



# NEBRASKA

## DEPARTMENT OF EDUCATION

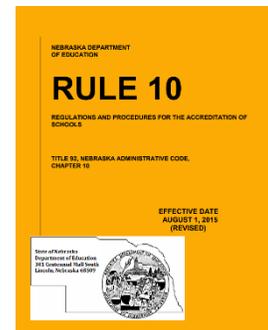
# Health and Physical Education Rules Overview

Rule 10, Rule 13, Rule 14

## Rule 10

REGULATIONS AND PROCEDURES FOR THE ACCREDITATION OF SCHOOLS

TITLE 92, NEBRASKA ADMINISTRATIVE CODE, CHAPTER 10



**004.02 Elementary Curriculum. Quality Indicator:** The elementary instructional program is based on state or locally approved standards for student learning and helps each student acquire knowledge, skills, and understanding in all subject areas. The instruction is appropriate for the grade level of the students. Teaching and learning activities and the general environment stimulate, nurture, and encourage involvement in a wide range of learning experiences. The program helps students apply and extend basic skills by integrating topics throughout the curriculum. The schedule is sufficiently flexible to encourage teachers and students to address emergent needs and topics.

**AQuESTT Tenet:** Quality educational systems focus on supports for students transitioning between grade levels, programs, schools, districts, and ultimately, college and career.

**004.02A The Elementary Instructional Program.** The elementary school has a representative weekly schedule for each classroom teacher encompassing experiences in the following subject areas:

**004.02A5 Health.** The curriculum helps children develop an understanding of the body systems, nutrition, wellness (including physical activity), and healthy living habits.

**004.02A6 Physical Education.** The curriculum helps children develop and maintain physical coordination, large and small muscle control, physical fitness, leisure activities, and healthy behaviors.

**004.03 Middle Grades Curriculum. Quality Indicator:** The middle grades instructional program is based upon state or locally approved standards for student learning. It builds upon the content of the elementary grades, extends the depth of learning experiences, and provides exploratory experiences throughout the

curriculum. The program incorporates vocational technical education, foreign language, career education, and technology education. The instructional activities and schedule are designed to meet the developmental needs of middle grade learners.

**AQuESTT Tenet: Quality educational systems focus on supports for students transitioning between grade levels, programs, schools, districts, and ultimately, college and career.**

004.03A Middle Grades Instructional Program. The program in the middle grades includes instruction for each grade each year in the following subject areas. Instruction may be provided through separate courses, integrated blocks of time, and/or through exploratory programs

004.03A6 Health. The curriculum includes the study of body systems and those factors which affect health, including natural and man-made threats and individual health choices.

004.03A9 Physical Education. The curriculum includes active involvement in health-related physical fitness activities designed to develop cardiorespiratory endurance, muscular strength and endurance, and flexibility. It encourages students to develop habits of physical exercise through individual and team activities and by emphasizing involvement rather than competition. Practice for and participation in interscholastic activities cannot substitute for any part of physical education.

004.04 Secondary Curriculum. **Quality Indicator: The secondary instructional program is based upon state or locally approved standards for student learning. It provides breadth and depth of subject areas which enable students to achieve knowledge and skills necessary to continue post-secondary education or enter a career field. Instruction builds upon knowledge acquired in previous grades and helps students acquire the learning goals of the school, builds 21st century skills, and prepares students for living in a global society. Schools provide required instructional units on site or through a combination of local and distance learning programs.**

**AQuESTT Tenet: Quality educational systems focus on supports for students transitioning between grade levels, programs, schools, districts, and ultimately, college and career.**

004.04A Required High School Program. The high school program consists of courses totaling at least 400 instructional units.

004.04B The instructional program in grades 9-12 includes as a minimum the following subject fields and the number of instructional units shown for each:

004.04B7 Personal Health and Physical Fitness - 20 instructional units or two years of daily classes in personal health and physical fitness. The personal health and physical fitness curriculum includes content to emphasize life-long wellness habits including the knowledge and psychomotor skills applicable to cardio-pulmonary resuscitation (CPR). The curriculum emphasizes non-participation in high risk behavior. The physical fitness curriculum includes an active program of health-related physical fitness, including cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition. Practice for and participation in interscholastic athletic activities are not accepted as a substitute for any part of the personal health and physical fitness requirement.



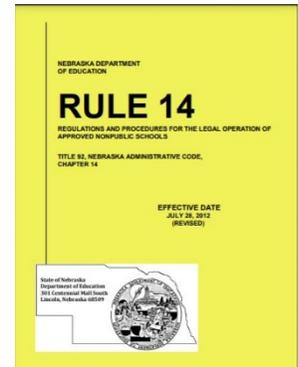
# NEBRASKA

## DEPARTMENT OF EDUCATION

## RULE 14

REGULATIONS AND PROCEDURES FOR THE LEGAL OPERATION OF APPROVED  
NONPUBLIC SCHOOLS

TITLE 92, NEBRASKA ADMINISTRATIVE CODE, CHAPTER 14



### 005 Regulations Pertaining to the Elementary School

005.01 The Elementary Instructional Program. The elementary school has on file a representative weekly schedule for each classroom teacher encompassing experiences in the following subject areas:

005.01D Science/Health,

005.01E Physical Education,

### 006 Regulations Pertaining to the Middle Grades School

006.01 The middle grades instructional program. The program in the middle grades includes instruction for each grade each year in the following subject areas. Instruction may be provided through separate courses, integrated blocks of time, or through exploratory programs.

006.01E Health,

006.01H Physical Education. Practice for and participation in interscholastic activities cannot substitute for any part of physical education.

### 007 Regulations Pertaining to the Secondary School

007.01 The Secondary Instructional Program

007.01C The instructional program in grades 9-12 includes as a minimum the following subject fields and the number of instructional units shown for each:

007.01C6 Personal Health and Physical Education – 10 instructional units. Practice for and participation in interscholastic athletic activities cannot substitute for any part of the personal health and physical education requirement.



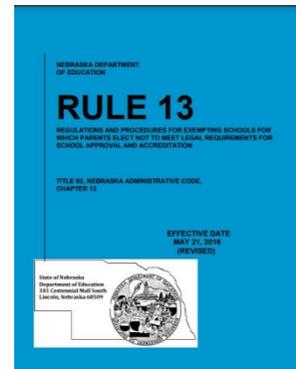
# NEBRASKA

## DEPARTMENT OF EDUCATION

### Rule 13

REGULATIONS AND PROCEDURES FOR EXEMPTING SCHOOLS FOR WHICH PARENTS ELECT NOT TO MEET LEGAL REQUIREMENTS FOR SCHOOL APPROVAL AND ACCREDITATION

TITLE 92, NEBRASKA ADMINISTRATIVE CODE, CHAPTER 13



004.03 A written description or summary showing the sequential program of instruction designed to lead to basic skills in the language arts, mathematics, science, social studies, and health, which shall include a list of classes or courses, the name of the monitor(s) responsible for instructing or monitoring, and the grade levels being included in the exempt school.