

PHYSICAL EDUCATION

The Putnam County School Board recognizes the importance of physical fitness and encourages healthy lifestyles for all students in grades Pre-K to 12. Physical education programs shall be made available to all students. These programs shall include physical activities of at least a moderate intensity level, and for duration sufficient to provide a significant health benefit to students, subject to the different capabilities of students.

Grades K-5

All students shall participate a minimum of 150 minutes per week.

Grades 6-8

Physical Education is offered 5 days a week at the middle school for all students.

Grades 9 -12

A variety of Physical Education courses is available for all high school students.

All high school students meet mandated state requirements for Physical Education.

Exemption from Physical Education

A student may be excused from physical education for the following reasons:

1. Medical

The student must provide the school with a statement from a physician that participating in physical education would be harmful to his/her health.

2. Religious

The student must provide the school with a statement from his/her minister that participating in or dressing for physical education is against the religious beliefs of the student.