



MINNESOTA HEALTHY KIDS/ PHYSICAL EDUCATION LAW

MINNESOTA JOINS 47 STATES THAT HAVE ADOPTED NATIONAL PHYSICAL EDUCATION STANDARDS THAT QUALIFY DISTRICTS FOR FEDERAL PHYSICAL EDUCATION GRANTS.

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THE MINNESOTA Healthy Kids/Physical Education law aims to ensure more children have access to high quality physical education by adopting statewide standards, establishing a Healthy Kids Awards program, and requiring school districts to post school wellness policies online.¹ Minnesota joins 47 states that have adopted national physical education standards that qualify districts for federal physical education grants.²

Q What does the legislation do?

A The law:

- » **Requires** high school students to have a physical education credit to graduate beginning in the 2012-2013 school year.
- » **Requires** adoption of Nation-

al Association for Sport and Physical Education Standards (NASPE) by the 2012-13 school year.³

“[The law] requires adoption of National Association for Sport and Physical Education Standards”

- » **Qualifies** Minnesota schools to compete for \$26.5 million in federal Physical Education Program (PEP) grants.
- » **Establishes** a Healthy Kids Awards program to reward schools that adopt policies promoting better nutrition and physical activity for their students. Schools meeting program criteria will have a designation or recognition on the School Report Card.⁴
- » **Requires** school districts to post school wellness policies online, where available, so parents and the community members can access them and take an active role in implementing them.⁵
- » **Encourages** the Minnesota Department of Education to develop best practices to promote recesses that engage all students, increase their activity levels, build social skills, and decrease behavioral issues.⁶
- » **Encourages** the Minnesota Department of Education to update the Minnesota Common Course Catalogue with all physical education classes, district physical education standards and local physical education graduation requirements.

What are the NASPE standards?

Most Minnesota school districts already use the NASPE standards.⁷ Starting in the 2012-2013 school year, all districts must implement the standards, which require students to:

- » Demonstrate competency in motor skills and movement needed to perform a variety of physical activities;
- » Demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities;
- » Participate regularly in physical activity;
- » Achieve and maintain a health-enhancing level of physical fitness;

» Exhibit personal and social behavior that respects self and others in physical activity settings; and

» Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

How can my school receive the healthy kids award program?

To receive the award, schools must implement policies and practices that create opportunities for students to be physically active and make healthy food choices throughout the day.⁸ The goals of the program include:

- » Integrating physical activity into nonphysical education classes, recess, and extracurricular activities throughout the day;

» Integrating nutrition education and healthy food and beverage choices throughout the school environment, including classrooms, cafeterias, vending, school stores, and fund-raising activities.

School districts may submit letters of intent to participate in the Healthy Kids Award program to the Commissioner of the Minnesota Department of Education by September 15 of each school year. The Commissioner of Education will develop program criteria, which include following the Institute of Medicine's guidelines for school food and beverages.



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1 MINNESOTA DEPARTMENT OF EDUCATION, FREQUENTLY ASKED QUESTIONS: HEALTHY KIDS BILL (2010), <http://education.state.mn.us/mdeprod/groups/Communications/documents/Announcement/018049.pdf>

2 AMERICAN HEART ASSOCIATION, 2010 HEALTHY KIDS/PHYSICAL EDUCATION BILL (2010), http://www.heart.org/idc/groups/heart-public/@wcm/@mwa/documents/downloadable/ucm_308657.pdf

3 MINN. STAT. 120B.021, Subd. 1.

4 MINN. STAT. 124D.955, Subd. 2.

5 MINN. STAT. 121A.215. School districts must show the posted wellness policy during the administrative review of the National School Lunch Program.

6 The Minnesota Department of Education is currently working to develop these guidelines through a Coordinated School Health grant from the Centers for Disease Control and Prevention. School districts will not be required to adopt any guidelines developed through this process.

7 <http://www.aahperd.org/naspe/>

8 MINN. STAT. 124D.955, Subd. 2.