

REGULATION

STUDENT WELLNESS

Physical Activity Goals

The primary goal for the District's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short- and long-term benefits of a physically active and healthy lifestyle.

A comprehensive physical activity program encompasses a variety of opportunities for students to be physically active, including physical education, recess, walk-to-school programs, after-school physical activity programs, health education that includes physical activity as a main component, and physical activity breaks within regular classrooms.

Physical education (high school graduation requirements): Students must, at the least, satisfy the state and District's physical education credit requirement.

Physical activity (time, frequency, and/or intensity): Schools will ensure that students are moderately to vigorously active at least fifty percent (50%) of the time while participating in physical education classes.

Physical activity outside of physical education: Schools are encouraged to offer after-school intramural programs and/or physical activity clubs that meet the needs and interests of all students, including those who are not athletically involved or those with special health care needs.

Recess to promote physical activity: Grades kindergarten (K) through six (6) will have recess or physical education classes daily. Schools should seek to ensure that students are engaged in physical activity for a minimum of fifteen minutes per day, independent of activity occurring during the lunch break.

Walking or biking to school to promote physical activity: The District shall encourage students to use safe routes to walk or bike to school.

Prohibition of use of punishment: The District will discourage the use of physical activity as punishment, the withholding of participation in physical education class as punishment, or the use of physical education class time to complete assignments from other classes.

After-school programs: The District shall encourage after-school programs to provide developmentally appropriate physical activity for participating children and reduce or eliminate the time spent in sedentary activities such as watching television or videos.

Activity Logs: Physical education teachers are encouraged to require students to keep physical activity logs.

Family Curriculum Night. Physical education teachers are encouraged to hold an annual family curriculum night.

Other Opportunities. Fundraisers promoting physical activity (i.e. Relay for Life, Hoops for Heart, etc.) are encouraged. Events such as school carnivals and festivals should include physical activity stations (i.e., relay races, jump rope, etc.).

Community use: The District shall encourage community access to, and student and community use of, the school's physical activity facilities outside the normal school day.