

## HEALTH EDUCATION/PHYSICAL EDUCATION

Students receive health instruction and physical training as prescribed by the Board of Education and approved by the Board of Health.

Such health instruction

- 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
- 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.

Maggie L. Walker Governor's School provides a program of physical activity available to all students consisting of at least 20 minutes per day or an average of 100 minutes per week during the regular school year and available to all students in grades nine through twelve 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, and other programs and physical activities.

Adopted: June 18, 2015  
Amended: October 18, 2018  
Amended: August 15, 2019  
Amended: August 19, 2021  
Amended: October 20, 2022

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Legal Refs.: Code of Virginia, 1950, as amended, §§ 22.1-207, 22.1-253.13:1.

8 VAC 20-320-10.

Cross Refs.: Pol 3020 Teaching About Drugs, Alcohol, & Tobacco  
Pol 4075 Student Wellness  
Pol 4045 Student Records  
Pol 3004 School Year/School Day