Policy

PHYSICAL EDUCATION

Code **IHAE** **Issued 10/26**

One goal of public education is to assist all students in reaching their full academic potential. A student's health impacts his/her school attendance, readiness to learn, and achievement.

The district's instructional program consists of a comprehensive health education program, one component of which is physical education. Through implementation of the state academic standards, students will become physically literate and able to move with competence using a variety of motor skills and movement patterns and be able to make healthy, active choices that are beneficial to and respectful of self, others, and their environment. Schools will help students develop the skills, attitudes, and facts needed to develop and maintain a physically active lifestyle across their life span.

The district will support these goals by:

- Providing students in grades K through eight with the appropriate amount of age-appropriate physical activity and physical education as required by law and based on the state academic standards while maintaining an appropriate student-to-physical education teacher ratio.

- Ensuring that each school designates a physical education teacher as the activity director to plan and coordinate opportunities for additional physical activity for students that exceed the designated weekly amount of physical education instruction.

- Providing professional development to teachers and volunteers on the importance of physical activity for young children and the relationship of activity and good nutrition to academic performance and healthy lifestyles.

- Reporting an individual student's fitness status to his/her parent/legal guardian during the student's fifth grade, eighth grade, and high school physical education courses.

- Reporting to the South Carolina Department of Education annually by June 15th, the number of minutes of physical education instruction and additional physical activity students received daily, along with the total number of minutes provided each week.

- One unit of high school physical education is required for high school graduation.

Exemptions

The board may grant a waiver to a student, exempting him/her from physical education requirements, based on one of the following criteria:

- The student presents a physician's statement indicating that participation in physical education will jeopardize the student's health and well-being.

- The parent/legal guardian or student is a member of a recognized religious faith that objects to physical education as part of its official doctrine or creed. Further, the parent/legal guardian and student must show that attending physical education

classes would violate their religious beliefs and not merely a matter of personal objection.

- A seventh or eighth grade student earning high school credit by taking one or more ninth grade or higher courses at an off-campus location, provided the school has made reasonable efforts to include the student in a physical education class.
- An eighth-grade student who is enrolled in three or more ninth-grade or higher courses for high school credit, provided the school has made reasonable efforts to include the student in a physical education class.
- JROTC may be substituted for physical education.
- Marching band may be substituted for physical education if the instruction incorporates the state academic standards for physical education.

If a waiver is granted, a student may be offered instruction in health education or lifestyle modification as an alternative to physical education.

Adopted ^10/26

Legal References:

A. United States Code of Laws, as amended:
   1. Healthy, Hunger-Free Kids Act of 2010, Pub. L. No. 111-296, 124 Stat. 3183.

B. S.C. Code of Laws, 1976, as amended:
   1. Section 59-10-10, et seq. - Students Health and Fitness Act.
   2. Section 59-29-80 - Courses in physical education; ROTC programs, marching band.
   3. Section 59-29-100 - Physical education program requirements.

C. S.C. State Board of Education Regulations:
   1. R43-231 - Defined program, grades K-5.
   2. R43-232 - Defined program, grades 6-8.
   3. R43-234 - Defined program, grades 9-12 and graduation requirements.