

# ADMINISTRATIVE PROCEDURES OF THE MILWAUKEE PUBLIC SCHOOLS

## ADMINISTRATIVE PROCEDURE 7.07 PHYSICAL EDUCATION

### **(1) PHYSICAL EDUCATION CLASSES**

- (a) All physical education (PE) staff are to be certified by the State of Wisconsin.
- (b) Physical education courses will be the environment in which students learn, practice, and are assessed on developmentally-appropriate motor skills, social skills, and knowledge.
- (c) Physical education classes must have a student/teacher ratio similar to that of other classes in the school.
- (d) Members of the physical education staff are to implement district-approved fitness assessments on an annual basis.
- (e) State statutes require that, in grades K-6, all students should receive three days of physical education per week by, or under the direction of, a licensed PE teacher. When a licensed physical education teacher cannot be scheduled to see students for the required amount of time, it becomes the responsibility of the elementary classroom teacher to meet the remainder of the state's requirement. Elementary classroom teachers are encouraged to work with their physical education specialists in order to provide lessons that complement the district-wide physical education pacing guides.
- (f) Each school must develop a schedule by which teachers may use the gym on a regular basis to ensure that the state's standards are met.
- (g) Physical education staff should implement a multi-tiered system of support to achieve academic and behavioral success for all students.

### **(2) PROMOTING PHYSICAL FITNESS**

- (a) The primary goal of a school's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain physical fitness, to participate regularly in physical activity, and to understand the short- and long-term benefits of a physically active and healthful lifestyle. Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to that encourage life-long physical activity. Principals are encouraged to provide funding to ensure that adequate equipment is available for all students to participate in physical education and other school-based physical activity.
- (b) Physical activity facilities on school grounds will be safe. The school must provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- (c) Schools are encouraged to provide community access to, and to encourage students and community members to use, the school's physical activity facilities outside of the normal school day. Information will be provided to families to help them incorporate physical activity into their students' lives. Schools will encourage families and community members to institute programs that support physical activity, such as walk-to-school programs.
- (c) Physical activity will be integrated across curricula and throughout the school day. Movement can be made a part of science, math, social studies, and language arts.
- (d) Schools will provide a daily recess period, which is not to be used as a punishment or a reward. Consider planning recess before lunch, as research indicates that physical activity prior to lunch can increase the intake of nutrients and reduce food waste. Participation in physical activity will take into consideration the "balancing equation" of food intake and physical activity.

(e) Physical activity can be offered during the school day through daily recess periods (e.g., low-organized games and walking clubs), elective physical education (PE) classes, and the integration of physical activity into the academic curriculum.

(f) Students should be given opportunities for physical activity through a range of after-school programs, including intramurals, interscholastic athletics, and physical-activity clubs. After-school programs will encourage physical activity and the formation of healthful habits. Patterns of meaningful physical activity will connect to students' lives outside of physical education.

<b>History:</b>	Adopted 6-29-82; Revised 6-27-84, 06-29-06, 5-31-18		
<b>Legal Ref.:</b>	W.S. 118.01(2)(d), 118.07(3), 119.22; PL 108.265, section 204		
<b>Cross Ref.:</b>	Admin. Policy	4.05	School Nutrition Management
		4.06	Vending Machines
		4.07	Student Nutrition & Wellness Policy
		7.06	Health Education
		7.07	Physical Education
		9.08	Advertising in the Schools
		9.11	School Governance Councils
	Admin. Proc.	4.07	Student Nutrition & Wellness Procedures
		7.22	School Fund-raising Activities