



Code No. 507.9R2

PHYSICAL ACTIVITY

Regularly Scheduled Physical Education

The school district will provide physical education that:

- is for all students in grades K-6 for the entire school year;
- is taught by a certified physical education teacher; and,
- includes students with disabilities and students with special health-care needs may be provided in alternative educational settings.
- Engages students in moderate to vigorous physical activity for at least 50% of physical education class time, unless medically authorized.

Daily Recess

Elementary schools should provide supervised recess for all students that:

- is at least 20 minutes a day;
- is preferably outdoors; and,
- encourages moderate to vigorous physical activity verbally and through the provision of space and equipment.

When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as a punishment.

Physical Activity Opportunities Before and After School

Before and after school childcare and enrichment programs will provide and encourage-verbally and through the provision of space, equipment, and activities-daily periods of moderate to vigorous physical activity for all participants.