



Information Item

Date: October 20, 2025

Division: Learning & Teaching

Subject: External PE Report for 2024-25

Background Information:

- This is an annual report regarding the External PE requirements and participation.
- Texas Administrative Code (TAC) § 74.F describes graduation requirements. When discussing P.E., it allows “appropriate private or commercially-sponsored physical activity programs conducted on or off campus.” Approval may be granted from the Commissioner under following conditions:
 - Level I - Olympic-level participation and/or competition includes a minimum of 15 hours per week of highly intensive, professional, supervised training. Students qualifying and participating at this level may be dismissed from one class period per day and may not miss any class other than physical education.
 - Level II – Private or commercially-sponsored physical activities that are of high quality and well supervised by appropriately trained instructors. Student participation of at least 5 hours per week must be required. Students may not be dismissed for any part of the regular school day.
- Currently the following External P.E. courses have been approved (Level I or II): Archery, Clay Targets, Bowling, Dance, Equestrian, Fencing, Gymnastics, Ice Hockey, Ice Skating, Lacrosse, Martial Arts, Rock Climbing, Synchronized Swimming, Water Polo and Rowing in grades 6-12. Baseball, Golf, Softball, Wrestling and Swimming are approved at the middle school grades 6-8 only.
- Requests to add physical activity programs
 - Per the LISD Board Action item dated Nov. 14, 2011 “Superintendent or designee will approve future External PE courses upon recommendation from Athletic Director, Health/PE Coordinator and External PE Monitor(s).”
 - Per TEA, off-campus physical activity by private or commercially-sponsored programs must consist of Olympic-level participation or competition.

- LISD does not consider any activity or sport that we currently field a UIL team for competition. (Exceptions would be baseball, golf, softball, swimming and wrestling at the middle school level since our schools do not compete in those sports).

Administrative Consideration:

- External P.E. instructors must complete a criminal background check yearly prior to approval. Parents are required to submit a completed application within the first 3 days of each semester.
- High school parents pay \$200 per semester, or \$300 per year for admission into External P.E. program. Middle school parents pay \$125 per semester or \$200 per year .
- Last year, there were 421 students enrolled in External P.E. (see below). As required by law, they are monitored by a full-time certified physical education teacher (Debra McDonald) who ensures all paperwork requirements and logged hours are met since LISD assigns credit for the course.

LISD External PE Report

2024-25

Activity	Number of Students
Boxing	3
Dance	173
Equestrian	15
Fencing	5
Golf	10
Gymnastics	105
Hockey	33
Ice Skating	2
Lacrosse	8
Martial Arts	29
Rock Climbing	1
Shooting	2
Softball	3
Swimming	25
Synchro Swim	4
Water Polo	3
Total	421

High School students enrolled = 74 (Level I = 57; Level II = 17)

Middle School students enrolled= 347 (Level I = 134; Level II = 213)