

Physical Activity Policy

from EHAC (Legal)

The District shall require students in grades 6–8 to participate in moderate or vigorous daily physical activity for at least 30 minutes for at least four semesters during those grade levels as part of the District's physical education curriculum. The District may as an alternative require a student enrolled in a grade level for which the District uses block scheduling to participate in moderate or vigorous physical activity for at least 225 minutes during each period of two school weeks.

The District must provide an exemption for: 1. A student who is unable to participate in the required physical activity because of illness or disability; and 2. A student who participates in an extracurricular activity with a moderate or vigorous physical activity component that is considered a structured activity and meets the requirements for extracurricular activity as defined at 19 TAC 76.1001.

The District may allow an exemption for a student on a middle or junior high school campus participating in a school-related activity or an activity sponsored by a private league or club only if that activity meets each of the following requirements: 1. The activity must be structured; 2. The Board must certify the activity; and 3. The student must provide proof of participation in the activity. A —structured activityll is an activity that meets, at a minimum, each of the following requirements: 1. The activity is based on the grade appropriate movement, physical activity and health, and social development strands of the essential knowledge and skills for physical education specified in 19 TAC chapter 116; and 2. The activity is organized and monitored by school personnel or by appropriately trained instructors who are part of a program that has been certified by the Board.