

PHYSICAL ACTIVITY

Goal: The school district will provide quality physical education to all students.

- The school district will provide physical education opportunities for all students in grades K- 12 for the entire school year.
- The school district will provide physical education opportunities for all students in grades K- 12 that is taught by a certified physical education teacher.
- The school district will provide physical education that includes students with disabilities, students with special health-care needs.

Goal: The district/school will promote daily physical activity during the school day for all students.

- The school district will provide for elementary and intermediate students daily recess that lasts at least 20 minutes and is preferably outdoors.
- The school district employees will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.
- The school district will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day through the school newsletter, take-home materials, and digital backpack.
- The school district will encourage parents to promote moderate to vigorous physical activity for their children through the provision of space and/or equipment on school grounds (playgrounds, practice fields, etc.).
- The school district will provide children with opportunities to be physically active outside of school.

Goal: The school district will promote physical activity to students, parents, teachers, administrators, and the community.

- The school district will share information about non-school based physical activity through the school website and newsletter.
- When available, the school district will participate in special community events promoting physical activity.
- The school district will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day through the school website, newsletter, take-home materials, and digital backpack.
- The school district will encourage parents to promote moderate to vigorous physical activity for their children through the provision of space and/or equipment on school grounds (playgrounds, practice fields, etc.).

Approved: March 7, 2016

Reviewed: May 8, 2017