

PHYSICAL EDUCATION

Code **IHAЕ** Issued **10/18**

The board believes that one goal of public education is to assist all students in reaching their full academic potential and that a student's health impacts his/her school attendance, readiness to learn, potential learning, and achievement.

Therefore, the school 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.

The district will do the following:

- Provide students in grades K through five with the appropriate amount of physical activity and physical education as required by law and based on the South Carolina Physical Education Curriculum Standards including an appropriate student-to-physical education teacher ratio.
- Ensure that each school designates a physical education teacher as the activity director to plan and coordinate opportunities for additional physical activity for students to exceed the designated weekly amount of physical education 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 that meets statutory requirements to include the personal fitness and wellness component as well as the lifetime fitness component.

Exemptions

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

- The student presents a physician's statement indicating that participation in physical education will jeopardize the student's health and well-being.
- The parent/legal guardian or student must be a member of a recognized religious faith that objects to physical education as part of its official doctrine or creed. Further, the parent/legal guardian and student must show that attending physical education classes would violate their religious beliefs and not merely be a matter of personal objection.
- JROTC may be substituted for physical education.
- Marching band may be substituted for physical education if the instruction incorporates the South Carolina Academic Standards for Physical Education.

Adopted 10/18/88; Revised 8/13/91, 9/16/96, 4/12/05, 4/18/06, 10/9/18

PAGE 2 - IHAE - PHYSICAL EDUCATION

Legal References:

A. Federal Law:

1. Healthy, Hunger-Free Kids Act of 2010, Pub. L. No. 111-296, 124 Stat. 3183.

B. S.C. Code, 1976, as amended:

1. Sections 59-10-10 through 60 - Physical education standards.
2. Sections 59-29-80 - Courses in physical education; ROTC programs, marching band.
3. Section 59-29-100 - Supervision of administration of physical education program.

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.