

Durant Public Schools Physical Education Program
For
Kindergarten – Grade 5

1. Physical education classes are incorporated into the school day as scheduled daily classes meeting or surpassing the required 60-minute weekly requirement for all students in kindergarten through fifth grade.

2. Types of physical education activities include many non-competitive activities that involve motor and movement skills, individual and team skills, calisthenics, and aerobics. Physical activities may involve parachutes, bean bags, hoops, jump ropes, scooters, balls, etc.

Students are taught how to lead a healthy lifestyle and develop lifetime activities. Special activities offered include: Mileage Fitness Club, Jump-A-Thon, Hoop Shoot Contest, and others. Program activities support and encourage self-discipline, self-respect, and sportsmanship in young students.

3. Students are monitored by daily participation. Students must have a note from parents or a doctor to sit out of activities and receive a passing grade.

4. The benefits of the Durant Public Schools Elementary Physical Education Program are to:

- develop mentally and physically through physical education,
- reduce the risk of obesity and heart disease through proper education and activities, and
- develop a healthy lifestyle and lifetime activities.