

IDBC-R Physical Education

4/22/21

RATIONALE/OBJECTIVE:

Physical education is an important part of the educational curriculum of the Cobb County School District (District). It plays a significant role in the total development of all students through its unique contribution to their physiological development. The following guidelines apply to physical education classes at the elementary, middle, and high school level.

RULE:**A. GENERAL PROVISIONS:**

The District's physical education program shall be maintained in compliance with state requirements including State Board rule 160-4-2-.12. Physical education shall be provided for all students K-12 and will help students develop a life-long physically active lifestyle. This Rule supports the intent of the Administrative Rule EEE-R (Wellness Program).

B. INSTRUCTION:**1. Curriculum:**

The physical education curriculum shall be directly related to the needs and interests appropriate for the growth, development, and maturity level of each student involved. The comprehensive physical education program shall endeavor to align with the Society of Health and Physical Education (SHAPE) Standards and include two major areas:

- a. Class instruction; and
- b. Extra-class activities (i.e. intramural, extra-murals, field days).

2. State Requirements:

The District will provide a physical education program that complies with state laws, rules and guidance in the following areas:

- a. Motor skills;
- b. Physical fitness;
- c. Lifetime sports;
- d. Outdoor Education; and
- e. Fitness Assessment in the manner prescribed by the State Board of Education.

3. Physical Activity:

- a. Students should be given opportunities for physical activity through a range of before-during and/or after-school programs including recess, intramurals, interscholastic athletics, physical activity clubs, and related community activities.
- b. Physical activities that expose students to rhythm, balance, cross lateral activities, and activities that increase oxygen to the brain can have positive impacts on a students' academic success and should be incorporated into physical education programs where appropriate.
- c. Recess, while separate and distinct from physical education, supports the District's physical activity and movement philosophy. Therefore, the District encourages classroom teachers, parents/guardians and community members to provide opportunities for students to engage in moderate to vigorous physical activity daily where appropriate.
- d. Physical activity or recess should not be withheld regularly from students as a form of punishment.

4. Staff Training:

The District will provide training to enable teachers and other school staff to promote enjoyable physical activities among students.

C. SAFETY:

1. **Supervision:**
Teachers and other designated staff should supervise physical education activities.
2. **Adventure Activities:**
The adventure activities unit in the 8th grade curriculum should only be taught by instructors who have been professionally trained to conduct such activities.
3. **Inspection:**
All physical education apparatus should be inspected annually by the Principal or designee, and maintained in safe working condition.
4. **Cold Weather Guidelines:**
When the outside temperature or wind chill factor is 40 degrees Fahrenheit or below, school staff should take students outside no longer than 15 minutes. Students should wear appropriate clothing.
5. **Hot Weather Guidelines:**
When the heat index is between 80 – 89 degrees, school staff should use precaution and avoid intense and/or prolonged exercise when outdoors. When the heat index is above 90 degrees, students should not participate in outdoor activities.

D. DRESS:

1. Attire for participation in physical education activities at all grade levels should permit freedom of movement, safe participation, and will not damage equipment or facilities.
2. **Elementary School:**
Elementary students, though not required to dress out, should provide for appropriate clothing to allow participation in such activities as gymnastics and tumbling without embarrassment when such activities are scheduled.
3. **Middle/High Schools:**
The dress standard for most physical education activity classes in the middle and high schools should be shorts or athletic pants, shirts, socks and athletic shoes. Students or parents/guardians should contact their school administrator to discuss any religious concerns regarding physical education dress.
4. Students may be required to "dress out" even if excused from active participation in an instructional unit, if in the judgment of the teacher it will not jeopardize the health of those students.

E. EXCUSES:

1. An excuse in physical education from total participation of any duration or restrictive participation beyond five consecutive days after returning to school shall be confirmed by a physician's statement specifying the type of illness or injury and the nature and duration of the restriction. Excuses should indicate what a student can do in order for the physical educator to modify instruction for that student.
2. Chiropractor's excuses will be recognized in regard to problems of the skeletal framework, sprains and muscular difficulties. However, excuses related to colds, sinus conditions and other illnesses generally treated by medical doctors should not be accepted from chiropractors.

Adopted: 8/9/78

Revised: 4/28/83; 8/8/84; 7/28/94

Reclassified an Administrative Rule: 9/1/04

Revised: 7/27/06; 8/13/08; 10/12/11

Revised and re-coded: 9/27/12 (Previously coded as Administrative Rule IHAE)

Revised: 7/1/15; 7/1/19; 7/22/21

Legal Reference

O.C.G.A. 20-2-777

Rule 160-4-2-.12

Annual Fitness Assessments; reporting and compliance

Comprehensive Health and Physical Education Program Plan