

Title: Physical Activity

Physical Education

The District shall provide physical education classes:

- for students in grades K-12,
- taught by a licensed physical education teacher,
- inclusive of all students regardless of physical abilities, unless participation is otherwise waived, and
- that engages students in moderate to vigorous activity during at least 50 percent of physical education class time.

Daily Recess

Elementary building administrators will take into consideration the benefits of providing recess for students that:

- is held on full school days, for at least 20 minutes
- is preferably outdoors, when possible,
- has with adequate space and a variety of playground equipment for students to be active,
- is scheduled before lunch when possible to increase nutrient intake and reduce food waste, and
- does not deny student participation in recess as a form of discipline or punishment.

Physical Activity and Punishment

Staff will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment. Withholding recess will not be considered unless in extreme circumstances where all other methods have been exhausted or for continued unacceptable behavior exhibited during recess.

Physical Activity Opportunities after School

After-school child care and enrichment programs provided by the Council Bluffs Schools Foundation, 21st Century Clubs or other district partners will provide and encourage—verbally, and through the provision of space, equipment and activities—daily periods of moderate to vigorous physical activity for all participants.

Approved July 25, 2006 Reviewed: _____

Revised: July 26, 2011
May 23, 2017
March 28, 2023