

## 8510 - WELLNESS POLICY

### Physical Education

District Policy: The District will provide evidence-based physical education programs to enable students to develop healthy lifetime habits conducive to cardiovascular conditioning, flexibility, coordination, balance, and strength.

- A. Elementary Physical Education, grades K–1: 150 minutes of weekly instruction in physical education provided by the homeroom teacher is required.
- B. Elementary Physical Education, grades 2-5: 150 minutes of weekly instruction in physical education by a physical education teacher is required.
- C. Middle School Physical Education, grades 6 – 8: A minimum of one (1) semester of physical education in each of the three (3) years is required for all students, unless a waiver is submitted at the time of subject selection each year. Students will be encouraged to take physical education for the entire year in order to develop and maintain maximum health benefits.
- D. Senior High School Physical Education, grades 9–12: A minimum of one (1) credit of physical education in senior high school is required. One (1) semester must be Personal Fitness while the second semester may be any physical education course offered by the District with the approved State course codes.

If additional periods are added to the current six (6) period day in senior high schools, then physical education requirements may be increased.

- E. Physical education will be taught by a certified physical education specialist and will be an essential part of every school's instructional program, subject to the differing abilities of students. The program will stress the importance of physical fitness, healthy life-styles, and fairness and respect for all students.
- F. Nutrition education is required to be taught through physical education in grades K-12.
- G. Physical education skills needed for enhancing health will include:
  - 1. comprehension of concepts related to health promotion, disease prevention, and reduction of health risk;

2. ability to access valid health information;
3. effective interpersonal communication skills;
4. setting goals and making decisions;
5. stress reduction;
6. advocacy skills for personal, family and community health; and
7. instruction will include the psychomotor skills used in hands-on CPR/AED training (middle and senior high school only).