

DISTRICT OF COLUMBIA PE COMPLIANCE GUIDE

**ELEVATING PHYSICAL EDUCATION ACROSS DISTRICT
OF COLUMBIA SCHOOLS WITH POCKET P.E.™**



ANNUAL MANDATED INSTRUCTION HOURS

District of Columbia Policy: K–5 schools must target an average of 150 minutes of physical education weekly. Schools providing under 90 minutes per week must submit a formal action plan to the OSSE. Programs must also strive for 60 minutes of daily physical activity, which can include two 20-minute recesses for Grades K–8 (D.C. Code § 38–824.01[a], § 38–824.02[a]).

Pocket PE Solution: Pocket PE is an evidence-based, CDC-funded mobile app curriculum that equips educators with structured, on-demand lessons that help schools consistently hit weekly PE targets, maximize recess blocks, and maintain active tracking of PE minutes.

PERFORMANCE STANDARDS ALIGNMENT

District of Columbia Policy: Instruction must align with D.C. Physical Education Standards, ensuring that at least 50 percent of instructional time is dedicated to moderate-to-vigorous physical activity (MVPA) (D.C. Code § 38–821.01[6C]). The broader curriculum mandates culturally responsive health and personal safety education for Grades K–12.

Pocket PE Solution: Every feature and lesson within Pocket PE maps precisely to grade-level standards. Our platform is intentionally engineered to optimize active participation; evaluation results with teachers demonstrate that students achieve the mandated 50% of class time in MVPA, verified and measured with wrist-worn heart rate monitors.

STATE ENFORCEMENT, INCENTIVES, AND ACCOUNTABILITY

District of Columbia Policy: The OSSE enforces compliance through mandatory annual School Health Profiles and biennial student achievement reviews. Noncompliant schools risk mandatory corrective actions and the loss of eligibility for critical Healthy Schools Fund grants (D.C. Code § 38–826.02).

Pocket PE Solution: Pocket PE automates compliance by tracking classroom-level PE minutes and standards achieved. Administrators can export these comprehensive reports to effortlessly complete annual School Health Profiles, providing the verified, data-driven documentation required by the OSSE to safeguard district eligibility for Healthy Schools Fund grants.

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