

PHYSICAL EDUCATION

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The School Board 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 Florida's physical education standards and benchmarks.

CHAPTER 4.00 - CURRICULUM AND INSTRUCTION

- IV. Certified physical education teachers shall oversee Physical Education instruction. One hundred fifty (150) minutes of instruction per week is required for elementary students and for students in grade 6 who are enrolled in a school that contains one or more elementary grades so that on any day during which physical education instruction is conducted there are at least 30 consecutive minutes per day. 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.
- VI. Each student in Kindergarten through grade 5 shall be provided at least 100 minutes of supervised, safe, and unstructured free-play recess each week so that there are at least 20 consecutive minutes of free-play recess per day.

STATUTORY AUTHORITY:

1001.41, 1001.42, 1003.455(2), F.S.

LAW(S) IMPLEMENTED:

**1001.43, 1003.41, 1003.42,
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, 04/02/19
FORMERLY: New

NOTES:

Approved substitutions for HOPE include participation in an interscholastic sport at the junior varsity or varsity level for two full seasons. Completion of 2 years in a Reserve Officer Training Corps (R.O.T.C.) class. Completion of one semester with a grade of "C" or better in a marching band class, in a physical activity class that requires participation in marching band activities as an extracurricular activity, or in a dance class shall satisfy one-half credit in physical education or one-half credit in performing arts.