**To meet one of the “Best Practices” incentives a district must offer either Physical Education OR Health Education classes that meet the State Board of Education Standards.**

Below is a summary of these State Board Policies cited in the Legislation. (Note: Even though the State Board is currently amending the Physical Education Policy, the School Aid Act specifically states the Policy adopted September 25, 2003).

**SBE POLICY ON QUALITY PHYSICAL EDUCATION (9/25/2003)**

A quality physical education program includes:

* A Curriculum aligned with the Michigan K-12 Physical Education Content Standards and Benchmarks.
* Classes taught by a certified physical education teacher trained in best practice/physical education methods.
* Students of all abilities.
* Instructional periods totaling 150 minutes per week *(elementary)* and 225 minutes per week *(middle and high school)*.
* A teacher to student ratio consistent with those of other subject areas and/or classrooms.
* Enough functional equipment for each student to actively participate.
* Daily opportunities for unstructured physical activity, commonly referred to as recess, for all students pre-K through grade six. Recess should be in addition to physical education class time and not be a substitute for physical education. School staff should not withhold participation in recess from students or cancel recess to make up for missed instructional time. Schools should provide opportunities for some type of physical activity for students in grades seven through twelve apart from physical education class and organized sports.

**The expectation is that the district will implement each of the components above in order to qualify for the “Best Practices” money in this category. The SSAA requires provision of PE “consistent with SBE Policy”.**

**SBE POLICY ON COMPREHENSIVE SCHOOL HEALTH EDUCATION (6/8/2004)**

The comprehensive school health education policy states that:

* 50 hours of health education should be provided at every grade level using the MI Health Content Standards and Benchmarks.
* Students should be assessed regularly.
* Course grades for health education should be included in calculations of GPA, class rank and academic recognition programs (i.e. Honor Roll).
* Highly qualified teachers in health education should be teaching these courses and administration should encourage professional development.

**The expectation is that districts will comply with the above ‘should’s’ (they become ‘shall’) in order to qualify for the Best Practices categorical funding. The SSAA requires provision of Health “consistent with SBE Policy”.**