

## **Information Regarding Requests for Waivers and Course Substitutions**

Montgomery County Public Schools (MCPS) does not grant physical education credit for participation in external physical activity programs, including but not limited to dance, gymnastics, swimming, and sports/athletics. To substitute physical activity that takes place off the school grounds and outside the school curriculum fails to address many of the standards, indicators, and objectives of the MCPS Physical Education Curriculum Framework, approved by the Board of Education, April, 2006. Activities that provide physical activity, e.g., marching band, ROTC, cheerleading, school and community sports, have important but distinctly different goals than physical education. Physical education is an academic discipline and physical education curricula and programs focus on scientific concepts and principles. Assessment in physical education is multidimensional, ongoing, and is used to evaluate student proficiency in the physical education standards.

The Maryland Physical Education Content Standards reflect scientific principles of exercise physiology, biomechanics, social psychology, and motor learning, essential to the development of the physically educated person. These principles are consistent with those in other academic areas, facilitating cross-curricular connections among physical education and science, mathematics, language arts, social studies, art, music, and health.

Students in Grades 9–12 participate in a variety of personal development, fitness, sports, and dance activities to develop knowledge of motor/skill concepts and intrapersonal/interpersonal skill applications. Students gain understanding of human movement as they analyze physical education concepts and principles. Although dance is included in the physical education curriculum, physical education dance courses do not meet the Fine Arts graduation requirement.

### **State and Local Requirements**

The Code of Maryland Regulations (COMAR 13A.04.13, Physical Education Program) adopted by the Maryland State Board of Education on October 29, 1986, requires each local school system to provide an instructional program in physical education each year for all students. It also requires high school students to complete one-half (.5) credit in physical education for graduation.

The MCPS Board of Education requires students to complete an additional one-half (.5) credit of in-school physical education for graduation. There is no provision to substitute any outside physical activity program in lieu of meeting either the state or local in-school physical education instructional requirement.