

## **PHYSICAL EDUCATION POLICY – s.1003.455. F.S.**

The School Board of Brevard Public Schools recognizes the value of Physical Education to the maintenance of the health and the development of life-long habits that will enhance personal fitness and wellness. Therefore, it shall be the policy of the Board that instruction in Physical Education shall be available to all students PreK through Grade 12. These programs shall consist of physical activities of at least a moderate intensity level and for duration sufficient to provide a significant health benefit to students, subject to the differing capabilities of students.

### **Intent:**

Every student shall be physically educated with the outcome being:

1. Demonstration of competency in the motor skills and movement patterns needed to perform a variety of physical activities;
2. Demonstration of an understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities;
3. Regular participation in physical activities;
4. Achievement and maintenance of a health enhancing level of physical fitness;
5. Exhibition of responsible personal and social behavior that respects self and others within physical activity settings.

### **Strategies:**

1. A standards based, balanced, sequential and progressive program of physical education that involves moderate to vigorous physical activity:
  - teaches knowledge, motor skills, self-management skills, and positive attitudes;
  - provides experiences that are age and developmentally appropriate;
  - promotes activities, including dance and sports, that students find enjoyable and personally relevant which they can pursue throughout their lives;
  - gives assignments and projects that encourage students to interact with family members;
  - is taught by well-prepared and well-supported certified physical education staff; is coordinated with the Sunshine State and National Health and Physical Education Standards
  - reinforces and supports knowledge from other subject areas.
2. Opportunities and encouragement for K-6 elementary students to participate in supervised recess are provided.
3. Opportunities and encouragement for students to voluntarily participate in before and after school physical activity programs, such as intramurals, clubs, and at the high school level, interscholastic athletics are provided.
4. Opportunities and encouragement for staff and family members to be physically active are made available.
5. School staff institutes a safe and healthy environment in which to conduct age appropriate physical activity.

6. The program shall make effective use of school and community resources and equitably service the needs and interests of all students and staff, taking into consideration differences of gender, cultural norms, physical and cognitive abilities, and fitness levels.
7. Provision shall be made at all levels to excuse individual students from specific activities if direction to do so is received, in writing, from the student's physician after discussion with all interested parties has taken place regarding what is best for the student. In addition, students may be excused from specific activities if those activities are contrary to their religious beliefs; a request to excuse a student from such activities must be received, in writing, from the student's parent or guardian.

The Superintendent shall develop the administrative procedures necessary to implement this policy (see below):

**Rationale:**

Schools have a responsibility to help students and staffs establish and maintain lifelong habits of being physically active. According to the United States Surgeon General, regular physical activity is one of the most important things people can do to maintain and improve their physical and mental health and overall well-being. Movement facilitates thinking processes and prepares the brain for optimal learning. Physical Education is an integral part of the total education of a child.

## **BREVARD PHYSICAL EDUCATION POLICY IMPLEMENTATION PROCEDURE**

### **Action Steps to Implement the Physical Education Policy**

- Approval of the Physical Education Policy by the School Board of Brevard County.
- Distribute the *Best Practices* for Physical Education brochure to administrators, teachers, parents and interested community members.
- Share the Secondary & Elementary Physical Education Curriculum Guides, reflective of the Sunshine State Standards, Best Practice Guidelines, Legal Issues & Safety Procedures, Personnel Responsibilities, Instructional Strategies, Program Content, Assessment and Resources with administrators & teachers.
- Distribute the Secondary & Elementary Physical Education Curriculum Guides to schools.
- Utilize the national FitnessGram computer assessment program. Provide a fitness report card to parents
- Update the district web page to include information relating to physical education.
- A Centers for Disease Control Coordinated School Health Program Committee (CSHP) has been formed at each school to address the eight areas of concern for good health and physical activity of students and staff.
- An annual Wellness Conference provides staff with the latest educational opportunities from educational sources & community/business agencies to improve mental, physical, emotional and social health of students' and staff.
- A district-wide Physical Education Leadership Team continues to serve Brevard Public Schools to address concerns of physical education in our schools.