

## Physical Activity Requirements

### *Junior High/Middle School*

The district offers 45 minutes daily of physical education or athletics to students in junior high school to meet district physical education requirements for these grades. Physical Education is a required course in grades 6-7-8. Grades 6-7-8 will be required to suit out in an appropriate and approved P.E. uniform. This uniform will consist of gym shorts, T-shirt, and gym shoes. You may provide your own or you may be issued a uniform from the school (shorts & T-shirt only). High school students will be required to receive 1 credit of physical education.

If the design of such uniforms should conflict with the religious training of the student and parents, the student's parents may submit a signed statement to this effect, and the said student will be permitted to wear a uniform that will conform to his/her training, but the student will not be excused from physical activities on this basis.

Physical education students will be graded on suiting out, participation, and attitude.

Students may not be totally excused from physical education due to a physical impairment. Students with a physical impairment shall be classified as:

1. Restricted--excludes the more vigorous activities.
  - A. Permanent--A doctor shall provide written documentation to the school as to the nature of the impairment and the expectations for physical activity for the student.
  - B. Temporary--Students may be restricted from physical activity of the physical education class. A doctor shall provide written documentation to the school as to the nature of the temporary impairment and the expected amount of time for recovery. During recovery time, the students shall continue to learn the concepts of the lesson, but shall not actively participate in the skill demonstrations.

For additional information on the district's requirements and programs regarding junior high school student physical activity requirements, please see the principal.

### PHYSICAL EDUCATION

In accordance with policies at EHAB, EHAC, EHBG, [and FFA], the district will ensure that students in full-day prekindergarten through grade 5 engage in moderate or vigorous physical activity for at least 30 minutes per day or 135 minutes per week. Students in grades K-5 will participate in Physical Education. Gym Shoes must be worn to PE daily along with clothing that allows full participation in PE program.

Physical education students will be graded on participation, cooperation, and suiting out (**wearing proper athletic shoes**). Disciplinary actions may also be taken for students not dressing appropriately.

Students may not be totally excused from physical education due to a physical impairment. Students with a physical impairment shall be classified as:

1. Restricted- excludes the more vigorous activities.
2. Permanent- A doctor shall provide written documentation to the school as to the nature of the impairment and the expectations for physical activity of the student.
3. Temporary- Students may be restricted from physical activity in the physical education class. A doctor shall provide written documentation to the school as to the nature of the temporary impairment and the expected amount of time for recovery. During recovery time, the student shall continue to learn the concepts of the lesson, but shall not actively participate in the skill demonstrations.

#### Physical Fitness Assessment (Grades 3-12)

Annually, the district will conduct a physical fitness assessment of students in grades 3-12 who are enrolled in a physical education course or a course for which physical education credit is awarded. At the end of the school year, a parent may submit a written request to [Cathy Longley](#) to obtain the results of his or her child's physical fitness assessment conducted during the school year.