

Overview: PPS recognizes the positive benefits of physical activity for student health and academic achievement. Recognizing that physical education is a crucial and integral part of a child's education, the school will provide opportunities to ensure that students engage in healthful levels of vigorous physical activity to promote and develop the student's physical, mental, emotional, and social well-being. Besides promoting high levels of personal achievement and a positive self-image, physical education activities should teach students how to cooperate in the achievement of common goals.

Physical Education: The components of the school's physical education program shall include a variety of kinesthetic activities, including team, individual, and cooperative sports and physical activities, as well as aesthetic movement forms, such as dance, yoga or the martial arts.

- Palouse Prairie School's Physical Education program should connect and demonstrate the interrelationship between physical activity, good nutrition, and health.
- An appropriate alternative activity shall be provided for students with a physical disability that may restrict excessive physical exertion.

Physical Activity Exemptions: The Director of Operation, Director of Curriculum and Instruction, or designee may grant temporary exemption from physical education if the student is ill or injured and a modified program to meet his/her needs cannot be provided.

Adventure Education: Students shall be offered the opportunity to participate in outdoor education programs that make connections between diet, health and the environment, and the interdependence of living things.

Policy History:

Adopted on: 6/9/09

Revised on: 6/9/14