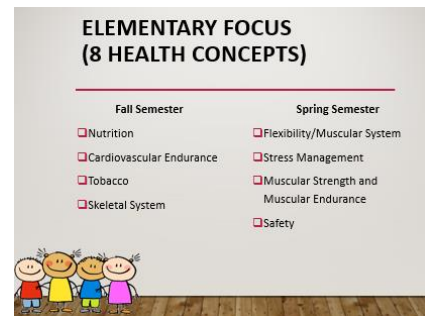
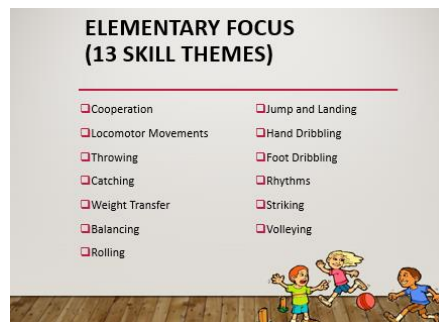
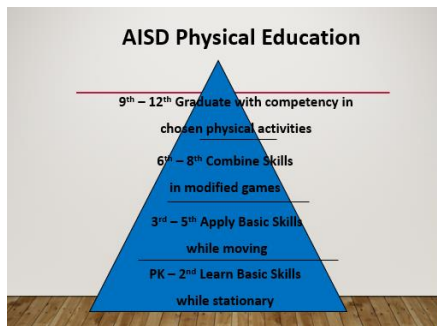


Wellness: Health and Physical Education

Austin Independent School District's Health and Physical Education Department educates students to become lifelong learners of health and wellness by participating in activities that develop behaviors which encourage healthy decision-making, appropriate social skills, and lifelong physical fitness in and outside of the educational setting. To pursue a lifetime of healthful physical activity, a physically literate individual:

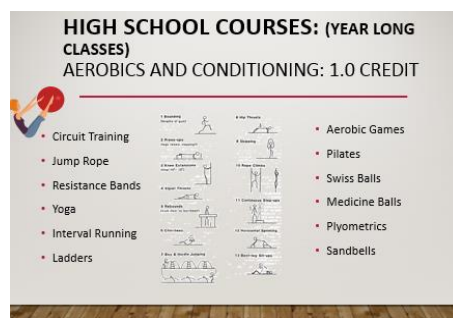
- Has learned skills necessary to maintain a healthy lifestyle that includes proper nutrition and physical activity;
- Knows the implications of and the benefits of involvement in physical activities;
- Does include healthy habits including physical activity in daily life;
- Is fit, healthy and ready to learn;
- Values physical activity and health as they relate to a healthful lifestyle.

Curriculum



MIDDLE SCHOOL SKILL UNITS (SEMESTER CLASSES)

6 th	7 th	8 th	FF
Flag Football	Bowling	Team Handball	Static & Dynamic Stretching
Fitness	Fitness	Fitness	Weight Resistant Training
Volleyball	Ultimate Frisbee	Volleyball	Running
Tennis	Circuit Training	Weight Training	Yoga
Basketball	Floorball	Basketball	Pilates
Track & Field	Disc Golf	Golf	Pilates
Soccer	Softball	Badminton	Plyometrics



Requirements

Elementary: All students attend PE on a three-day rotation for 45 minutes. Students also receive 20 minutes of structured physical activity on days they attend music and art. Students have 30 minutes of daily recess.

Middle School: All students are required to be enrolled in PE during their 6th grade year and at least one semester during their 7th and 8th grade year. Students can substitute PE with dance (with PE integrated TEKS), athletics, or JROTC.

High School: All students are required to earn 1.0 credit of PE or a PE substitution to graduate. PE substitutions include dance, athletics (with PE integrated TEKS), cheer, drill team, marching band, and ROTC. Additionally, all students must earn .5 credit of health education for graduation.

Please contact [Michele Rusnak](#), Health and PE Supervisor if you have any questions.