Physical Education, Fitness and Nutrition Curriculum

I. Physical Education and Fitness Curriculum

A. Curricular Program

1. All students, including students with disabilities, in grades one through eight will receive during the school day an average of one hundred instructional minutes per week of physical education. This includes instruction and practice in basic movement and fine motor skills, progressive physical fitness and appropriate wellness, sports and recreational activities.

2 Appropriate adaptive physical education shall be provided as part of a student's Individualized Education Plan (IEP), 504 plan or individual health plans as necessitated by the student's individual needs.

3. Middle school students in the 7th and 8th grades shall be required to complete during the school day an average of one hundred minutes per week of physical education each year. Health education shall be required for a time period equivalent to one trimester each year.

4. High school students shall be required to complete three semesters of physical education and one semester of health education to graduate.

5. High school students will not receive credit for community club sports, and school-sponsored individual or team activity/athletic participation.

6. Only in conformance with state and district guidelines, or for religious or medical reasons, may waivers be granted for physical education classes.

7. The district will offer a variety of physical education and fitness classes for students. All classes will be aligned with the state learning standards for fitness and health. Each high school program of study will offer two or more unrelated courses of physical education activity, e.g. dance and weight training.

8. All schools will have highly qualified physical education teachers providing instruction.

9. Physical education equivalency credit may be provided if equal physical education class instruction cannot be provided by a certificated staff member. The equivalent physical education course must be aligned with all physical education performance standards established by the State Board of Education. The physical education course must be offered on the school grounds.

B. Non-curricular Programs

1. Elementary students will have the opportunity to participate daily in physical activity. The district shall provide daily recess periods for elementary students featuring time for unstructured supervised active play.

2. The district will offer after-school skill development programs for boys and girls in grades four and five in volleyball, basketball, and track.

3. Middle schools will offer no-cut after school athletic programs as well as intramural programs.

4. The district will promote community partnerships to use school facilities after school hours for student physical activity programs offered by the community.

C. Restricting Physical Activity

1. Teachers shall not withhold physical education class as a disciplinary measure.

2. Students shall not be taken out of physical education class for curricular interventions or counseling with any greater frequency than from other classes.

D. Integrating Physical Activity into the Classroom Setting

1. To encourage students K-12 to incorporate physical activity as a personal behavior, students shall have opportunities for physical activity beyond the physical education class.

2. Opportunities for physical activities will be incorporated as appropriate in other subject lessons.

3. To meet the 100 minutes per week requirement, elementary classroom teachers will integrate short physical activity breaks during extended instructional periods, as appropriate, with district-approved curriculum.

4. Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce the time spent in sedentary activities such as watching television and playing video games.

II. Nutrition Education in Curriculum

A. District Commitment

The district is committed to teach, encourage, and support by availability of nutritional foods, healthy eating by students. The district will provide nutrition education as part of the health curriculum.

B. Nutritional Education for Students

Nutritional education shall be offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote lifelong health. Nutritional education shall:

1. promote fruits, vegetables, whole grain products, low fat and fat-free dairy products, and healthy food preparation methods;

2. emphasize caloric balance between food intake and energy expenditure (physical activity and exercise);

3. provide information regarding school meal programs and services;

4. teach media literacy with emphasis on food marketing;

5. be appropriate for interdisciplinary integration in math, science, language arts and social studies; and

6. include training for teachers and other staff.

C. Teacher Training

Teachers and other staff will be provided nutritional education to assist them in integrating nutrition education in their respective curricula.

D. Healthy Choices

To encourage students to make healthy choices in food selections, the district will develop or acquire a program to label those foods, sold or served to students, which meet FDA requirements and reflect the guidelines of the American Heart Association and the American Dietetic Association.

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VPS