



Policy Component: Physical Education/ Physical Activity

District Goals and Activities

Goal #1 **Schools will have a Physical Education (PE) program that is consistent with national and state standards.**

Activities:

- 1.1 Inform appropriate constituencies about this key element of the Wellness Policy.
- 1.2 Provide a dedicated space for PE that meets the needs of the instructional program.
- 1.3 Provide instruction in PE that is aligned with the national and state PE standards.
- 1.4 Employ PE teachers who are Missouri state-certified in PE in all PE classrooms.
- 1.5 Assess students in PE for fitness, movement concepts, and skill development for program improvement and student goal setting.
- 1.6 Offer programs that are individualized for students with disabilities in PE and athletics.
- 1.7 Provide instructional time in PE at the elementary and middle school levels that meets the national standards of 150 minutes for elementary school and 225 minutes for middle school.
- 1.8 Align the nutrition and fitness content of the PE and health education curriculums.
- 1.9 Identify and recognize outstanding programs in PE.

Goal #2 **Schools will participate in regular professional development activities to effectively deliver PE and adapted PE instructional programs.**

Activities:

- 2.1 Inform appropriate constituencies about this key element of the Wellness Policy.
- 2.2 Plan yearly high-quality professional development to address current curricular instructional initiatives.

Goal #3 Schools will collaborate with community agencies to enhance PE and physical activity efforts.

Activities:

- 3.1 Inform appropriate constituencies about this key element of the Wellness Policy.
- 3.2 Provide increased physical activity opportunities to students before and after the school day and during school vacations to allow students to accumulate 60 minutes of daily physical activity.
- 3.3 Collaborate with existing physical activity programs to provide increased physical activity opportunities for the community.
- 3.4 Collaborate with other state agencies and organizations to develop programs to encourage students and staff to walk or bike to and from school.

Goal #4 Schools will integrate PE and physical activity into the entire school day in order to allow students to accumulate 60 minutes of daily physical activity.

Activities:

- 4.1 Inform appropriate constituencies about this key element of the Wellness Policy.
- 4.2 Promote kinesthetic learning experiences in all core subject areas; e.g., science, social studies, math, and language arts.
- 4.3 Provide daily recess with physical activity for a minimum of 20 minutes to allow students to accumulate 60 minutes of physical activity every day.