



## District Physical Education Plan

The Flagler County School District is dedicated to providing the best Physical Education program available to all of our students grades K – 12. The curriculum is based on the Next Generation Standards adopted by the Florida Department of Education in 2008. These standards provide the scope and sequence necessary for all students in grades K – 8 to develop the fundamental skills required for physical activity and fitness. Students in grades 9 – 12 will choose from courses designed to advance these skills to become life long participants of sports and fitness. Physical activity is crucial to the development and maintenance of a healthy individual.

The Florida Department of Education created the Next Generation Standards in accordance with the six NASPE (National Association for Sport and Physical Education) standards:

A physically educated person:

- Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of activities.
- Standard 2: Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.
- Standard 3: Participates regularly in physical activity.
- Standard 4: Achieves and maintains a health enhancing level of fitness.
- Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
- Standard 6: Values physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Students receive Physical Education through many avenues and resources. Students have the opportunity to participate and excel in large group and small group activities. Fitness testing is provided to allow students to set and achieve personal goals. As students increase their own fundamental skills, they participate in modified games and team sports appropriate for their skill level.

A specific scope and sequence will be required for all students to follow. These expectations will be met by all students through rigorous instruction by Certified Physical Education Teachers. 2008 Florida law requires 150 minutes per week at all elementary schools with a minimum of 30 minute increments counting towards the total minutes. High school students are required to have one credit in Physical Education to graduate. As of 2009 – 2010, students in grades 6 – 8 will be required to complete one semester of Physical Education each year consecutively according to the Don Davis Physical Education Act (Senate Bill 610).

Various activities are provided at the elementary and middle school level to enhance gross locomotor skills, such as running, relays, tag, leapfrog, fitness trails, and rock climbing. Modified team sports are designed to introduce and increase skills such as throwing, catching, and striking. Some of these modified games include putting, tee-ball, soccer, target-ball, dribbling, and racquet sports. Activities such as fishing and archery are provided to promote physical activities for recreational sports and a lifelong interest which promotes a healthy lifestyle.

During the high school years, students will be able to apply physical education to life: understand and appreciate basic physical fitness, be able to use behavior which is safe for self and others in all physical activities, and be able to demonstrate proper social, cooperative, and competitive skills.

High school students will also be able to demonstrate knowledge and skills, which better enable participation in group and team sports (volleyball, soccer, team handball, basketball, floor hockey, lacrosse, flag football, softball and ultimate Frisbee).

Safety and security for all students is crucial in Physical Education. Certified Physical Education teachers deliver excellent lessons, taking into consideration all of the needs of each student. Goals and objectives are used to validate the enhancement of student progression within the discipline of physical education. As students' progress, they become more aware of individual goals and expectations set by themselves and the teacher.