

## ***Overview and Requirements for Elementary Physical Education/Activity, Health Education, and Coordinated School Health***

Elementary campuses must provide students the following curriculum and physical education/activity time to ensure compliance in both local and state mandates set by the Boerne ISD Board of Trustees and the Texas Legislation:

### **Physical Education/Activity**

#### Elementary Standards of Service

- Students must receive a total of 135 minutes of “structured” TEKS based physical education/activity per week.
- Students must be taught and assessed on their grade level Physical Education Texas Essential Knowledge and Skills (TEKS).
- Students must wear appropriate shoes and clothing to ensure safety while being physically active.
- Students must participate in Fitnessgram, a physical fitness assessment that is administered at least once each school year. The results are based on the percentage of students who have achieved the Healthy Fitness Zone (HFZ).
- Some students may be limited or exempt from some or all physical activity based on their individual needs. A doctor’s note is required for any student missing more than three consecutive physical education class days.

### **Health Education**

Students must be taught grade level Health Education Texas Essential Knowledge and Skills. These concepts are taught through physical education and other core subject areas such as science, math, social studies and language arts.

### **Coordinated School Health**

Students must be taught Coordinated School Health lessons. BISD has adopted the SPARK HLC program. These lessons will be taught by the physical education teacher, and will be integrated into the physical education curriculum. The CATCH curriculum (an approved program by the Texas Education Agency) is an additional resource used by the physical education teachers.

## ***Elementary Health Focus:***

### **Obesity Awareness Week**

Obesity Awareness Week

[CDC Obesity Epidemic Video](#)

### **Red Ribbon Week**

### **Tobacco Awareness Week**

### **National Physical Education and Sport Week**