

## HEALTH & PHYSICAL EDUCATION Buna ISD

Texas Education Code requires each school district that offers kindergarten through grade 12 to offer, as a required curriculum:

- Health, with emphasis on the importance of proper nutrition and exercise;
- Physical education

The District offers at least the required amount of physical education and other regular physical activity components. In accordance with the law the District requires students enrolled in kindergarten through grade five to participate in moderate or vigorous daily physical activity for at least 30 minutes as part of the district's physical education curriculum.

Students in grades 6 through 8 are required to have moderate to vigorous daily physical activity for at least 30 minutes for at least 4 semesters during those grade levels. The district offers at least the required amount of physical activity for grades 6 through 8. Sixth graders are required to take P.E. both semesters during the school year. Seventh and Eighth graders are required to take at least two semesters during those years.

High School graduation requirements include one and one-half credits of physical education (PE) that include Foundations of Personal Fitness and one-half credit of health. In addition, the District has established the following goals;

- The District will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.
- The District's School Health Advisory Council will meet at least once yearly.
- The District has adopted policies and implemented procedures to comply with state and federal food service guidelines restricting certain foods and vending machines.

The Education Code requires that a coordinated health program be implemented in each elementary school and junior high school in the district. The program must be designed to prevent obesity, cardiovascular disease, and Type 2 diabetes in elementary and junior high students. The program must provide for coordinating health education, physical education and physical activity, nutrition services, and parent involvement.

The Coordinated Approach To Child Health program, CATCH, has been adopted by the District's School Health Advisory Council to serve Buna Elementary and Buna Jr. High students. The CATCH Program focuses on coordinating four components: the [Eat Smart](#) school nutrition program, K-5 and 6-8 [Classroom Curriculum](#), a [Physical Education](#) program, and a [Family](#) program. The Coordination of health messages between these four component areas is critical to positively impact children's knowledge and behavior.

The Education Code also requires the district to annually assess the physical fitness of students in grades 3 through 12 using a TEA approved assessment instrument based on factors related to student health, including aerobic capacity, body composition, muscular strength, endurance, and flexibility. It must include standards specific to the student's age and gender and based on the physical fitness level required for good health. Beginning with the spring of 2008 all students in grades 3 through 12 will be tested annually. The district currently uses the Fitness Gram program for student assessment. The program website is <http://www.fitnessgram.net/home/> . **The website provides an excellent section that answers frequently asked questions (FAQ) by parents.**

Only summary results by grade level will be reported to TEA for analysis. **Individual student results are not reported.** TEA must report the findings of the analysis to the district School Health Advisory Committee for use in assessing the effectiveness of the coordinated health program and developing recommended modifications to programs or related curriculum.