Board Policy 2315: Physical Activity Opportunities and Physical Education

Status: ADOPTED

Original Adopted Date: 12/01/2019 | Last Revised Date: 01/03/2025 | Last Reviewed Date: 01/03/2025

Daily Physical Education (PE) K-12

All students in grades K-12, including students with disabilities, special healthcare needs, and those in alternative educational settings, will receive daily 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. Students will spend at least 50 percent of PE class time participating in moderate to vigorous physical activity.

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. Classroom 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;

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

Daily Recess

All elementary school students 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 and equipment.

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.

Physical Activity and Punishment

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

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Legal References	Description
IC § 33-512	District Trustees - Governance of Schools

Other References	Description
ISBA Policy Services	https://www.idsba.org/member-services/policy/

Cross References

Code	Description
2310	Nutrition Education
2320	Health, Sex Education, and Human Sexuality
2320-P(1)	Health, Sex Education, and Human Sexuality - Parent Complaints
2320-F(1)	Health, Sex Education, and Human Sexuality - Parental Permission Form for Sex Education or Instruction Related to Human Sexuality
8200	Local School Wellness