

Santa Rosa District Schools

Middle School 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 Middle School education.

The Middle School Physical Education Program of study will reflect the following outcomes:

- All middle schools will schedule daily physical education classes into the school's master schedule.
- Beginning with the 2009-2010 school year, the equivalent of one class period per day of physical education for one semester of each year is required for students enrolled in grades 6 through 8.
- 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.
- 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.
- Counseling for students will be available from a certified Physical Education Teacher.
- 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.
- Classes will provide physical activities that require at least a moderate intensity level for a duration sufficient to provide a significant health benefit to students, subject to their differing capabilities.
- All participants in the physical education classes will undergo pre/post fitness assessments. Such assessments will be utilized to help students understand their present level of fitness, improve their personal fitness levels through good nutrition and physical activity, and maintain their physical well-being throughout daily life.

- Students will be exposed to a variety of motor skills experiences and physical activities designed to enhance the physical, mental, social, emotional and academic development of every student.
- Students will be supported in the development of and receive instruction in cognitive concepts about motor skills and physical fitness that support a life long healthy life style.
- Students will be encouraged to maintain regular amounts of appropriate physical activity now and be taught why they should continue these activities throughout life.
- Each student will receive instruction in how to develop healthy eating habits and what foods constitute good nutrition.
- The middle school curriculum will further refine and develop all skills previously learned at the elementary level.
- 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.
- District policy will prohibit the use of physical activity and the withholding of physical activity as punishment.

School Board approved on September 10, 2009