

**Physical Activity in
Middle School**

Students in middle and junior high school shall be required to take a total of four semesters of physical education, including at least one semester of physical education per year. Students in grade 6 shall be encouraged, but not required, to take two semesters of physical education.

The following alternatives shall be provided for students to meet the District requirement for four semesters of physical activity in middle school. The functional fitness course may be taken only once in grades 6–8.

The requirement may be met by:

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| During Grade 6 | 1. Taking a TEKS-based physical education class, such as grade 6 physical education and/or grade 6 functional fitness; |
| | 2. Taking a physical education substitution approved by the District, such as ROTC or dance; |
| During Grade 7 | 3. Taking a TEKS-based physical education class, such as grade 7 physical education and/or grade 7 or 8 functional fitness; |
| | 4. Taking a physical education substitution approved by the District, such as athletics, ROTC, or dance; |
| | 5. Participating in a District-approved private or commercially sponsored physical activity program with TEKS-based structure; |
| During Grade 8 | 6. Taking a TEKS-based physical education class, such as grade 8 physical education and/or grade 7 or 8 functional fitness; |
| | 7. Taking a physical education substitution approved by the District, such as athletics, ROTC, or dance; and/or |
| | 8. Participating in a District-approved private or commercially sponsored physical activity program with TEKS-based structure. |

Effective Date

This policy shall be effective as of the adoption date, February 22, 2010.