

PHYSICAL EDUCATION

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The School District of Sarasota County believes that physical education is an important component of the total educational program. Physical activity is essential to the development and maintenance of good health. The physical education program shall focus on providing students with the knowledge and skills to make healthy lifestyle decisions.

- I. Students in Sarasota County Schools shall participate in a physical education program that stresses physical fitness and encourages healthy, active lifestyles. Physical education shall consist of physical activities of at least a moderate intensity level and for a sufficient duration to provide a significant health benefit to students.
- II. Goals of the physical education program shall include
 - A. Competency in motor skills and movement patterns;
 - B. Understanding of human movement as it relates to physical activities;
 - C. Understanding of the benefits of regular participation in physical activity;
 - D. Regular participation in physical activity;
 - E. Achievement of a health-enhancing level of physical fitness;
 - F. Knowledge of safety in physical activities;
 - G. Knowledge of first aid and cardiopulmonary resuscitation (CPR);
 - H. Demonstration of responsible personal and social behavior in physical activity;
 - I. Recognition and acceptance of the differing abilities of people;
 - J. Recognition of the values of physical activity for health, enjoyment, challenge, self-expression, and social interaction; and
 - K. Increase in health and wellness.
- III. All schools shall establish lesson plans that work toward meeting and exceeding the Sarasota County Physical Education Curriculum that is aligned with the Next Generation Sunshine State Standards.
- IV. Certified physical education teachers shall oversee Physical Education instruction. One hundred fifty (150) minutes of instruction per week is required for

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elementary students. The equivalent of one (1) class period per day for one (1) semester each year is required for middle school students. Traditional Four Year High School students must complete the required HOPE (Health Opportunities through Physical Education) course. The HOPE credit is not required for the 18 credit ACCEL diploma.

- V. The District shall notify parents annually that counseling concerning the benefits of physical education is available at each school. The District shall also inform parents, prior to scheduling a student for physical education, that the requirement for participation in physical education may be waived under certain circumstances as specified in law.

STATUTORY AUTHORITY: 1001.41, 1001.42, 1003.42, F.S.

LAW(S) IMPLEMENTED: 1001.43, 1003.41, 1003.42, 1003.428, 1003.453, 1003.455, F.S.

HISTORY: **ADOPTED:** 01/18/05
REVISION DATE(S): 01/16/07, 04/07/09, 02/06/14, 07/21/15
FORMERLY: New

NOTES:
Approved substitutions for HOPE include participation in two seasons of an interscholastic sport at the JV and Varsity levels and a passing grade of C on a Personal Fitness Competency test or completion of 2 full years ROTC.