

POLICY

— East Rutherford Board of Education

Program
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Physical Education

2425

PHYSICAL EDUCATION

The Board of Education recognizes the value of physical activity in the development and maintenance of sound physical and mental health. Accordingly, the Board directs the establishment, in accordance with law, and the New Jersey Core Curriculum Content Standards of a program of physical education and the enrollment therein of every pupil in attendance in the schools of this district, insofar as each is physically capable of participation.

Each course in physical education will provide cognitive content and learning experiences for pupils that support a variety of physical activity areas including: the refinement and control of their own movement and motor skills; the participation in team, dual and individual sports; the demonstration of a sequenced regimen of physical fitness, balance, rhythm and dance, and lifetime recreational activities. These programs will assist pupils in the development of overall physical skills and abilities, encourage pupils in a spirit of sharing and cooperation, and instill in pupils a life-long appreciation for physical activity.

The board will consider, on a case-by-case basis, requests from parent(s)/guardian(s) for permission for pupils to satisfy the physical education requirement through an alternative program, of athletics or physical education that meets the requirements of law and is consistent with the district's physical education goals and instructional objectives.

N.J.S.A. 18A:35-5

Cross reference: Policy Guide No. 2431

Adopted: 25 June 2000
Revised: 26 February 2009
