CHAPTER 5.00 - STUDENTS

5.40

STUDENT HEALTH AND FITNESS

POLICY:

A program of student health and fitness shall be implemented in all elementary, middle and secondary schools:

(1) The program will implement health and fitness, including physical fitness, standards in accordance with Florida Sunshine State Standards as school(s) facilities allow.

(2) Each school shall make available to parents information on student health and fitness.

(3) All students in secondary and middle schools shall be required to wear appropriate dress provided that adequate dressing facilities are available. In a case where the parent or guardian files an objection based on religious reasons, the student shall be permitted to wear some other type of appropriate dress.

(4) Appropriate dress and footwear shall be determined by the school administration.

(5) Elementary students are required to receive a total of 150 minutes per week of physical education instruction. A minimum of 30 consecutive minutes must be provided on any day that physical education instruction is conducted.

(6) Middle school students will be enrolled in physical education instruction for one semester of each year while in grades 6,7 and 8. One-on-One counseling will be made available to students and/or parents upon request as to the benefits of physical education for the student.

The physical education requirements may be waived for students who meet one or more of the following criteria:

(a) The student is required to enroll in a remedial class.

(b) The student's parent indicates in writing to the school that:

1. The parent requests that the student enroll in another course among those offered by the school.

2. The student is participating in physical activities outside the school day which are equal to or in excess of the mandated requirement.

STATUTORY AUTHORITY: 1001.41, F.S.

LAWS IMPLEMENTED: 1003.455, 1006.07, F.S.

HISTORY:

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Formerly: