

CHAPTER 4.00 - CURRICULUM AND INSTRUCTION

PHYSICAL EDUCATION

4.021*+

The School District of Lafayette 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. The physical education program shall be consistent with the standards of the National Association for Sport and Physical Education and with the set forth by the State of Florida. It shall be an integral part of the District Wellness Program.
- II. The physical education curriculum shall be a continuum from prekindergarten through grade 12. Activities shall be appropriate for the grade level and capabilities of the students and shall be of sufficient intensity and duration to provide a health benefit.

The District shall provide:

- a) 150 minutes each week of physical education for students in grades K-5 so that on any day during which physical education is conducted there are at least 30 consecutive minutes of physical education per day.
 - b) The equivalent of one class period per day of physical education for one semester of each year for students enrolled in grades 6-8.
 - c) High school students the opportunity to receive one credit of a HOPE physical education course for graduation purposes.
- III. 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;

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- 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.
- IV. The District shall develop a comprehensive physical education plan with input from teachers, parents, students, and representatives from the medical and sports fields. The plan shall be reviewed annually by the Wellness Committee and modified as appropriate. The plan shall adhere to the requirements of Florida Statutes.
- V. The District shall make available one-on-one counseling concerning the benefits of physical education. 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, F.S.

LAW(S) IMPLEMENTED:

**1001.43, 1003.41, 1003.42, 1003.428,
1003.453, 1003.455, F.S.**

HISTORY:

ADOPTED: _____

REVISION DATE(S): 03/16/2015; 05/27/2025

FORMERLY: