

**MODEL PHYSICAL ACTIVITY POLICY**  
**FOR \_\_\_\_\_ SCHOOL DISTRICT**  
(to be included in mandated Wellness Policy)

**RATIONALE**

In 2004, federal legislation (PL 108-265) was passed which required all districts with federally funded school meal programs to develop and implement wellness policies by the beginning of the 2006-07 school year.

The *Child Nutrition and WIC Reauthorization Act of 2004* directs school districts to set goals for physical activity, nutrition education, campus food provision, and other school-based activities designed to encourage student wellness. Furthermore, districts are required to engage a wide range of individuals in policy development and to have a plan for measuring policy implementation. Implementation of these wellness plans should result in an increase in school-based opportunities for physical activity.

The Board of Education has a duty to protect and promote the health and well-being of all students and staff. The Board recognizes that regular physical activity affects the health and well-being of the District's students and has a direct relation to student achievement and a student's ability to learn. The Board believes this duty is shared between schools, families and communities. The following physical activity policy reflects a commitment within the school environment and school day as well as a commitment to partner to promote, support and model active lifestyles behaviors.

**DEFINITIONS**

School **physical education** programs offer the opportunity to provide physical activity to all children and to teach them the skills and knowledge needed to establish and sustain an active lifestyle. Physical education teachers assess student knowledge, motor and social skills, and provide instruction in a safe, supportive environment. Based on sequence of learning, physical education should not be compared to or confused with other physical activity experiences such as recess, intramurals, or recreational endeavors.

**Physical activity** is bodily movement of any type and may include recreational, fitness and sport activities such as jumping rope, playing soccer, lifting weights, as well as daily activities such as walking to the store, taking the stairs or raking the leaves. Similar health benefits to those received during a physical education class are possible during physical activity bouts when the participant is active at an intensity that increases heart rate and produces heavier than normal breathing. NASPE recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day while avoiding prolonged periods of inactivity.

Opportunities to accumulate **physical activity** during the school day include time spent in **physical education** class, classroom-based movement, **recess**, walking or biking to school, and recreational sport and play that occurs before, during, and after school.

### PHYSICAL ACTIVITY GOALS

- A sequential, comprehensive **physical education program** shall be provided for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State Board of Education of Ohio. (<http://www.aahperd.org/naspe/standards/upload/What-Constitutes-a-Quality-PE-Program-2003.pdf>)
- **Physical activity opportunities** shall be integrated, when possible, across the curricula and throughout the school day. (<http://www.aahperd.org/naspe/standards/upload/Comprehensive-School-Physical-Activity-Programs2-2008.pdf>)
- All schools under the control of this district shall discourage extended periods of student inactivity without some form of **physical activity**.
- All students shall be provided with daily **recess**. (<http://www.aahperd.org/naspe/standards/upload/Recess-for-Elementary-School-Students-2006.pdf>)
- All before/after-school programs shall provide developmentally appropriate **physical activity** for the students who participate.
- Schools shall offer a wide range of **physical activities** outside the regular school day that meet the needs, interests and abilities of all students, including males, females, students with disabilities, and students with special healthcare needs.
- Neither **physical education** nor **physical activity** periods (including **recess**) shall be employed as a form of discipline and/or punishment. (<http://www.aahperd.org/naspe/standards/upload/Physical-Activity-as-Punishment-to-Board-12-10.pdf>)
- Schools shall encourage families to provide **physical activity** outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, or tennis.

- The school shall provide information to families to encourage and assist them in their efforts to incorporate **physical activity** into their children’s daily lives.
- The school district shall consider shared-use agreements that promote **physical activity** opportunities using public facilities beyond the school day and school year.

## **POLICY IMPLEMENTATION AND MEASUREMENT**

The Board designates the Superintendent as the individual charged with operation responsibility for measuring and evaluating the District’s implementation and progress under this policy. The Superintendent shall develop administrative guidelines necessary to implement this policy.

The Superintendent shall report on the District’s compliance with this policy and the progress toward achieving the goals set forth herein when requested to do so by the Board.

Review of this policy shall occur every \_\_\_\_ years, by a committee appointed by the Board, consisting of a representative of the Board, the administration, the parents, the students and the public. The committee shall provide the Board with any recommended changes to the policy.

ORC. 3313.60 A(6), 3302.32 A(2)

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