

SCHOOL DISTRICT

ADMINISTRATIVE  
REGULATION

246-AR-2. PHYSICAL EDUCATION

Goals established by the Board in the Student Wellness Policy will be implemented in action plans for physical education programs.

Professional staff will provide physical education instruction that complies with the curriculum and academic standards established to ensure that students develop required skills and knowledge.

The physical education curriculum and program will be reviewed and updated, as appropriate.

District schools will ensure that all students participate in physical education classes.

Physical education staff will utilize appropriate instructional strategies that provide meaningful inclusion of all students regardless of skill or fitness level.

The district's physical education programs will:

1. Provide physical activity options and alternatives from a variety of categories such as outdoor, rhythmical, and lifetime.
2. Feature cooperative as well as competitive games.
3. Teach self-management skills as well as movement skills.
4. Actively teach cooperation, fair play, and responsible participation.
5. Promote participation in physical activity outside of school.
6. Be an enjoyable experience for students.
7. Encourage lifelong participation in health-enhancing physical activities.
8. Provide for numerous practice opportunities through adequate facilities and sufficient equipment.
9. Create a positive learning environment in which students feel safe and supported.
10. Utilize physical activities that are developmentally appropriate.

## 246-AR-2. PHYSICAL EDUCATION

Suitably adapted physical education will be included as part of a student's IEP or accommodation when chronic health problems, disabling conditions, or other special needs preclude such student's participation in regular physical education instruction or activities. All documented medical conditions and disabilities will be accommodated.

An annual assessment and inventory of equipment, facilities and resources used for physical education courses will be made by physical education staff. Equipment, facilities and resources determined to be obsolete, out-of-date, unusable or unsafe will be reported for disposition.

The district's physical education instructional staff will be certified health and physical education teachers.

Physical education staff will attend professional development opportunities and inservice programs, in accordance with Board policy.

Student-teacher ratios in physical education classes that allow teachers the opportunity and time to work with individual students will be established in each school.

District schools will prohibit the withholding of physical education class as punishment.

District schools will implement action plans and/or programs that promote physical education in the schools.

### Assessment

A local assessment system will be implemented to track student progress on the Health, Safety and Physical Education academic standards. Course grades will be awarded in the same manner grades are awarded in other subject areas and will be included in calculations of grade point average, class rank, and academic recognition programs.

Assessment opportunities may include the following:

1. Student personal portfolios to assess student progress by making students accountable for completing fitness surveys and recording heart rate, workout routine, personal goals, and any other pertinent material.
2. Health-related physical fitness testing, which may be integrated into the curriculum as an instructional tool.
3. Tests appropriate to students' developmental levels and physical abilities and used to teach students how to assess their fitness levels, set goals for improvement, and monitor progress in reaching their goals. Staff will maintain the confidentiality of fitness test results, which will be available only to students and their parents/guardians.

## 246-AR-2. PHYSICAL EDUCATION

4. Physical education programs monitored and assessed regularly by physical education teachers, in conjunction with other district academic and health-related programs, using tools such as the Healthy Kids Survey, CDC School Health Index, CDC Physical Education Curriculum Analysis Tool (PECAT), National Association for Sport and Physical Education (NASPE) Appropriate Practices or other assessments. Results of these surveys and assessments will be reported to the Board and school, and made available to parents/guardians and the community.

### Family And Community Involvement

To promote family and community involvement in supporting and reinforcing physical education in the schools, the building principal or designee will be responsible for ensuring that:

1. Physical education activity ideas are sent home with students.
2. Parents/Guardians are actively encouraged to promote their child's participation in the school's physical education programs and after-school activities through information distributed by the school.
3. Families are invited to attend and participate in physical education activity programs and health fairs.
4. Physical education curriculum includes homework that students can do with their families.
5. School staff consider student preferences and interest when developing physical education programs.
6. School staff are encouraged to work with local recreation agencies and community organizations to provide opportunities for students to participate in physical activity programs outside of school.