



4150

## **SBBC PHYSICAL EDUCATION**

THIS POLICY SERVES TO PROMOTE COMPREHENSIVE STUDENT HEALTH AND WELLNESS—PHYSICAL, MENTAL, AND SOCIAL—BY REDUCING THE RISK OF CHILDHOOD OBESITY, FOSTERING PHYSICAL FITNESS, AND ENCOURAGING HEALTHY AND ACTIVE LIFESTYLES THROUGH PHYSICAL EDUCATION AND RECESS. IT EMPHASIZES THE DEVELOPMENT OF LIFELONG HABITS THAT SUPPORT OVERALL WELL-BEING, RESILIENCE, AND POSITIVE SOCIAL CONNECTIONS.

### **I. Definitions**

- A. **Physical Education:** The development or maintenance of skills related to strength, agility, flexibility, movement, and stamina, including dance; the development of knowledge and skills regarding teamwork and fair play; the development of knowledge and skills regarding nutrition and physical fitness as part of a healthy lifestyle; and the development of positive attitudes regarding sound nutrition and physical activity as a component of personal well-being.
- B. **Specials Directed Physical Education:** Elementary teacher who exclusively teaches physical education as a Special.
- C. **Teacher Directed Physical Education:** Elementary classroom grade level teacher as defined in F.S. §1012.01(2), who teaches physical education so that schools meet PE requirements as stated in F.S. §1003.455.

### **II. Program Description**

- A. The district will follow state requirements for providing students with physical education as defined within F.S. §§1003.455 and §1003.4282 and encourage all students in pre-kindergarten through grade 12 to participate in physical education.
- B. It is highly recommended that the physical education program at each school be supported by a certified physical education teacher. Certified teachers are uniquely trained to deliver standards-based instruction that ensures all students—regardless of ability, background, or socioeconomic status—have equitable access to high-quality physical education. This promotes inclusive, developmentally appropriate learning that supports physical literacy, health, and academic success for all learners.
- C. Schools and the district will ensure that physical education programs are sufficiently resourced to facilitate safe and effective instruction in full accordance with the Florida State Physical Education Standards.

- D. Elementary School Physical Education shall meet the following requirements:
1. 150 minutes of physical education each week shall be provided 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.
  2. Such instruction may be provided by any instructional personnel as defined in F.S. §1012.01(2), regardless of certification designated by the school district.
  3. All elementary schools will monitor student achievement of Florida Physical Education Standards using district-provided or district-approved assessments for the purpose and type of PE assessment. PE assessments are performance, skills, or knowledge based, designed to inform instruction, support student growth, ensure alignment to standards. They are not intended to create excessive testing.
  4. Physical education class sizes should be planned, to the best extent possible, to support student safety, adequate supervision, high-quality instruction and per **Florida Statute §1003.455**, allow for opportunities for students to engage in physical activity at a moderate intensity for a duration sufficient to provide meaningful health benefits. When physical education class sizes exceed the recommended planning target due to master schedule or staffing constraints, schools must implement and document appropriate risk-mitigation strategies, such as additional supervision support, structured activity stations, facility-based adjustments, and established safety protocols, to ensure student safety and standards-based instruction.
  5. Specials Directed and Teacher Directed Physical Education teachers shall be provided with curriculum that meets State Physical Education Standards and assessment tools that assess Physical Education Standards.
- E. Middle School Physical Education shall meet the following requirements:
1. All middle school students enrolled in grades 6 through 8 shall participate in the equivalent of one class period per day of physical education for one semester of each year.
  2. Such instruction may be provided by any instructional personnel as defined in F.S. §1012.01(2), regardless of certification who are designated by the school district.
  3. All middle schools will monitor student achievement of Florida Physical Education Standards using district-provided or district-

approved assessments for the purpose and type of PE assessment. PE assessments are performance, skills, or knowledge based, designed to inform instruction, support student growth, ensure alignment to standards. They are not intended to create excessive testing.

4. Physical education class sizes should be planned, to the best extent possible, to support student safety, adequate supervision, high-quality instruction and per **Florida Statute §1003.455**, allow for opportunities for students to engage in physical activity at a moderate intensity for a duration sufficient to provide meaningful health benefits. When physical education class sizes exceed the recommended planning target due to master schedule or staffing constraints, schools must implement and document appropriate risk-mitigation strategies, such as additional supervision support, structured activity stations, facility-based adjustments, and established safety protocols.
  5. Middle School Physical Education teachers shall be provided with a curriculum that meets State Physical Education Standards and assessment tools that assess Physical Education Standards.
- F. High School Physical Education shall meet the following requirements:
1. Physical Education must include the integration of health. Participation in an interscholastic sport at the junior varsity or varsity level for two full seasons shall satisfy the one-credit requirement in physical education. A district school board may not require that the one-credit in physical education be taken during the 9th grade year.
    - a. Completion of 2 years of marching band shall satisfy the one-credit requirement in physical education or the one-credit requirement in performing arts. This credit may not be used to satisfy the personal fitness requirement or the requirement for adaptive physical education under an individual education plan (IEP) or 504 plan.
    - b. Completion of one semester with a grade of “C” or better in a marching band class, in a physical activity class that requires participation in marching band activities as an extracurricular activity, or in a dance class shall satisfy one-half credit in physical education or one-half credit in performing arts. This credit may not be used to satisfy the personal fitness requirement or the requirement for adaptive physical education under an individual education plan (IEP) or 504 plan.
    - c. Completion of 2 years in a Reserve Officer Training Corps (R.O.T.C.) class, a significant component of which is drills, shall satisfy the one-credit requirement in physical education

and the one-credit requirement in performing arts. This credit may not be used to satisfy the personal fitness requirement or the requirement for adaptive physical education under an IEP or 504 plan.

