



HURST - EULESS - BEDFORD

Independent School District

**Office of Educational Support Services
District Safety and Crisis Management
K-12 P.E. and Health Curriculum - Attendance Zones**

August 20, 2018

Dear Parents,

The Hurst-Eules-Bedford Independent School District has an exemplary elementary physical education program. The elementary physical education places emphasis on motor development, lead-up skills for individual and team sports, physical fitness concepts and participation.

In accordance with Texas Education Code, §28.002, all students enrolled in full-day kindergarten or Grades 1-6 in an elementary school setting are required to participate in "structured physical activity" for a minimum of either 30 minutes daily or 135 minutes weekly.

Brain research suggests that motor development facilitates academic readiness and success in the classroom. For example, for a child to learn to read and write successfully, he must be able to cross the midline effectively and efficiently in a variety of ways. Motor development includes balance, strength, coordination, gross motor and fine motor skills. Balance activities help to facilitate a child's ability to focus and stay on task. Coordination activities help to facilitate a child's ability to perceive items on the chalkboard, or computer screen, to process information and to respond appropriately through writing, drawing or playing a musical instrument. Therefore, motor development and Brain Gym activities are taught throughout all the elementary grades.

Our students have the opportunity to learn about various physical fitness components. Senate Bill 530 mandates that elementary students in Grades 3-6 participate in physical fitness testing. The physical fitness tests will include the following: flexibility (trunk lift and shoulder stretch test); abdominal strength (sit-ups test); upper-body strength (push-up test); cardiovascular endurance (Pacer test) and body mass index (BMI test). The school nurse or the physical education teacher will conduct the body mass index test during physical education class by gathering data on the child's height and weight. The parents will receive a copy of their child's physical fitness results at the end of the school year. The district physical fitness results will be sent to the state in May.

Beginning in the fourth grade, the students will have the opportunity to use heart rate monitors on a regular basis during their physical education classes. Heart rate monitors are wireless technology, which measures heartbeats per minute and signals to a student when he/she is below or above his/her target rate zone. We use heart rate monitors because they provide individualized instruction, instant feedback, scientific information, motivation through accountability, safety, objective evaluation and because they provide a wonderful communication tool for students, parents and the teacher.

Rather than skill level, participation is the most important aspect in the evaluation of grades. We believe all children can learn. All students do not have the same skill ability, nor do all students have the same opportunities to participate in extracurricular activities. Thus, children who participate in physical education activities to the best of their abilities will receive high grades regardless of skill ability. Please see the attached sheet for more details on the district's physical education grading criteria.

We are proud to have your child involved in one of the best physical education programs in the state. We wish your child the best and look forward to a great year.

Mary Stokic
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Elementary Administration

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