

Engage. Inspire. Enrich.

Welcome to the **Boerne ISD** Physical Education and Health Education website. The goal of this website is to provide educators, parents and members of our community information regarding the BISD physical education, health education and coordinated school health programs.

For **physical education** you will find physical education and physical activity information regarding state mandates, district requirements, physical education curriculum, physical activities, coordinated school health information, and how the brain is affected by physical activity.

For **health education** you will find health concepts taught through a comprehensive integrated approach. Topics include, physical/social/mental health, environmental health, consumer health, disease prevention, human sexuality, parenting and paternity awareness, nutrition, alcohol, tobacco, drugs, healthy lifestyles, interpersonal skills, goal setting, decision-making, and CPR/first-aid/AED. You will also find national and state standards for health education, district requirements, current news and research.

For **coordinated school health** you will find information regarding state mandates, program information, lessons and great ideas on creating a healthy school environment.

