

C. Physical Activity

<u>Physical Education</u>	Year of Implementation	Fully in Place	Partially in Place	Not in Place List steps you will take to meet implementation deadline; list challenges/barriers to implementation
45. Provides all Elementary students with 150 minutes of physical education throughout the entire year.	Y3+	X		
46. Provides all middle/HS students with 225 minutes per week for the entire school year.	Y3+		X	
47. Schools maintain a graduation requirement of two credits of both Health and Physical Education in HS.	Y3+	X		
48. All Students receive physical education each year. There will be no exemptions to this law,(i.e. Choice between band, foreign language, and physical education is not permissible).	Y3+		X	
49. Prohibit interscholastic or intramural sports or elective classes such as marching band, to be substituted for physical education class.	Y3+	X		
50. Physical education is provided in an appropriate student - teacher ratio that ensures adequate supervision and minimized risk of injuries. (The district will work towards establishing an enrollment cap)	Y	X		
51. School has physical education electives available to HS students and is working to increase offerings.	Y	X		
52. Provide elementary school students with at least 20 minutes a day of supervised recess each day.	Y3+	X		

53. Prepare and encourage elementary students to have a physically active recess period.	Y3+	X		
<u>Integrating Physical Activity into the Classroom</u>				
54. In addition to physical education, provide all students with other opportunities to be physically active during the school day. (The recommended amount of physical activity is at least 60 minutes per day)	Y3+	X		
55. Classroom health education reinforces knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television.	Y3+	X		
56. Integrate physical activity into health and other classroom curriculum such as science, math and social studies when appropriate.	Y3+	X		
57. Classroom teachers provide short physical activity breaks between lessons or classes, as appropriate.	Y3+	X		
58. Extended periods (2+ hours) of inactivity is discouraged.	Y3+	X		

Physical Activity and Punishment

59. Teachers, school staff, and community personnel do not use physical activity or withhold opportunities for physical activity as punishment.	Y3+		X	
<u>Staff Wellness</u>				
60. School staff serve as role models for students and are the key to successful implementation of wellness programs. The District	Y3+	X		

offers wellness programs as well as general wellness resources and opportunities.				
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