

PHYSICAL EDUCATION

The District strives to provide a developmentally appropriate, safe, supportive, and structured learning environment in which all students can experience success. The Physical Education Program shall address and enhance the motor, cognitive, and interpersonal skills as well as the fitness abilities of each student. Students shall have a better understanding of health issues and the skills and attitudes that shall enable them to make informed decisions for a healthy, active lifestyle now and in the future.

1. Program Outcomes

The District follows a standards-based physical education curriculum using the Sunshine State Standards for planning, instructing, and evaluating student progress.

The physically educated student shall:

- a. Develop an appreciation for the freedom of movement, develop the confidence to try new skills, and pursue a healthy lifestyle through physical fitness.
- b. Communicate effectively in a variety of situations.
- c. Take ownership of his or her actions by solving problems, making decisions, and setting goals.
- d. Be responsible and demonstrate leadership while working to develop and encourage positive attitudes and sportsmanship.
- e. Understand and appreciate the value of individual, cultural, and physical differences by participating in cooperative activities.
- f. Wear appropriate dress for physical education class/activities.
- g. Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.
- h. Demonstrate understanding of movement concepts, principles, strategies, and tactics as they may apply to the learning and performance of physical activities.
- i. Participate regularly in physical activity of moderate intensity.
- j. Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
- k. Develop a healthy, active lifestyle.

2. Program Requirements

- a. All physical education programs shall be taught by Instructional personnel as defined in section 1012.01(2), Florida Statutes.

- b. Instructional personnel shall work cooperatively with parents, physicians, guidance counselors, and administrators to design/adapt physical activities to meet the needs of all students.
 - c. Physical education is defined as “the development and maintenance of skills related to strength, agility, flexibility, movement, and stamina, including dance; the development of knowledge and skills regarding teamwork and fair play; the development of knowledge and skills regarding nutrition and physical fitness as part of a healthy lifestyle; and the development of positive attitudes regarding sound nutrition and physical activity as a component of personal well-being”. It is clear that, while physical activity such as that which occurs during recess is one part of the physical education requirements, there are also requirements for knowledge and skills regarding issues such as teamwork, fair play, nutrition, and healthy lifestyles.
 - d. Students will have access to one-on-one counseling with the physical education teacher or the school counselor concerning the benefits of physical education.
 - e. The physical education requirement for students with disabilities should be provided in the least restrictive environment.
3. Elementary School
- Students in grade K-5 will receive 150 minutes of physical education per week. On any day during which physical education is conducted, it must be scheduled for a minimum of 30 consecutive minutes.
4. Middle School
- All middle schools are encouraged to provide at least 225 minutes per week of physical education.
- Beginning in 2009-2010 school year, a minimum requirement for middle schools will require the equivalent of one class period per day of physical education for one semester of each year for students enrolled in grades 6-8.
5. High School
- As required by School Board Policy 307 – Student Progression Plan.
6. Waiver
- Students in grades K-8 are eligible to waive the physical education requirement if any of the following criteria are documented:
- a. The student is enrolled or required to enroll in a remedial course;
 - b. The student’s parent indicates in writing that:
 - (1) The parent requests that the student enroll in another course from among those courses offered as options at the school; or

- (2) The student is participating in physical activities outside the school day which are equal to or in excess of the mandated requirement.

Where a student seeks to waive the physical education requirement, placement in an alternate course will be based upon seat availability.

For students in grades 9-12, the physical education graduation requirement may be waived in accordance with the terms of School Board Policy 307 – Student Progression Plan, Section III.B.8.-

Legal Authority:

Sections 1001.41(2), 1001.42(25), Florida Statutes

Laws Implemented:

Sections 1001.43, 1003.43, 1003.455, Florida Statutes

History:

(Adopted -- August 25, 2009)

(Effective Date -- August 25, 2009)