



Physical Education Policy

Board Approved: May 2026

The Board Members and school leadership understand that Health and Physical Education are vital to keeping learners fit, healthy, and well-rounded. In addition, learners who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities do better academically.

The school will deploy a holistic approach to wellness that is a safe, non-judgmental, and supportive process, which allows learners to explore aspects of physical and mental well-being. The school will provide learners with physical education, using an age-appropriate, sequential physical education content consistent with national and state standards for physical education. All learners will be provided equal opportunity to participate in physical education classes, and the classes will make appropriate accommodations to allow for equitable participation for all learners and will adapt physical education classes and equipment as necessary.

Grades TK-8

The school will provide Physical Education for all learners in grades TK-8 at or exceeding the required 200 minutes for every 10 school days.

Grades 9-12

Learners will meet the Physical Education requirements for graduation as outlined in the school's board-approved Graduation Requirements Policy. High school learners may be temporarily or permanently exempted from PE requirements or seek an athletic exemption. Exemptions must be requested, a form filled out, and board-approved. The school will document the exemption appropriately on learner records according to the school's Family Guidebook.

Testing:

The school will adhere to all state Physical Education testing and assessment requirements.