



Physical Education Report January 16, 2024

Physical Education must be offered to all public-school students K-12.

Physical Education promotes health and wellbeing.

Our District's physical education program follows the state's established knowledge and skill (TEKS) requirements.

Yearly events specifically P.E.:

Turkey Trot, Reindeer Games, Color Run, Fitness Gram 3rd-5th JH and HS and Elementary Track meet. This year, in February, we are adding the Heart Kids Challenge for heart month. First semester PE learned about the bones in the body. This semester we are targeting some of the major muscles.

During the year, facilities are used for seasonal sports such as basketball. When needed, due to weather, for football, baseball, and track. Workout area for JH and HS track with bad weather conditions. O'donnell facilities used for track for all grade level participants.

Key areas of the physical education program are:

Movement – Applying knowledge of concepts, principles, strategies, and tactics to movement patterns and performance.

Physical activity & health – Demonstrates the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.

Social development- Follows class rules. Actively listens and follows direction. Recognizes the value of physical activity for health, enjoyment, challenge, self expression and/or social interaction.

We meet the required minutes of Moderate to Rigorous physical activity time and any alternatives.

