

## **PHYSICAL EDUCATION**

### **I. Board Philosophy**

The Board of Education of Talbot County believes that every student in public schools shall have an equal opportunity to participate in a planned and sequential physical education program.

The Code of Maryland Regulations (COMAR) states that each local education agency shall provide a comprehensive program in physical education in accordance with guidelines established by the Maryland State Department of Education.

Therefore, the Board directs the Superintendent to develop and implement regulations to ensure all students receive an instructional program of physical education in grades K–12.

### **II. The Superintendent shall:**

A. Develop an instructional program aligned with the Maryland Physical Education Curriculum Framework for all students in each year of school, grades K-8.

B. Develop a physical education program for all students in grades 9-12 that will enable students to meet the graduation requirements and to select physical education electives.

C. Provide adaptive physical education for students as required by Individual Education Plans (IEP) and 504 plans.

D. Design a meaningful, quality physical education program that is taught by certified physical education teachers.

#### **1. Meaningful physical education content includes**

- a. Instruction to enhance student's ability to perform a variety of physical skills by developing fundamental movement skills;
- b. Instruction to students in the use of the principles of biomechanics to generate and control force;

- c. Instruction to students to demonstrate their use of motor skill principles to learn and develop proficiency;
- d. Instruction to students in how to use scientific principles to design and participate in a regular, moderate to vigorous physical activity program;
- e. Instruction to students in how to use the principles of exercise physiology, social psychology, and biomechanics to design a regular, personalized, purposeful program of physical activity consistent with their health, performance, and fitness goals; and
- f. Instruction to students in how to use essential skills for developing self-efficacy, fostering a sense of community, and working effectively with others in physical activity settings.

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