

Physical Activities for Students

Middle School and High School Program of Physical Activities

The school board believes in a comprehensive program of physical activities which includes education, intramural and interscholastic sports. Every middle school and high school student who wishes to participate in physical activities should have opportunities to do so. This may be done through required or elective physical education classes, a strong intramural program, or interscholastic competition. These three types of district programs are described as follows:

1. Physical Education

The primary means to meet students' physical activity needs should be a broad, varied, and developmental program of physical education directed by competent instructors. Physical education provides opportunities for instruction in physical activities, including sports, lifetime recreational activities, and physical fitness, and is part of the regular instructional program of the district.

2. Intramural Sports

The intramural sports program, which provides opportunities for students to use their physical skills in controlled, regular competition, should supplement the physical education program. Intramural activities should grow directly out of the instructional program and should be coordinated by a person or persons designated by the principal.

The sports offered should be based upon interest of participants, availability of trained personnel, and facilities and equipment. Intramural sports provide a voluntary program of competition within each school for students who do not participate on an interscholastic team in that particular sport. An intramural program may be held during the regular school day or after school hours.

3. Interscholastic Athletics

Interscholastic athletics should be an integral part of the educational program and should be kept in proper perspective with other parts of the total school program. Athletics, when properly conducted, provide worthy experiences through which physical, mental, emotional, and social development may be fostered. Competition in sports offers a positive, motivating factor for large numbers of students. Since the program requires extended periods of physical activity, the health and welfare of participants is a primary consideration.

4. Middle School Intradistrict, Interscholastic Activities

The middle school interscholastic athletic program should be a planned program of instruction which is conducted by a qualified coach and designed to help participants improve their skills and enjoy their sports experience. The program should offer competition in several sports to meet the interests and needs of students who desire more competition and training than that provided in physical education and intramural programs. Different sports are scheduled during four separate, nonoverlapping seasons and are purposely intended to reasonably limit the length of the season and the number of contests for students of this age group.

5. High School Interscholastic Athletics

A high school interscholastic athletic program should offer competition in a wide variety of sports to meet the interests and needs of students. High school athletic programs require intensive physical activity and are intended for those students who have the interest, time, and desire to improve their physical skills and compete on a higher level than is provided in the physical education or intramural program.

A high school interscholastic athletic program provides activities for team participants as well as opportunities for other students to participate as members of rally squads, bands, game announcers, team managers, statisticians, photographers, sports writers, and spectators.

The program also serves as a unifying force among the students and provides opportunities for family and community involvement and support.

END OF POLICY

Legal Reference(s):

[ORS 326.051](#)
[ORS 329.465](#)
[ORS 332.075 \(e\)](#)
[ORS 336.183](#)
[ORS 339.430](#)

[OAR 581-021-0034 to -0035](#)
[OAR 581-021-0045 to -0049](#)
[OAR 581-022-1680](#)

Title IX of the Education Amendments of 1972, 20 U.S.C. Sections 1681-1683; 34 CFR Part 106 (2000).
2000-2001 OSAA Handbook, Oregon School Activities Association (July 2000).