

Physical Activity Opportunities and Physical Education (PE) During Health Emergency

Daily Physical Education (PE) 9-12

All students in grades 9-12, including students with disabilities, special healthcare needs, and those in alternative educational settings, will receive physical education (PE) (or its equivalent) for the entire school year. The District shall strive to provide an amount of PE instruction consistent with the NASPE recommendations, to the extent feasible. All PE will be taught by a certified PE teacher. Student involvement in other activities involving physical activity, such as interscholastic or intramural sports, will not be substituted for meeting the PE requirement. Students will spend at least 50 percent of PE class time participating in moderate to vigorous physical activity.

The Superintendent or designee shall review all District PE courses to ensure all appropriate health and safety measures, such as physical distancing and frequent sanitizing of touched items, are observed.

The District shall provide PE instruction to students attending school remotely, including in the event a District school must shift partially or entirely to remote learning. However, the Board may elect to waive all District PE requirements beyond the minimum required by IDAPA 08.02.03.104.

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally-recommended amount of daily physical activity, at least 60 minutes per day, and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond PE class. Toward that end:

1. Health education will complement PE by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
2. Opportunities for physical activity will be incorporated into other subject lessons; and
3. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate

The Superintendent shall direct teachers to include frequent breaks for movement and exercise in lessons taught remotely.

## Daily Recess

All elementary school students attending school in person will have at least 20 minutes each day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space. The recess schedule may be adjusted to ensure smaller gatherings of students.

Students will be monitored to ensure compliance with physical distancing requirements as well as any other rules.

The Superintendent may declare playground equipment off-limits due to pandemic-related safety concerns. Any playground equipment which is in use shall be sanitized frequently.

Schools should discourage 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 will be encouraged to stand and be moderately active.

Students shall be required to wash their hands or use hand sanitizer after recess.

## Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity, such as running laps or push-ups, as punishment.

Cross Reference:	8200	Local School Wellness
Legal Reference:	I.C. § 33-512 IDAPA 08.02.03.104	Governance of Schools Other Required Instruction

## Policy History:

Adopted on: September 8, 2020

Revised on:

Reviewed on: