

## **Santa Rosa District Schools**

### ***Elementary Physical Education and Wellness Policy***

Every student should have the opportunity to participate in and benefit from a quality Physical Education Program. Santa Rosa County School District's Physical Education Program adheres to the Sunshine State Standards and reflects state and local requirements for Elementary Education.

The Elementary Physical Education Program of Study will reflect the following outcomes:

- All Elementary Physical Education instructional programs will provide 150 minutes of Physical Education per week for students in Kindergarten through grade 5 and for students in grade 6 who are enrolled in a school that contains one or more elementary grades so that on any day during which physical education instruction is conducted there are at least 30 consecutive minutes per day. (FL. Statute 1003.455)
- Elementary Physical Education must be taught by personnel as defined in section 1012.01 (2) of the Florida Statutes. This includes: Instructional Personnel, Classroom Teachers, Student Services Personnel, Media Specialist, Other Instructional Staff, and Education Paraprofessionals.
- Education Paraprofessionals may be assigned by their Principal to teach Physical Education and aide in the instructional process but must be under the direct supervision of an Instructional Staff Member.
- All physical education programs and curricula must be reviewed by a certified physical education instructor.
- Counseling for students will be available from a certified Physical Education Teacher.
- As funding becomes available, every effort shall be made to increase the number of certified physical education teachers as well as the amount of contact time students have with a certified physical education teacher.
- Schools will provide physical education activities of at least moderate level of intensity for duration sufficient to provide significant health benefit to all students, subject to their differing capabilities.
- It is recommended that Recess be offered daily for a minimum of 15 minutes per day.

- Schools will require fitness education and assessment to help students understand, improve, and maintain their physical well-being.
- District will support instruction encompassing a variety of motor skills and physical activities designed to enhance the physical, mental, social, emotional, and academic development of every student.
- Programs will provide activities and experiences that are age and developmentally appropriate.
- Programs will provide students of all abilities and interests with a foundation of movement experiences that will lead to active, healthy lifestyles.
- Schools will deliver safety skills instruction for various physical activities and equipment.
- Schools will ensure instruction in and promotion of healthy eating habits and good nutrition.
- Information shall be provided to staff, students, and their families to help them incorporate physical activity into their daily routine.
- Regular Classroom Teachers will be encouraged to provide short physical activity breaks between lessons or classes, as appropriate.
- District policy will prohibit the use of physical activity and the withholding of physical activity as punishment.
- Students in grades K-8 are eligible to waive the physical education requirement if they meet any of the following criteria:
  - The student is enrolled or required to enroll in a remedial course.
  - 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 district; or
    - The student is participating in physical activities outside the school day which are equal to or in excess of the mandated requirement.
  - The School District shall notify the parents of these waivers and the required criteria for meeting them.