

## PHYSICAL EDUCATION

Students in grades one through twelve shall be required to participate in physical education courses unless they are excused by the principal of their attendance center.

### **Physical Activity**

- Unless otherwise exempted, the amount of physical education per week is as follows:
  - Elementary students will receive at least an average of 50 minutes.
  - Junior High students will receive at least an average of 100 minutes.
  - High School students will receive at least an average of 100 minutes or a block schedule format.
- Physical education curriculum will include:
  - Exposure to a wide range of physical activities that teach skills to help maintain lifelong health and fitness;
  - Curriculum components will include instruction of individual activities and competitive and non-competitive group activities;
  - Curriculum will include a Physical Education course for students consistent with national standards for Physical Education and focus on students' development of motor skills, movement forms, and health-related fitness.
- Developmentally appropriate physical fitness assessments will be given in grades K-12 annually.
- A cumulative health report will be developed and implemented no later than the 2007 – 2008 school year for each student in grades K – 8, which may include the following information:
  - Physical fitness assessment scores
  - Body Mass Index (BMI)
  - Individual student's goal achievement results
- Students in grades K-5 will be provided with opportunities for physical movement in and out of classrooms during the school day.

Students will be excused from physical education courses if:

- the student presents a written statement from a doctor stating that such activities could be injurious to the health of the student; or
- the student is enrolled in academic courses not otherwise available; or
- the student has been exempted because of a conflict with the student's religious beliefs.

Students who will not participate in physical education must have a written request or statement from their parents.

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Legal Reference: Iowa Code §256.11 (2013).  
281 Iowa Admin. Code 11.5 (10).  
281 Iowa Admin. Code 12.5 (3)(f), .5 (4)(f), .5 (5)(f), 4.5 (6).

Cross Reference: 502 Student Rights and Responsibilities  
507.10 Wellness Policy  
603 Instructional Curriculum

Approved: January 28, 1991  
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