

**STUDENT WELLNESS PLAN – PHYSICAL ACTIVITY**

Physical Activity

- A. The district will provide at least thirty (30) minutes of physical activity per day for students in kindergarten through fifth grade. The district will provide at least one-hundred twenty (120) minutes of physical activity per week for students in sixth through twelfth grade.
  
- B. Physical Education
  1. The district will provide physical education that:
    - is for all students in kindergarten through twelfth grade;
    - is taught by a certified physical education teacher;
    - includes students with disabilities; students with special health-care needs may be provided with alternative educational settings; and
    - engages students in moderate to vigorous activity during physical education class time.
  
- C. Daily Recess
  1. Elementary schools will provide recess for students that:
    - is at least twenty (20) minutes a day;
    - is preferably outdoors;
    - encourages moderate to vigorous physical activity; and
    - discourages extended periods (i.e., periods of two (2) or more hours) of inactivity.
  
  2. 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.
  
- D. Physical Activity and Discipline
  1. Employees should not use physical activity (e.g., running laps, pushups) as disciplinary action. Withholding opportunities for physical activity (e.g., recess, physical education) is discouraged.