



## **Physical Education Policy**

Board Approved: November 18, 2021

The Board Members and school leadership understand Health and Physical Education and Arts are a vital part of keeping learners fit, healthy, and well rounded. An educated person in the 21st century is mentally and physically healthy, with an awareness of their value and the value of others. They strive for balance in their work and recreation.

The extent to which pupils have access to, and are enrolled in, a broad course of study, including programs and services developed and provided to unduplicated students (classified as EL, FRPM-eligible, or foster youth; E.C. §42238.02) and students with exceptional needs.

“Broad course of study” includes the following, as applicable:

- Grades 1-6: English, mathematics, social sciences, science, visual and performing arts, health, physical education, and other as prescribed by the governing board. (E.C. §51210)
- Grades 7-12: English, social sciences, foreign language(s), physical education, science, mathematics, visual and performing arts, applied arts, and career technical education. (E.C. §51220(a)-(i))
  - All learners in grades 7-12 will have access to Physical Education courses.
  - High School Graduation requirement: 1 year Physical Education.

The high school experience represents the culmination of physical education. When learners reach ninth grade, they are ready to integrate all that they know with all that they can do. They become capable of higher-order thinking and of more skilled performance. Therefore, the five elementary and middle school model content standards have been combined into the three high school model content standards.

The three overarching content standards for high school youths are as follows:

- Standard 1: Learners demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities.
- Standard 2: Learners achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
- Standard 3: Learners demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.

### **Yoga**

In this course, we will utilize yoga practices to become more physically, mentally, energetically, and emotionally fit. This course will present techniques in yoga. Yoga means union, and refers to the union of the body, mind, and breath. It is a system of self care that was developed in India and is practiced all over the world. Yoga develops core strength and helps to develop lung capacity through careful breathing. The emphasis in this course will be asana practice which refers to poses and postures designed to develop flexibility, muscular strength, and muscular endurance. Emphasis will be placed on correct alignment and safe practice. Yoga students will learn concepts of physical fitness, identify stress reduction techniques, gain an increased ability to concentrate, and develop a Personal Fitness Plan to support a lifetime of fitness.