



AISD PHYSICAL EDUCATION

MIDDLE SCHOOLS

Physical education programs are the cornerstone of an active lifestyle for all students. School programs provide the skills, knowledge and attitudes that help students 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
 - Health education
 - Physical activity and education
 - Nutrition services
- ✓ Middle school students are required to take one semester of PE each year.
- ✓ 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 70% chance of being obese for the rest of their lives
- ✓ Nearly 35% of all Texas kids are overweight or obese
- ✓ 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 underage 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)
- ✓ Middle School students are required to take one semester of PE during each grade (6th – 8th) level.
- ✓ In PE, students learn how to practice a physically-active lifestyle and to understand the relationship between physical activity and health through a lifetime.
- ✓ Middle school students learn about the function of the body, how to measure their own performance, and develop plans for improvement. They learn to use technology (i.e., heart rate monitors) to monitor their performance. They learn activities they find enjoyable that encourage them to be physically active throughout life.
- ✓ Activities range from flag football, jump rope, volleyball and tennis skills to disc golf, orienteering, ultimate Frisbee and lacrosse.

