



Physical Education Policy
Board Approved: November 17, 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. 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

SCVi 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 wellbeing. The school will provide learners with physical education, using an age-appropriate, sequential physical education curriculum 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 students and will adapt physical education classes and equipment as necessary.

Grades TK-8

SCVi will provide Physical Education for all students in grades TK-8 at or exceeding the required 200 minutes for every 10 school days. The physical activity portion of our PE curriculum will consist of strength training as well as game playing. Playing games in PE makes the exercise fun but also teaches important concepts such as teamwork, good sportsmanship and problem-solving skills. In addition, we will integrate lessons about anatomy and healthy eating throughout the PE curriculum.

Grades 9-12

Learners will explore various aspects of physical education, while satisfying physical education requirements. In high school, students are required to complete 1 year of P.E.