

## PHYSICAL ACTIVITY

### Physical Education

The school district will provide physical education that:

- is for all students in grades K-12 for the entire school year
- is taught by a certified physical education teacher
- Includes students with disabilities, students with special health-care needs may be provided in alternative educational settings
- Engages students in moderate to vigorous activity during at least 50 percent of physical education class time

### Daily Recess

Elementary schools should provide recess for students that:

- is at least 30 minutes a day
- is preferably outdoors
- Encourages moderate to vigorous physical activity verbally and through the provision of space and equipment

### Physical Activity and Punishment

Employees should not use physical activity (e.g., running laps, pushups) as punishment.

**Adopted:** 07/10/2006

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