

Elementary Physical Education Requirements

Elementary campuses must provide students the following curriculum and physical education/activity time to ensure compliance in both local and state mandates set by the AISD Board of Trustees and the Texas Legislation:

- Students must be scheduled for grade level physical education every 3rd day, for 45 minutes taught by a certified Physical Educator
- Students must be taught and assessed on their grade level Physical Education Texas Essential Knowledge and Skills (TEKS).
- Students must receive a total of 135 minutes of “structured” TEKS based physical education/activity per week.
 - Student will receive 45-90 minutes of Physical Education per week depending on their weekly three day rotation of A, B, or C day.
 - Classroom teachers must provide the additional “structured” physical activity each week (45-90 minutes). Classroom teachers have been trained and are provided with quality “structured” physical activities for Working Out for Wellness (W.O.W.) and Brain Breaks for the classroom.
 - Please note; recess should not be confused with W.O.W. Recess is unstructured time and students have the option of being active or not. W.O.W. requires all students to be physically active.
- Students must participate in Fitnessgram, a physical fitness assessment that is administered at the beginning and end of the school year.
- Students must wear appropriate shoes and clothing to ensure safety while being physically active.
- Some students may be limited or exempt from some or all physical activity based on their individual needs. The campus must have a completed Restricted Physical Activity Student Report Form before a student is exempt from physical activity. This form must be signed by a member of the healing arts practicing in Texas.

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