

CHAPTER 4.00 - CURRICULUM AND INSTRUCTION

PHYSICAL EDUCATION

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The School District of Sarasota County believes that physical education is an important component of the total educational program. Physical activity is essential to the development and maintenance of good health. The physical education program shall focus on providing students with the knowledge and skills to make healthy lifestyle decisions.

- I. Students in Sarasota County Schools shall participate in a physical education program that stresses physical fitness and encourages healthy, active lifestyles. Physical education shall consist of physical activities of at least a moderate intensity level and for a sufficient duration to provide a significant health benefit to students.
- II. Goals of the physical education program shall include
 - A. Competency in motor skills and movement patterns;
 - B. Understanding of human movement as it relates to physical activities;
 - C. Understanding of the benefits of regular participation in physical activity;
 - D. Regular participation in physical activity;
 - E. Achievement of a health-enhancing level of physical fitness;
 - F. Knowledge of safety in physical activities;
 - G. Knowledge of first aid and cardiopulmonary resuscitation (CPR);
 - H. Demonstration of responsible personal and social behavior in physical activity;
 - I. Recognition and acceptance of the differing abilities of people;
 - J. Recognition of the values of physical activity for health, enjoyment, challenge, self-expression, and social interaction; and
 - K. Increase in health and wellness.

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- III. All schools shall establish lesson plans that work toward meeting and exceeding the Sarasota County Physical Education Curriculum that is aligned with the Sunshine State Standards.
- IV. All physical education programs and curricula must be reviewed by a certified physical education instructor. One hundred fifty (150) minutes of instruction per week is required for students K-5 and for grade 6 in a grade K-8 school. Beginning with the 2009-2010 school year, the equivalent of one class period per day of PE for one semester of each year is required for middle school students. High School grade 11 and 12 students must complete the required ½ credit of Personal Fitness and ½ credit of Life Management Skills, and ½ credit of any physical education elective. Grade 9 and 10 students and all students in the fall of 2010 and thereafter must complete the full credit of H.O.P.E.
- V. The District shall notify parents annually that counseling concerning the benefits of physical education is available at each school. The District shall also inform parents, prior to scheduling a student for physical education, that the requirement for participation in physical education may be waived under certain circumstances as specified in law.

STATUTORY AUTHORITY:

[1001.41, 1001.42, 1003.42, F.S.](#)

LAW(S) IMPLEMENTED:

[1001.43, 1003.41, 1003.42, 1003.43, 1003.453, 1003.455, F.S.](#)

HISTORY:

ADOPTED: 1/18/05
REVISION DATE(S): 1/16/07
FORMERLY: New

NOTES: