

# **Glades County Physical and Health Education Plan**

## Our Mission

- Promote healthy lifestyles through quality physical and health education
- Provide leadership in the areas of health, physical education, and promote a lifetime of healthy living

## Our Motto

- Healthy and active students for Glades County's future

## Needs Assessment

- Safety inspections
- Equipment inventories
- Staff and student surveys
- Fitness tests

## District Plan for Physical Education and Health Programs

Glades County physical education and health classes will be wellness based. Classes will address the needs of our students. These programs will emphasize:

- fitness education and assessment to help students understand, improve, or maintain their physical well being
- instruction in cognitive concepts about motor skills and physical fitness that support a lifelong healthy lifestyle
- instruction in healthy eating habits and good nutrition
- professional development for teachers of physical education and health

Schools will stress physical fitness and encourage healthy, active lifestyles and encourage all students in kindergarten through grade 12 to participate in the District's Health and Physical Education programs.

- All physical education students will be given a pre and post fitness test.
  - The pre-test is given at the beginning of the school year to assess the student's health related fitness components such as flexibility, body composition, muscular strength and endurance, and cardio respiratory fitness. Results will be used to help students set personal fitness goals as well as help teachers in planning class activities.
  - Fitness levels will be monitored throughout the school year. Monitoring will include students' self-monitoring of personal fitness goals.
  - The post-test will occur at the end of the school year. Students and teachers will compare individual as well as group progress in meeting goals. Fitness tests results will be made available for parents.

- Physical Education will consist of physical activities of at least a moderate intensity level and for a duration sufficient to provide a significant health benefit to students, subject to the differing capabilities of students.
- Elementary school students will have a minimum of 150 minutes of physical education class time per week.
- Middle school aged students will have physical education for one class period per day for one semester of each year for grades 6 - 8.
- High school students in the district must successfully complete Health Opportunities through Physical Education (HOPE). After successfully completing this course, students are encouraged to continue with physical education classes each year.
- The schools will provide opportunities and encouragement for students to participate in after school activity programs, such as intramurals, clubs, and interscholastic athletics.
- The schools will collaborate with community organizations in promoting healthy lifestyles.
- The schools will involve family members in the development and implementation of the physical education and health programs. (Websites, e-mail, Field Day, volunteers, School Advisory Committee members).

Physical education requirements may be waived for a student by the principal upon receipt of a doctor's written recommendation or if the student meets any of the following requirements:

- The student is enrolled or required to enroll in a remedial class
- The student's parent indicates in writing to the school that:
  - The parent requests that the student enroll in another course from among those courses offered as options by the school district: or
  - The student is participating in physical activities outside the school day which are equal to or in excess of the mandated requirement.

### Strategies

1. All schools will provide joint school and community recreation activities.
2. All schools will involve family members in the development and implementation of the physical education programs.
3. All schools will make effective use of school and community resources.
4. The elementary school's physical fitness program will focus on helping students develop motor skills, foster creativity and emphasize safety through teacher-guided activities, as scheduled.
5. The elementary schools will allow opportunities and encouragement for students to participate in before-and-after school activity programs, such as intramurals and clubs.

6. The secondary school's physical fitness program will consist of physical activities of at least a moderate intensity level and for a duration sufficient to provide a significant health benefit to students.
7. The secondary schools will allow opportunities and encouragement for students to participate in before-and-after school activity programs, such as intramurals, clubs, and interscholastic athletics.

#### Assessment & Evaluation

- Methods of assessing may include:
  1. Pedometers
  2. Heart rate monitors
  3. Activity Gram
  4. Fitness Gram
  5. President's Challenge
  6. Tri Fit Assessment
  7. Micro Fit Assessment
  8. BMI – Body Mass Index
  9. THR – Target Heart Rate
  10. Nutrition Analysis
- Student assessment is based on the Next Generation Sunshine State Standards for Physical Education. Students are assessed for minimal fitness levels and compete only against themselves.

#### Next Generation Sunshine State Standards and Research Based Programs

- The Next Generation Sunshine State Standards in Physical Education and Health for each grade level will provide the guideline for the District.
- Schools have a responsibility to help students and staff establish and maintain lifelong habits of being physically active. According to the U.S. Surgeon General, regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well-being. Regular physical activity reduces the risk of premature death in general and of heart disease, high blood pressure, colon cancer, and diabetes. Promoting a physically active lifestyle among young people is important because: (1) through its effects on mental health, physical activity can help increase students' capacity for learning; (2) physical activity has substantial health benefits for children and adolescents, including favorable effects on endurance capacity, muscular strength, body weight, and blood pressure; and (3) a positive experience with physical activity at a young age helps lay the basis for being regularly active throughout life.