

Related Entries: (Not identified at this time)

### PreK-12 Physical Education

The School District of Lee County 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.

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. The benefits of an active lifestyle work to improve the health of a person physically, mentally, and socially. An active lifestyle can increase a person's level of wellness and resiliency.

Participation in physical education develops teamwork, cooperation, problem-solving, decision-making, and communication skills. The student gains an appreciation and respect of others' abilities. These skills can lead to improved self-confidence and the desire to try new activities.

Choosing an active lifestyle enables the student to prevent chronic and degenerative diseases such as diabetes, high blood pressure, heart disease, and osteoporosis.

#### (1) Program Outcomes

The School District of Lee County 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.

- 45 (d) Be responsible and demonstrate leadership while working to develop and  
46 encourage positive attitudes and sportsmanship.  
47
- 48 (e) Understand and appreciate the value of individual, cultural, and physical  
49 differences by participating in cooperative activities.  
50
- 51 (f) Wear appropriate dress for physical education class/activities.  
52
- 53 (g) Demonstrate competency in motor skills and movement patterns needed to  
54 perform a variety of physical activities.  
55
- 56 (h) Demonstrate understanding of movement concepts, principles, strategies,  
57 and tactics as they may apply to the learning and performance of physical  
58 activities.  
59
- 60 (i) Participate regularly in physical activity of moderate intensity.  
61
- 62 (j) Value physical activity for health, enjoyment, challenge, self-expression,  
63 and/or social interaction.  
64
- 65 (k) Develop a healthy, active lifestyle.  
66

67 (2) Program Requirements  
68

- 69 (a) All physical education programs shall be taught by Instructional personnel as  
70 defined in Section 1012.01(2) Florida Statutes (F.S.).  
71
- 72 (b) Instructional personnel shall work cooperatively with parents, physicians,  
73 guidance counselors, and administrators to design/adapt physical activities to  
74 meet the needs of all students.  
75
- 76 (c) Physical activity, recess, and physical education time shall not be withheld as  
77 a punishment or used as a punishment.  
78
- 79 (d) Fitness Testing will be administered to 4th, 7th and 9th grade students  
80 district-wide.  
81
- 82 (e) Physical education is defined as “the development and maintenance of skills  
83 related to strength, agility, flexibility, movement, and stamina, including  
84 dance; the development of knowledge and skills regarding teamwork and fair  
85 play; the development of knowledge and skills regarding nutrition and  
86 physical fitness as part of a healthy lifestyle; and the development of positive  
87 attitudes regarding sound nutrition and physical activity as a component of  
88 personal well-being.” It is clear that, while physical activity such as that which  
89 occurs during recess is one part of the new requirements, there are also  
90 requirements for knowledge and skills regarding issues such as teamwork,  
91 fair play, nutrition, and healthy lifestyles.

- 92 (f) The physical education class shall be consistent with the district class size  
93 safety guidelines.  
94
- 95 (g) The physical education program at each school should be supported by a  
96 certified physical education teacher assigned to that school.  
97
- 98 (h) Students will have access to one-on-one counseling with the physical  
99 education teacher or the school counselor concerning the benefits of physical  
100 education.  
101
- 102 (3) Elementary School  
103
- 104 (a) Students in grades K-5 will receive 150 minutes of physical education per  
105 week. On any day during which physical education is conducted, it must be  
106 scheduled for a minimum of 30 consecutive minutes.  
107
- 108 (b) The PE requirement for students with severe and profound disabilities can be  
109 met through participation in adaptive or specially designed PE.  
110
- 111 (4) K-8 School  
112
- 113 Students in grades K-5 will receive 150 minutes of physical education per week. On  
114 any day during which physical education instruction is conducted, it must be  
115 scheduled for a minimum of 30 consecutive minutes.  
116
- 117 Students in grade 6 who change classes and are on a middle school schedule are  
118 not required to receive 150 minutes of physical education.  
119
- 120 (5) Middle School  
121
- 122 All middle schools are encouraged to provide at least 225 minutes per week of  
123 physical education.  
124
- 125 Beginning in the 2009-2010 school year, middle schools will require the equivalent  
126 of one class period per day of physical education for one semester of each year for  
127 students enrolled in grades 6-8.  
128
- 129 (6) High School  
130
- 131 (a) 18 Credit Requirement - No P.E. credit required  
132
- 133 (b) 24 Credit Requirement - Schools may choose from three options for  
134 students entering ninth grade in 2007-2008 or later to fulfill their Physical  
135 Education graduation requirement:

- 136 1. Option 1: Students must take .5 credit in Physical Education and .5  
137 credit in Personal Fitness  
138  
139 2. Option 2: Students must take the one credit HOPE Core course  
140  
141 3. Option 3: Students must take the one credit HOPE Physical Education  
142 Variation course  
143
- 144 (c) 24 Credit Requirement – Students entering ninth grade prior to 2007-2008  
145 are required to take:  
146  
147 1. Option 1: Personal Fitness 1 (.5 credit)  
148  
149 2. Option 2: PE Activity Elective (.5 credit)  
150  
151 3. Option 3: Life Management Skills (.5 credit)  
152

153 (7) Waivers  
154

155 Available for the 24 credit options per Florida DOE guidelines.  
156  
157

158 **STATUTORY AUTHORITY:** 1001.41, 1001.42, 1001.43, 1003.43, 1003.455, F.S.  
159

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