

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

Middle 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:

Physical Education

- Students must be taught and assessed on their grade level Physical Education Texas Essential Knowledge and Skills (TEKS). BISD has adopted the SPARK curriculum. SPARK is a research-based program designed to promote lifelong wellness.
- All middle school students must take at least three semesters of physical education or physical education substitutions. All 7th graders must participate in a full year of physical education. 8th graders must participate in one semester of physical education.
- Athletics, Dance or JROTC are physical education substitutions that will satisfy the physical education requirement if taught by a certified Physical Educator or Dance Instructor during school hours. Students in athletics must sign up for the full year of instruction.
- An approved Off-Campus PE Equivalent Program may also substitute for the physical education requirement for 7th and 8th grade.
- Students must dress appropriately to ensure safety while participating in physical activity.
- Students must participate in Fitnessgram, a physical fitness assessment that is given once per year. The results are based on the percent of students that have achieved the Healthy Fitness Zone (HFZ).
- Some students may be limited or exempt from some or all physical activity based on their individual needs. A note from a Doctor is required if the student will miss more than three consecutive physical education class days.
- 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.

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.

Health Education

- Students must be taught grade level Health Education Texas Essential Knowledge and Skills through physical education and the core subject area of science. SPARK HLC is integrated with physical education lessons and Worth the Wait is integrated with science lessons.

Coordinated School Health

- Students will receive coordinated school health lessons utilizing the SPARK HLC curriculum. Health is integrated with physical education instruction and Worth the Wait is integrated with science instruction.

Curriculum at a Glance:

- **Middle School TEKS**

Course Description: Physical Education: grade 7

Physical Education students will learn how to identify key elements for success when observing another individual's performance and apply similar concepts from one sport or activity to another. At this grade level, students are expected to participate in physical activity both in and out of school while maintaining a healthy level of fitness as their bodies grow and change. Their knowledge and safety and the ability to manage their own behavior is reinforced.

Instruction is directed toward encouraging the incorporation of physical activity into a daily routine and includes Aerobic Games, Badminton, Circuit Training, Fitness Skills, Ultimate Frisbee, and Weight Lifting.

Course Description: Physical Education: grade 8

Physical Education students will continue to understand the need to remain physically active throughout life by participating in enjoyable activities in and out of school. Students will be able to demonstrate higher-level movement skills, strategies, and tactics within game play. Instruction includes Archery, Badminton, Basketball, Fitness Skills, Golf, Team Handball, Volleyball, and Weight Training.

Middle School Campus Focus Weeks

- **Obesity Awareness Week**
- **Red Ribbon Week**

- **Tobacco Awareness Week**
- **Celebrate Wellness Week**