AISD PHYSICAL EDUCATION

ELEMENTARY SCHOOLS

Physical education programs are the cornerstone of an active lifestyle for all students. School programs provide the skills, knowledge and attitudes that help children stay active for the rest of their lives. Encourage your students to actively participate in PE.

State of Texas Requirements

✓ All Texas elementary and middle schools must have a coordinated school health program in place by the 2007 school year:
  - Family/community involvement
  - Physical activity and education
  - Health education
  - Nutrition services

✓ Elementary students must receive 135 minutes/week (or 30 minutes per day) of TEKS-based physical education/activity.
✓ TEKS-based physical education and health education are required in elementary and high school, and must be offered in middle school.

The New PE

PE is a primary source for movement and skill development – and for nutrition and health education. PE teaches lifelong, individualized fitness concepts.

PE Matters!

✓ Kids who are physically active on a regular basis are less likely to become overweight or obese
✓ Kids who are obese when they are adolescents have a 75% chance of being obese for the rest of their lives
✓ Kids who have physical activity in the school day have an advantage for learning, which increases student achievement
✓ Kids who are physically fit have higher self-esteem
✓ Kids who value physical fitness and healthy lifestyle are less likely to engage in risky behaviors such as under age drinking, smoking, illicit drug use and violence

What is AISD doing to improve student fitness?

✓ AISD has developed curriculum based on a wellness/recreation model (vs. traditional athletic model)
✓ In PE, students learn how to practice a physically-active lifestyle and to understand the relationship between physical activity and health through a lifetime.
✓ Elementary school PE classes meet every third day and are taught by a certified Physical Education teacher.
✓ Classroom teachers implement “Working Out for Wellness” (WOW) program daily to meet state requirements of 135 minutes of TEKS-based structured activities per week
✓ Elementary students learn basic movement skills, physical activity and health concepts and develop social skills.
FREQUENTLY ASKED QUESTIONS

How has today’s PE changed?
The old days of PE-- which included running until you were sick, standing around while everyone tried to climb the rope, teachers barking orders at stragglers on the track – are disappearing. Today, PE classes have become more “student friendly” taking into account the many different fitness levels of students. There are new PE activities – from developing skills such as dribbling, skipping and jumping rope to gymnastics. Kids are doing all sorts of activities for fun and movement – not for competition.

What should my elementary student be doing each day for PE?
At least half of your student’s PE time should be vigorous activity, and the rest of the time should be dedicated to skills, fitness, health and social development.

When does my child participate in their Working Out for Wellness (WOW) time?
Anytime during the school day. Each teacher has designated time allocated for WOW.

Does recess count for the required 135 minutes of physical activity each week?
No, recess is not part of the WOW time. WOW time must be structured, TEKS-based physical activity. Recess should be free time for students.

Can teachers use recess as punishment?
Yes, recess can be withheld for tutoring or disciplinary reasons. However, national standards recommend that recess not be used as punishment. Also, data shows that physical activity reduces disruptive behavior. WOW time cannot be withheld for disciplinary reasons; state law mandates 135 minutes per week.

What are the qualifications for PE teachers?
AISD only hires certified PE teachers to teach all PE classes.

PARENTS – DON’T BE AFRAID TO ASK!

Make sure your student is getting the best PE possible – here are some questions to ask your principal, PE and classroom teachers.

- How often does my student get physical education?
- How much “active participation” time does my child get each week?
- What kinds of physical fitness activities do the students participate in?
- What is the average number of students in a PE class?
- Do the PE activities accommodate all physical levels of students?
- Is the teacher sending home information about PE activities to do at home?
- How do PE teachers motivate the “unmotivated” students?
- Is my child receiving healthy eating information as part of the PE curriculum?
- Is the importance of appropriate footwear stressed for PE?
- Are positive social skills practiced (good sportsmanship, assertive vs. aggressive behavior, taking turns, team player concepts, sharing)?

FOR MORE INFORMATION: AISD School Health Advisory Council (SHAC)
The AISD SHAC is a school-board appointed advisory group of parents, students, school staff and community members working together to improve the health of all students and families. The SHAC meets the first Wednesday of each month at 6:30 p.m. at the AISD Board conference room. Parents and the public are invited. For more information about school health issues, go to www.austinisd.org/schools/shac.