

Recommendation from the Physical Education Sub-Committee

Goal: The District will support and encourage Principals to implement 150 minutes a week of unstructured free play for grades PK- 4. *Not to take away any state-mandated instructional minutes.

Objective: All students in grades PK-4 will have the opportunity for 150 additional minutes of outdoor free play each week. During bad weather days, the students will be allowed indoor free play.

- Outdoor free play can include playground equipment, open field play, sports equipment such as balls, jump-ropes, etc, but cannot include game play organized by the teacher, or use of technology such as cell phones, tablets, etc
- Indoor free play can include software such as GoNoodle, but cannot include sitting and watching a movie, seated story time, etc

Objective: If MISD wants to provide training for Principals and/or other school administrators on why 150 minutes of unstructured free play a week is important to students' development mentally, physically, and emotionally, and how to implement this time into their master schedule, here is a resource.

- Training source: TCU's Liink Program
 - <https://liinkproject.tcu.edu/>

The Physical Education Sub-committee is proposing these changes in part to the following data provided by The Liink Project (<https://liinkproject.tcu.edu/school-support>):

- 60 minutes of unstructured, outdoor play daily can result in the following according to an 8 years study:
 - 12x more likely to be at a healthy body fat % than obese6% decrease in overweight and obese body fat % in one year
 - 70% of students achieve age-appropriate motor skills
 - 40% reduction in off-task behavior
 - 10% higher math scores and 7% higher reading scores on standardized tests for 4th graders
 - 17% increase in positive emotions during recess
 - 70% less chronic stress and anxiety