

MPISD Adopted Policies Relating to Student Health

MPISD board policy EHAB (LEGAL) regarding physical activity through grade 5:

"The District shall require students in kindergarten through grade 5 to participate in moderate or vigorous daily physical activity for at least 30 minutes throughout the school year, as part of the District's physical education program or through structured activity during a campus's daily recess. If the District determines, for any particular grade level, that requiring moderate or vigorous daily physical activity is impractical due to scheduling concerns or other factors, the District may as an alternative require a student in that grade level to participate in moderate or vigorous physical activity for at least 135 minutes during each school week. The District must provide an exemption for a student who is unable to participate in the required physical activity because of illness or disability."

Education Code 28.002(I) ESSENTIAL KNOWLEDGE AND SKILLS

MPISD board policy EHAC (LEGAL) regarding physical activity for students in grades 6-8:

"A district that offers grades 6-8 must provide instruction in the required curriculum as specified in 19 TAC 74.1, relating to essential knowledge and skills. The District shall ensure that sufficient time is provided for teachers to teach and for students to learn English language arts, mathematics, science, social studies, fine arts, health, physical education, technology applications, and to the extent possible, languages other than English. 19 TAC 74.3(a) The District shall require students in grades 6-8 to participate in moderate or vigorous daily physical activity for at least 30 minutes for at least four semesters during those grade levels as part of the District's physical education curriculum. The District may as an alternative require a student enrolled in a grade level for which the District uses block scheduling to participate in moderate or vigorous physical activity for at least 225 minutes during each period of two school weeks. The District must provide an exemption for: 1. A student who is unable to participate in the required physical activity because of illness or disability; and 2. A student who participates in an extracurricular activity with a moderate or vigorous physical activity component that is considered a structured activity and meets the requirements for extracurricular activity as defined at 19 TAC 76.1001. The District may allow an exemption for a student on a middle or junior high school campus participating in a school-related activity or an activity sponsored by a private league or club only if that activity meets each of the following requirements: 1. The activity must be structured; 2. The Board must certify the activity; and 3. The student must provide proof of participation in the activity. A "structured activity" is an activity that meets, at a minimum, each of the following requirements: 1. The activity is based on the grade appropriate movement, physical activity and health, and social development strands (GRADES 6-8 PHYSICAL ACTIVITY REQUIREMENTS EXEMPTIONS Mount Pleasant ISD 225902 BASIC INSTRUCTIONAL PROGRAM EHAC REQUIRED INSTRUCTION (SECONDARY) (LEGAL) DATE ISSUED: 11/5/2009 2 of 5 UPDATE 86 EHAC(LEGAL)-P of the essential knowledge and skills for physical education specified in 19 TAC chapter 116); and 2. The activity is organized and monitored by school personnel or by appropriately trained instructors who are part of a program that has been certified by the Board.