

FBISD Wellness Handbook

Teaching & Learning Department Guidelines

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]

Physical fitness assessments will be conducted for students enrolled in a physical education accredited class in grades 3-12.

Additionally, the District will establish the following goals for physical activity:

- The District will identify appropriate opportunities and recommend best practices for meeting the 135 minutes of structured physical activity. Physical Activity Goal 1, Objective 3
- PA-G2-O1 The District will define the difference between structured and unstructured physical activity and provide campuses with best practices for unstructured physical activity. Physical Activity Goal 2, 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. Physical Activity Goal 4, Objective 1
- The District will provide resources, strategies, and trainings on movement in the classroom. Physical Activity Goal 10, Objective 1
- The District will provide alternatives for discipline that do not affect physical activity time. Physical Activity Goal 11, Objective 1