

Wellness / Physical Education

The District's School Health Advisory Council (SHAC) has reviewed supporting evidence that recess, physical activity breaks, are essential ingredients of a comprehensive school physical activity / wellness program and of the overall education experience for elementary children. The National Association for Sport and Physical Education (NASPE) recommends that children spend at least 60 minutes per day in physical activity. Along with physical education classes, students need physical activity opportunities throughout the school day to meet these recommended minimum requirements.

Recess and Physical Activity

The District requires daily physical activity through physical education, recess, or other physical activity breaks.

The District shall not permit the use of physical activity and/or the denial of physical education class, recess, or other physical activity breaks for punitive reasons or for punishment as a result of poor choices or inappropriate behavior, including for incomplete assignments and other academic-related items.

Recess

The District defines recess as unstructured but teacher-monitored play of at least 30 consecutive minutes or two non-consecutive 15 - minute segments, where moderate to vigorous physical activity is exhibited by students. Daily recess shall be required for elementary schools (prekindergarten–grade 5), and students shall not be withheld from recess or physical activity breaks.

Scheduling

Recess, or physical activity breaks, should be scheduled opposite of special area classes and serve as a break from instruction (i.e.: special areas during the morning block and recess break during the afternoon block as an instructional break). If the split option for recess (two non-consecutive 15-minute segments) is chosen for kindergarten, grade 1, or grade 2 – opposite scheduling only applies to one section.

Plan Implementation

Each campus principal is responsible for the implementation of FFA(Regulation), FFA(Local), and the District's wellness plan at his or her campus, including the submission of necessary information to the SHAC for evaluation. The SHAC Coordinator or designee is the District official responsible for the overall implementation of FFA(LOCAL), including the development of the District's wellness and health plan and any other appropriate administrative procedures, and ensuring that each campus complies with the policy and plan.

Triennial Assessment

At least every three years, as required by law, the District will measure and make available to the public the results of an assessment of the implementation of the District's wellness policy, the extent to which each campus is compliant, a description of the

progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy compares with any state or federally designated model wellness policies. This will be referred to as the “triennial assessment.”