

**GOAL 4:** Each high school campus shall offer structured physical education classes and fitness clubs that encourage and support the development of the skills, behaviors, and confidence needed to live a physically active life.

**Objective 1:** The District will ensure that all high school students are provided with the opportunity to earn one credit for physical education as part of the District’s physical education programs, or an approved substitution.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> <li>• The District course selection guide will include physical education program course descriptions.</li> <li>• Post District course selection guide to the District webpage.</li> <li>• Campus counselors will assist students in the course selection process.</li> </ul>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Annual Campus Wellness Committee Report</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• FBISD Course Selection Guide</li> <li>• State Graduation Plans</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Access to resources</li> </ul>

**Objective 2:** The campus administration shall encourage appropriate before and after school structured fitness/sports clubs and shall encourage students to participate.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> <li>• The campus administrator will encourage staff to provide various structured fitness/sports clubs before and/or after school.</li> <li>• Fitness/sports club meeting times will be posted on the campus webpage and be included in campus announcements.</li> </ul>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Annual Campus Wellness Committee Report</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Fitness/sports club equipment</li> <li>• Staff will have access to professional development on the fitness education process</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Access to gym/field space</li> <li>• Access to fitness/sports equipment</li> <li>• Staff attrition</li> </ul>

**Objective 3:** The campus principal will ensure that all physical education teachers are following the District's PE curriculum and instructional model that includes at least 50% of the class to be at the moderate to vigorous physical activity zone.

Action Steps	Methods for Measuring Implementation
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**Physical  
Activity  
Goal 4**

<ul style="list-style-type: none"><li>• The campus principal will engage in regular physical education class walk throughs to assure that teachers are utilizing the PE Curriculum instructional model.</li><li>• The campus principal will ensure that physical education teachers are utilizing the PE curriculum At-A-Glance to ensure that all students have the opportunity to participate in a variety of physical activities that will promote life-long fitness.</li></ul>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"><li>• Annual Campus Wellness Committee Report</li></ul> <p>Resources needed:</p> <ul style="list-style-type: none"><li>• FBISD physical education curriculum documents including the At-A-Glance and instructional model.</li><li>• Campus walk through data</li><li>• Professional learning focused on ways to include students with special needs.</li></ul> <p>Obstacles:</p> <ul style="list-style-type: none"><li>• Access to gym/field space</li><li>• Class sizes/multiple classes in one area at a time</li><li>• Access to fitness/sports equipment</li><li>• Staff attrition</li><li>• Inclement weather</li></ul>
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