

Okeechobee County School Board
Physical Education Policy

Students will participate in physical activities of at least a moderate intensity level and for duration sufficient to provide a significant health benefit to students, subject to their differing capabilities.

- Students in grades K-5 will receive at least 150 minutes per week of physical education. Each session of physical education will last at least thirty minutes. At least 90 minutes of this time should be dedicated to actual activity time.
- Students enrolled in physical education in grades 6-8 will receive at least 225 minutes per week of physical education. The physical education course will be a semester-long course. At least 135 minutes of this time should be dedicated to actual activity time.
- Students enrolled in physical education in grades 9-12 will receive at least 225 minutes per week of physical education. At least 135 minutes of this time should be dedicated to actual activity time.

The balance of the time at all levels may be used for classroom instruction on health related topics.

Students will demonstrate competency in Physical Education and Health related Sunshine State Standards. Assessment of achievement of course requirements will be adapted according to individual student needs and abilities.

Students will be encouraged to include their families in incorporating physical fitness experiences into their daily routines outside of school hours. Parents will receive information on student health and fitness from the school and will be encouraged to become involved in monitoring the levels of fitness and healthy life choices of their children.

Parents may apply for Physical Education waivers for students in Kindergarten through eighth grade. Specific information about the Physical Education Waivers is available at any elementary or middle school.