2. All schools who offer HOPE, HOPE Variation, or Personal Fitness will monitor student achievement of Florida Physical Education Standards using district-provided or district-approved assessments for the purpose and type of PE assessment. PE assessments are performance, skills, or knowledge based, designed to inform instruction, support student growth, ensure alignment to standards. They are not intended to create excessive testing
  3. Physical education class sizes should be planned, to the best extent possible, to support student safety, adequate supervision, high-quality instruction and per **Florida Statute §1003.455**, allow for opportunities for students to engage in physical activity at a moderate intensity for a duration sufficient to provide meaningful health benefits. When physical education class sizes exceed the recommended planning target due to master schedule or staffing constraints, schools must implement and document appropriate risk-mitigation strategies, such as additional supervision support, structured activity stations, facility-based adjustments, and established safety protocols
  4. High School Physical Education teachers shall be provided with curriculum that meets State Physical Education standards and assessments tools that assess Physical Education Standards
- G. The requirement in (D)(1) and (E)(1) shall be waived for a student who meets one of the following criteria:
1. The student is enrolled or required to enroll in a remedial course.
  2. The student's parent indicates in writing to the school that:
    - a. The parent requests that the student enroll in another course from among those courses offered as options by the school district; or
    - b. The student is participating in physical activities outside the school day which are equal to or in excess of the mandated requirement.
- H. Each school shall notify the student's parent of the options available in Section G before scheduling the student to participate in Physical Education.
- I. Instructional personnel shall work cooperatively with parents, physicians, guidance counselors, and administrators to design/adapt physical activities to meet the needs of all students. The District shall provide reasonable accommodation and comply with relevant provisions of a student's active Individual Education Plan (IEP) or active Section 504 accommodation Plan.

- J. All students are required to wear appropriate attire for Physical Education, including closed-toe and closed-heel shoes, along with any additional clothing or gear specified by the school. These requirements are in place to ensure students can participate safely in all physical activities.
- K. Students in kindergarten through grade 5 must be provided at least 100 minutes of supervised, safe, and unstructured free play recess each week so that there are at least 20 consecutive minutes of free-play recess per day as mandated in §1003.455, Florida Statutes.
- L. Physical education and recess shall not be withheld from students as a form of disciplinary action or to provide instruction in other academic subjects unless enrolled or required to enroll in a remedial course.

### **III. Expected Program Outcomes**

- A. The Curriculum Supervisor of Physical Education shall submit an annual, end-of-year report to the Chief of Academics, Superintendent, and School Board listing the following program outcomes:
  - 1. Physical Education student achievement data. Data sources may include district-provided or district-approved standards-aligned performance and skills tasks, or knowledge-based assessments.
  - 2. Percentage of students that participated in Physical Education courses in K-8.
- B. The district shall provide a developmentally appropriate, safe, supportive and structured learning environment in which all students can experience success. The Physical Education program shall address and enhance the motor, cognitive, and interpersonal skills as well as the physical fitness abilities of each student.
- C. Physical Education creates an opportunity for students to participate in moderate to vigorous physical activity to help develop lifelong enjoyment of movement. Regular participation in high-quality physical education improves academic performance, behavior, and social skills while enhancing physical health, mental well-being, and lifelong activity habits. It reduces disease risk, boosts fitness, and supports emotional regulation, making it one of the most effective investments in student success.

### **IV. Counseling**

- A. Students shall have access to one-on-one counseling with the physical education teacher or school guidance counselor concerning the benefits of physical education.

### **V. Curriculum**

- A. All physical education programs and curricula shall be reviewed by a certified physical education instructor.

### **VI. Review**

- A. The district will submit this policy and any revised policy to the Department of Education and shall annually review its physical education policy and provide a procedure for public input and revision as required under F.S. §1003.453(1).

Policy Custodian: Applied Learning Department

Former Policy Number: N/A

Policy Status:

Authority: F.S. §§120.52(6), 120.54, 120.81(1)(a), 1001.41(1) and (2), 1001.42(29), 1001.43(1), 1003.01(15), 1003.42, 1003.453, 1003.455, 1010.305.

Statutes Implemented: F.S. §§1003.01(15), 1003.4282, 1003.453, 1003.455; Rules 6A-1.09401 and 6A-03028, Florida Administrative Code.

History: Adopted [Date]

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