

Physical Activity

The District will implement, in accordance with law, a coordinated health program with physical education and physical activity components and will offer at least the required amount of physical activity for all grades. [See [BDF](#), [EHAA](#), [EHAB](#), and [EHAC](#)]

Elementary school: Students in grades K-5 will participate in at least 135 minutes of structured physical activity each week. School and/or community personnel working in the school will not withhold the required 135 minutes of physical activity in classes, except for severe discipline consequences assigned by the principal or assistant principal (ISS, OSS, etc.), physical health reasons, IEP, or 504 Accommodation Plan implementation [see [FO\(LOCAL\)](#)].

Elementary school: All students will have the opportunity to participate in at least 20 minutes of recess daily.

Middle school: Students in grades 6–8 participate in moderate to vigorous daily physical activity for at least 30 minutes for at least five semesters or at least 225 minutes during each period of two school weeks as part of the District's physical education program.

High school: The District will require students to be enrolled in physical education or PE substitution course for two semesters or one year.

Additionally, the District will establish the following goals for physical activity: Physical fitness assessments will be conducted for students enrolled in a physical education accredited class in grades 3-12.

In accordance with [FFA\(LOCAL\)](#), the District has established the following goals for physical activity.

GOAL 1: Elementary-aged students shall participate in a minimum of 135 minutes of structured physical activity weekly as required by Texas Education Code 28.002(l). Students shall not be denied participation in physical activities conducted during the minimum time requirement.

Objective 1: The principal will ensure that the campus weekly schedule includes at least 135 minutes of structured physical activity weekly.

Resources: [Recess Guidelines](#); [Youth Physical Activity](#); [FBISD Brain Break Cards](#); Sample Campus Weekly Schedules

Objective 2: The principals will ensure that the students are not denied participation in physical activities conducted during the minimum time requirement.

Resources: [Recess Guidelines](#); [Discipline Strategies](#); [Youth Physical Activity](#)

Objective 3: The District will identify appropriate opportunities and recommend best practices for meeting the 135 minutes of structured physical activity.

Resources: [Recess Guidelines](#); [Discipline Strategies](#); [FBISD Brain Break Cards](#); [Youth Physical Activity](#); [FBISD PE Curriculum Instructional Model](#)

Objective 4: The principal will ensure that all instructional staff follow the FBISD Recess Guidelines.

Resources: [Recess Guidelines](#); [Discipline Strategies](#); [Youth Physical Activity](#)

GOAL 2: In addition, elementary campuses shall provide unstructured recess on a daily basis. Unstructured recess time may not count toward the 135 minutes of required structured physical activity.

Objective 1: The District will define the difference between structured and unstructured physical activity and provide campuses with best practices for unstructured physical activity.

Resources: [Recess Guidelines](#); [Youth Physical Activity](#); [Indoor Recess Ideas](#); [FBISD Brain Break Cards](#)

Objective 2: The principal will encourage that the campus daily schedule include at least 20 minutes of daily-unstructured recess.

Resources: [Recess Guidelines](#); [Youth Physical Activity](#); [Indoor Recess Ideas](#); [FBISD Brain Break Cards](#)

GOAL 3: Middle school students shall be offered structured physical education classes and fitness/sports clubs that meet the needs of all students, including those students that do not excel athletically.

Objective 1: The campus principals will ensure that all students will be provided with the opportunity to participate in at least 30 minutes daily of moderate to vigorous physical activity for at least five semesters as part of the District's physical education program.

Resources: [EHAC](#); [Course Selection Guide](#); [Graduation Plans](#)

Objective 2: The campus principal will encourage that before/after school structured physical activity clubs are offered on a weekly basis to students that do not participate in athletics.

Resources: After/Before School Physical Activity Ideas; [After/Before School Physical Activities for Parents](#)

Objective 3: The campus principal will ensure that all 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.

Resources: [FBISD PE Curriculum - Schoology](#), [FBISD PE Curriculum Instructional Model](#)

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.

Resources:

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

Resources: After/Before School Physical Activity Ideas; [After/Before School Physical Activities for Parents](#)

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.

Resources: [FBISD PE Curriculum - Schoology](#), [FBISD PE Curriculum Instructional Model](#)

GOAL 5: All schools shall help students understand the short and long-term benefits of a physically active and healthy lifestyle.

Objective 1: The campus will encourage healthy lifestyle habits through a variety of medias.

Resources:

GOAL 6: The District shall provide an environment that fosters safe and enjoyable physical activity for all students including those not enrolled in a physical education class or competitive sports.

Objective 1: Campus principal will ensure that the student-to-teacher ratio does not exceed 45 to 1.

Resources: [Physical Education Student-Teacher Ratio](#)

Objective 2: The campuses will ensure that the physical environment is free from hazards.

Resources:

Objective 3: The campuses will ensure that all facilities are safe and in good working condition.

Resources: [Work Order Procedures](#)

Objective 4: The District will be responsible for addressing the campus needs in a timely manner.

Resources: [Work Order Procedures](#)

GOAL 7: The district shall encourage parents and guardians to support their children's participation in physical activities.

Objective 1: The campuses will promote, through a variety of medias, the multiple physical activity opportunities both during and outside of the school day.

Resources:

Objective 2: The campus will offer at least one event annually, either during or outside of normal school hours, that involves physical activity and includes both parents and students in the event.

Resources:

GOAL 8: The District shall encourage students, parents, staff, and community members to use the available recreational facilities at their neighborhood campus that are available outside of the school day.

Objective 1: The District will inform the community of the facilities that are available for use outside of the school day by including a statement in at least one District or campus publication, by posting information on the District or campus website, or through use of appropriate signs.

Resources: [FBISD Website](#); [Facilities Rental](#)

GOAL 9: Physical education classes shall encourage students to participate in moderate to vigorous physical activity for at least 50% of the physical education class time.

Objective 1: The District will provide a physical education curriculum and professional learning opportunities to K-12 physical educators that include an instructional framework that includes at least 50% of physical education class to be in the moderate to vigorous physical activity zone.

Resources:

Objective 2: The campus will ensure that teachers are following the Physical Education Curriculum's Instructional Model, which includes at least 50% of moderate to vigorous physical activity during class time.

Resources:

GOAL 10: The District shall encourage all instructional staff to integrate physical activity into the academic curriculum where appropriate.

Objective 1: The District will provide resources, strategies, and trainings on movement in the classroom.

Resources: [Action Based Learning](#)

Objective 2: The campus will encourage teachers to include movement breaks in their lesson plan.

Resources:

GOAL 11: The District shall not permit the denial of the required 135 minutes of physical activity, physical education class, and/or unstructured recess as punishment for inappropriate behavior and/or failure to complete assignments with the exception of severe discipline consequences assigned by the principal or assistant principal (ISS, OSS, and the like).

Objective 1: The campus will ensure that all elementary school students will be provided the opportunity to participate in the required 135 minutes of structured physical activity.

Resources: [Recess Guidelines](#);

Objective 2: The District will provide alternatives for discipline that do not affect physical activity time.

Resources: [Recess Guidelines](#); [Discipline Strategies](#); [Youth Physical Activity](#)

Objective 3: The campus administrator will ensure that all instructional staff follow the District Recess Guidelines.

Resources: [Recess Guidelines](#);