

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 all students. Students shall have a better understanding of health issues and the skills and attitudes that shall enable them to make informed decisions for healthy, active lifestyles now and in the future.

Physical Education shall create 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 improve physical, mental and social health. An active lifestyle can increase wellness and resiliency and prevent chronic and degenerative diseases, such as diabetes, high blood pressure, heart disease and osteoporosis.

Students participating in physical education shall develop teamwork, cooperation, problem-solving, decision-making, and communication skills. Students shall gain an appreciation and respect of others' abilities. These skills can lead to improved self-confidence and the desire to try new activities.

#### (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.

Physically educated students 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 their actions by solving problems, making decisions, and setting goals.
- (d) Be responsible and demonstrate leadership while working to develop and encourage positive attitudes and sportsmanship.

- (e) Understand and appreciate the value of individual, cultural, and physical differences by participating in cooperative activities.
- (f) Wear appropriate dress for physical education class/activities.
- (g) Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.
- (h) Demonstrate understanding of movement concepts, principles, strategies, and tactics as they may apply to the learning and performance of physical activities.
- (i) Participate regularly in physical activity of moderate intensity.
- (j) Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
- (k) Develop a healthy, active lifestyle.

(2) Program Requirements

- (a) All physical education programs shall be taught by Instructional personnel as defined in Section 1012.01(2) Florida Statutes (F.S.). All instructional hour requirements shall be implemented as defined in s.1003.455, F.S. and outlined in the Student Progression Plan.
- (b) Instructional personnel shall work cooperatively with parents, physicians, guidance counselors, and administrators to design/adapt physical activities to meet the needs of all students.
- (c) Physical activity, recess, and physical education time shall not be withheld as a punishment or used as a punishment.
- (d) Fitness Testing shall be administered to 4th, 7th and 9th grade students district-wide.
- (e) Physical education shall be defined as “the development and maintenance of skills related to strength, agility, flexibility, movement, and stamina, including dance; the development of knowledge and skills regarding teamwork and fair play; the development of knowledge and skills regarding nutrition and physical fitness as part of a healthy lifestyle; and the development of positive attitudes regarding sound nutrition and physical activity as a component of personal well-being.” In addition to physical activity such as that which occurs during recess development of knowledge and skills regarding issues such as teamwork, fair play, nutrition, and healthy lifestyles are also required.

- (f) The physical education class shall be consistent with the District's class size safety guidelines.
- (g) The physical education program at each school shall be supported by a certified physical education teacher assigned to that school.
- (h) Students shall have access to one-on-one counseling with the physical education teacher or the school counselor concerning the benefits of physical education.

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

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