

Physical Education

Physical education is one of eight components of a coordinated school health plan. A strong, comprehensive physical education program in grades K-12 helps students achieve their highest potential as they grow into healthy, confident and competent individuals.

What does a Comprehensive Physical Education Program include?

- A planned, sequential K-12 curriculum that provides cognitive content and learning experiences in a variety of activity areas such as basic movement skills, physical fitness, and team, dual, and individual sports
- Planned activities to meet each student's optimum physical, mental, emotional and social development
- Activities and sports that students can enjoy and pursue throughout their lifetime should be designed to meet all students' abilities
- Promotes lifelong physical activity that follows the Texas Essential Knowledge and Skills

MISD Physical Education Goals

All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 135 minutes/week for elementary school students and 225 minutes/week for middle and high school students) for the entire school year. A certified physical education teacher will teach all physical education. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

FitnessGram

The Physical Fitness Assessment Initiative (PFAI) is a mandated program by the Texas Education Code that gathers the physical fitness data from Texas students for analysis to determine the relationship or correlation between student academic achievement, attendance, obesity, disciplinary problems, and school meal programs.

The FitnessGram is the program used to assess and collect this data. Following is more information about the FitnessGram.

[History of FitnessGram](#)

[FitnessGram Overview](#)

[Frequently Asked Questions](#)

Student Attire for Assessments

Students should wear proper attire such as athletic shorts, a t-shirt, socks and running shoes during the assessments. Wearing appropriate attire will allow for students to move freely and safely.

Assessment Descriptions

All students will be taught and have many opportunities to practice the following FitnessGram assessments:

- [Aerobic Capacity/PACER](#) is a 20 meter shuttle run. Healthy Fitness Zone (HFZ) will be determined based on the student's BMI plus the number of completed PACER laps. (VO2 Max is the maximum volume of oxygen one can consume per minute of work)
- [Push-ups](#) (measures upper body muscular strength/endurance)
- [Curl-ups](#) (measures abdominal muscular strength/endurance)
- [Back Saver Sit and Reach](#) (measures flexibility)
- [Trunk Lift](#) (measures trunk extensor strength and flexibility)
- [Body Mass Index](#) (measures body composition, which is the appropriateness of weight relative to height)

Fitness Standards

FitnessGram standards for various ages and gender for each assessment maybe found at [FitnessGram Standards](#). Please view the [FitnessGram Video](#) for additional information.