

Physical Education, Recess, and Teacher Directed Physical Education

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Rationale

- Florida Statute 1003.455 requires 150 minutes of physical education each week for children in grades K-5. There are vast differences between Physical Education, Teacher Directed Physical Education, and unstructured play, i.e. recess.
- Master Scheduling Guidelines reflect built in time blocks for Physical Education/Teacher Directed Physical Education (150 minutes/week), and recess (20 minutes/day).



Physical Education

Physical education is an essential component of the educational experience for elementary aged children. Taught by a certified physical education teacher, PE provides children with opportunities to engage in purposeful, rigorous physical activity that helps them develop knowledge and skills regarding physical fitness, motor skills, health and nutrition and how they relate to healthy lifestyles and personal well-being. Physical Education is driven by NGSSS with specific content objectives that are assessed and modified regularly.



Teacher Directed Physical Education

Structured physical activities led by classroom teachers intended to support the satisfaction of the state mandated physical activity minutes. Through collaboration with the physical education teacher, TDPE should align with the skills and concepts taught during physical education.



Recess

Unstructured physical activity that is an opportunity for children to practice life skills such as conflict resolution, cooperation, respect for rules, taking turns, sharing, using language to communicate, and problem solving in real life situations. Unstructured physical activity can be held indoors or outdoors as long as students are engaged in moderate physical activity.



Physical Education

Certified Physical Education Teacher

Standards Based

Assessments

100.455 FS

Student Wellness

Recess

PA

Unstructured Free Play

Indoor or Outdoor

Classroom Teacher or Principal's Designee

Classroom Teacher

Lead by Classroom Teacher

Structured Activities

Aligned with Physical Education Skills

Teacher Directed Physical Education



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