

Physical Education

Physical education is an integral part of a balanced school curriculum. The physical education curriculum provides the developmentally appropriate skills necessary for performing a variety of physical activities that lead to physical fitness. Through regular, frequent participation in planned physical activity and instruction, which includes knowledge about the benefits of physical activity, students will value physical activities as an important part of a healthy lifestyle.

Physical education is one component of the District's comprehensive school health program. Participation in the physical education program is required for all students grades K–8. High school students are required to take a minimum of one year of physical education.

END OF POLICY

Legal Reference(s):

[ORS 329.465](#)

[ORS 332.107](#)

[OAR 581-022-1110](#)