

Overview and Requirements for High School Physical Education/Activity, Health Education, and Coordinated School Health

High School campuses must provide students the following curriculum and physical education time to ensure compliance in both local and state mandates set by the Boerne ISD Board of Trustees and the Texas Legislation:

General Physical Education

- Students are required to complete one credit in Physical Education to fulfill graduation requirements.
- Students must dress appropriately to ensure safety while participating in physical activity.
- Students must participate in Fitnessgram, a physical fitness assessment.
- Some students may be limited or exempt from some or all physical activity based on their individual needs. Any student who will miss more than three consecutive physical education class days must have a Doctor's note.

Certain activities are allowed to substitute for the Physical Education requirement:

Athletics (up to 4 credits);

Cheerleading Squad (1 credit only).

Drill team (1 credit only);

JROTC (up to 4 credits);

Marching band (1 credit only);

Off-Campus Physical Education* (up to 4 credits);

***Description of the Off-Campus Physical Education Program (see OCPE page)**

The OCPE Program is a partnership between Boerne ISD and approved off-campus providers that offer activities, such as Dance, Equestrian, Gymnastics, Hockey, Martial Arts, Swimming, and Tennis. Students may not be enrolled in OCPE and any other general Physical Education class or Physical Education substitution at the same time. High school students may earn 0.5 credits per semester for a total of 4 credits towards their graduation requirements.

In order for a waiver to be granted, BISD will follow the guidelines as stated in Texas Administrative Code (TAC) §74.11(d) (7) (C). The term "appropriate" implies **that the substitute activity is in congruence with the Physical Education Texas Essential Knowledge and Skills (TEKS) as closely as possible, if not above the rigor of the standards.**

All of the above allowable substitutions must include at least 100 minutes per five-day school week of moderate to vigorous physical activity. No more than four substitution credits may be earned through any combination of these allowable substitutions.

Curriculum at a Glance

Physical Education

BISD has adopted the SPARK PE curriculum. This program emphasizes personal fitness development by integrating a wide variety of activities, experiences, knowledge and skills. SPARK is a research-based, public health organization dedicated to creating, implementing, and promoting lifelong wellness.

Athletic Training consists of approximately thirty Student Athletic Trainers who work with over 1200 male and female athletes in more than twenty sports. The primary responsibility of the athletic training staff is the care, prevention, treatment, and rehabilitation of athletic injuries. Involvement with the program is also a great way to gain valuable medical experience.

Students are required to work football and one other sport. During the sport seasons, much of the work is after school or evening, some Saturdays, and some varsity team travel is involved. Students must have written approval from parents and the Athletic Trainer. Upon approval, students will be enrolled in both Athletic Trainer and Athletic Trainer Study Hall classes that coincide with athletic periods.

Health Education

The primary objective of the school health program is to provide opportunities for students to acquire facts, develop proper attitudes, and establish practices that will contribute to personal and community health. It is a fundamental course in the principles and problems of healthful living. The course includes an overview of medical and scientific facts involved in prevention and control of diseases. A study of drugs and alcohol problems of our society is also included. Counselors and outside advisors are used to achieve the impact needed on selected topics.

Focus Weeks

Obesity Awareness Week

Red Ribbon Week

Tobacco Awareness Week

Celebrate Wellness Week