

3500 -- TCCA Physical Education

IAW FS 1003.455 the school board recognizes the value of physical education to the maintenance of the health and vitality of all students, as well as to the development of life-long habits that will enhance personal fitness and wellness and has available to students one-on-one counseling concerning the benefits of physical education.

Therefore, it shall be the policy of the board that instruction in physical education shall be available to all students in kindergarten through grade five (5) and 150 minutes of physical education shall be provided each week, as defined in Florida Statutes.

Students in grades six through eight are required to complete one (1) class period for one (1) semester per school year of physical education.

Students shall be required to earn a minimum of one (1) high school credit in physical education which includes Health. The Student Progression Plan provides waiver options for physical education.

Physical education instruction in accordance with the curriculum standards established by the state shall include activities requiring at least a moderate level of physical exertion and duration sufficient to provide a health benefit for the participants. When planning the required activities, the instructor shall consider the different capabilities of the students and adapt the plans accordingly.

Furthermore, the outcomes of the physical education program in this school shall stress physical fitness and encourage the development of a healthy, active lifestyle.

The school shall notify students' parents of the options available to waive participation in physical education prior to the placement of physical education on a student's schedule. A student must meet one (1) of the following criteria to be available for waiver from the required physical education class:

1. The student is enrolled or required to enroll in a remedial course.
2. The student's parent indicates in writing to the school that:
 - the parent requests that the student enroll in another course from among those courses offered as options by the school; or
 - the student is participating in physical activities outside the school day which are equal to or in excess of the mandated requirement.

Provision shall be made at all levels to excuse individual students from specific activities if direction to do so is received, in writing, from the student's physician.

Students may be excused from specific activities if those activities are contrary to their religious beliefs. A request to excuse a student from such activities must be received in writing from the student's parent or from the eligible student.

If one (1) of the above criteria is met and the parent has notified the principal, physical education will not be placed on the student's schedule for that ensuing school year.

Adopted: November 18, 2019