

Policy IHAE Physical Education

Issued 4/06; Edited 1/28/22

Purpose: To establish the board's vision for physical education in the schools.

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 is committed to a sound, comprehensive health education program that is an integral part of each student's general education. One component of health education 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 do the following.

- Provide students in grades kindergarten through five with the appropriate amount of physical activity and physical education as required by state law and physical education curriculum standards including an appropriate student-to-teacher ratio.
- Ensure that each school designates a physical education teacher as the physical education activity director to plan and coordinate opportunities for additional physical activity for students to exceed the designated weekly PE instruction.
- Provide 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.
- Report 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.

One unit of high school physical education is required for high school graduation. The district will offer the required unit of physical education encompassing a personal fitness and wellness component and a lifetime fitness component as outlined by the state physical education curriculum. JROTC may be substituted for physical education.

Exemptions

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

- Student presents a physician's statement indicating that participation in physical education will jeopardize the student's health and well-being.
- Parent/legal guardian or student is a member of a recognized religious faith which objects to physical education as part of its official doctrine or creed. The parent/legal guardian and student must show that attending these classes would violate their religious beliefs and not be merely a matter of personal objection.

- **Marching band may be substituted for physical education if the instruction incorporates the state academic standards for physical education.**

Adopted 4/27/06; Edited 1/28/22

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. IHAE

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