

## **PHYSICAL ACTIVITY**

### **Physical Education**

The school district will provide physical activities that:

- Recommends at least 150 minutes a week for elementary students and 225 minutes a week for middle and high school students;
- Is for all students in K-12 for the entire school year;
- Is taught by a certified physical education teacher;
- Includes students with disabilities, students with special health-care needs may be provided in alternative educational settings; and,
- Engages students in moderate to vigorous activity during at least 60 percent of physical education class time.

### **Daily Recess**

Elementary schools should provide recess for students that:

- Is at least 20 minutes a day;
- Is preferably outdoors;
- Encourages moderate to vigorous physical activity verbally and through the provision of space and equipment; and,
- Discourages extended periods (i.e., periods of two or more hours) of inactivity.

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**

Employees should not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.