

Book	School Board Policies
Section	Ch. 8. Curriculum and Instruction
Title	Physical Education
Number	8.025
Status	Active
Adopted	September 30, 2009

## **Purpose**

1. This Policy is intended to fulfill the requirement under Florida Statutes Section 1003.453 and 1003.455 that school districts shall have a "physical education policy" to promote student health and wellness and the reduction of childhood obesity.

## **Program**

1. The District will follow State and Federal requirements for providing to students physical education, as defined within Florida Statutes Section 1003.01(16), and encourage all students in pre-kindergarten through grade 12 to participate in physical education. The District will adhere to the State's Next Generation Sunshine State Standards -- Physical Education, 2009. Additional programs are described in the District's Wellness Promotion Policy--School Board Policy 2.035.
2. The District follows a standards based physical education curriculum using the Next Generation Sunshine State Standards for planning, instructing and evaluating student progress.
3. Physical education courses should be the environment where students learn, practice, and are individually assessed on developmentally appropriate motor skills, social skills, and knowledge, which will support life-long benefits of physical activity.
4. The physical education program at each school should be supported by a certified physical education teacher.
5. Instructional personnel shall work cooperatively with parents, physicians, guidance counselors, and administrators to design/adapt physical activities to meet the needs of all students. The District shall provide reasonable accommodations and comply with relevant provisions of a student's active Individual Education Plan (IEP) or active Section 504 Accommodation Plan.
6. Physical education should include the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity which provides outlets for stress-reduction.
7. The school should provide a physical, social, and emotional environment that encourages safe and enjoyable activity for all students including those who are not athletically gifted.
8. All students shall be required to wear appropriate dress for physical education as prescribed by the school.

## **Expected Outcomes and Benefits**

1. 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 physical fitness abilities of each student.

2. Physical Education creates an opportunity for students to participate in moderate to vigorous physical activity which can lead to developing a love of activity that can last a lifetime. Benefits of physical education include encouraging an active lifestyle that can lead to improvement of the health of a person physically, mentally and socially and increasing a person's level of wellness.
3. Participation in physical education develops teamwork, cooperation, problem-solving, decision-making and communication skills. These skills can lead to improved self-confidence and the desire to try new activities.
4. Physical education time shall not be withheld as a punishment or used as a punishment.

**Counseling**

1. As required by law, students shall have access to one-on-one counseling with the physical education teacher or school guidance counselor concerning the benefits of physical education.

STATUTORY AUTHORITY: Fla. Stat. §§ [1001.32\(2\)](#); [1001.41\(1\), \(2\)](#); [1001.42\(26\)](#); [1001.43\(1\) & \(6\)](#)

LAWS IMPLEMENTED: Fla. Stat. §§ [1001.32\(2\)](#); [1001.41\(3\)](#); [1003.01\(16\)](#); [1003.453](#); [1003.455](#); [42 U.S.C. § 1751](#)

RULES SUPPLEMENTED: State Board of Education Rule [6A-1.09401](#)

HISTORY: 9/30/2009