



Physical Education Policy
Board Approved: November 4, 2021

The Board Members and school leadership understand Health and Physical Education and Arts are a vital part of keeping learners fit, healthy, and well rounded.

Health and Physical Education (Non Core, Non College Prep)

Empower Generations will deploy a holistic approach to wellness that is a safe, non-judgmental, and supportive process which allows learners to explore aspects of physical and mental wellbeing. As a core component of Empower Generations' model, health and wellness will be integrated across the curriculum as well as taught through required courses for graduation.

Health, P.E., Human Development and CTE pathways for Health Careers will align to national standards and evidence-based practices. Empower Generations' unique Doula program provides additional hands-on learning opportunities for pregnant teens during their childbearing year with a year of childbirth and lactation education and six weeks of postnatal home visits that provide infant development and infant care education. The infant/toddler center on Empower Generations' campus also provides hands-on learning experiences for human development and wellbeing.

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Empower Generations, also, offers Physical Education and Health Competencies Course Offerings such as P.E. I, P.E. II, Yoga I, and Health.

Graduation requirements are structured to reflect 2 years of P.E. equal 20 credits and 1 year of P.E. equals 10 credits