does not require student assessment related to state physical education standards.

Fitness Assessment: The state does not require student physical fitness assessment.

Body Mass Index (BMI): The state requires schools to collect height and weight data for each student. BMI data is collected in grades 1-4, 7, and 10. BMI data is used by individual school districts. The state provides 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 middle school/junior high and high school levels.¹⁹² It does not require physical education teachers to pass a physical education certificate/licensure exam 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 not required in order to maintain/renew one's physical education teacher certification or licensure, but the state provides professional development events or funding specifically for physical education teachers.

Teacher Evaluation: The state does not have a teacher evaluation system.

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 at the state level (<1.0 FTE) to oversee implementation, compliance, technical assistance, or monitoring of physical education programs in school districts and schools.

Contact Person:

Julane Hill
Coordinated School Health Director
Nebraska Department of Education
301 Centennial Mall South, 6th Floor
Lincoln, NE 69509
402-471-4352
Julane.hill@nebraska.gov

188 92 Neb. Admin. Code § 10-004 (2015).

190 92 Neb. Admin. Code § 10-004 (2015).

191 92 Neb. Admin. Code § 10-004 (2015).

192 92 Neb. Admin. Code § 24-006 (2015).