

## **6.08 Physical Education Policy**

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### **1. Rationale**

An active physical education program that helps to develop strength, endurance and coordination is necessary for each child. Additionally, physical education class, due to the frequent opportunities for competition, provides an excellent framework for applying Biblical principles and developing character qualities such as perseverance, humility, and kindness.

### **2. Policy**

- 2.1. All students are required to take instruction in physical education unless a doctor's certificate is provided to excuse them from the course.
- 2.2. Parents must send a written notice to the teacher prior to the class in order to excuse their children from an individual class or specific activity due to injury, recent illness, or other physical condition.
- 2.3. Students who are unable to participate in Phys. Ed. must either accompany their class to the gymnasium in order to learn what they can by observation and/or assisting the instructor, or they must work on an independent study project in another class. This work is in addition to regular class work, and should be related to the topic being taught in class and be of similar length
- 2.4. Teachers are to ensure that physical education classes end punctually so that students may get to their next class on time.
- 2.5. All students must dress appropriately for physical education classes, with runners and clothing which can be worn comfortably in a variety of activities. Clothing should be clean and in good repair. Students in grade 6+ are required to wear an approved KCA gym strip (KCA T-shirt).
- 2.6. Students will be evaluated regularly on the basis of skill level, skill improvement, and participation/effort.

### **3. Playground**

1. KCA promotes an active playground where students are encouraged to participate in a variety of physical activities.