

SCHOOL DISTRICT

ADMINISTRATIVE
REGULATION

246-AR-1. PHYSICAL ACTIVITY

Goals established by the Board in the Student Wellness Policy will be implemented in action plans for physical activities.

Developmentally appropriate physical activities during the school day for students will be designed to achieve optimal health, wellness, fitness, and performance benefits and may include the following:

1. School-wide exercise program for students broadcast daily in which all students participate in their classrooms.
2. Physical activity breaks for students between lessons or classes, as appropriate; activities will be planned so all students can participate.

The district will provide information to parents/guardians that encourages students' physical activity outside the school environment, such as outdoor play at home, sports, recreation programs, after-school programs, community programs, etc.

The district will establish guidelines governing the age-appropriate physical activity opportunities for students that will be provided in each school.

District schools will offer and supervise walking programs for students on school property before school, at lunch, or after school.

Student physical activity on school grounds during school hours will be supervised to enforce safety rules and prevent injuries. Supervision will be by trained personnel who have ready access to appropriate first-aid supplies.

Daily recess periods for elementary school students will feature time for unstructured but supervised active play.

Physical activities other than competitive sports will be introduced to students.

Schools will organize and supervise walking trains for students going to and coming home from school.

After-school programs conducted in district facilities will provide developmentally appropriate physical activities to students in an effort to promote physical activity. Designated staff will meet with providers of after-school programs in district facilities to discuss and support opportunities for physical activity for attendees.

246-AR-1. PHYSICAL ACTIVITY

District schools will send home with students suggestions for physical activities for use by parents/guardians through:

1. Monthly suggested activity calendars.
2. Periodic information and updates.
3. Notices of family activity events taking place in the schools or community.

Building administrators will notify district staff that physical activity (e.g., recess) will not be used as punishment.

The district will promote the use of school facilities by students and the community for physical activity, fitness, sports, and recreation programs offered by district schools and/or community-based organizations outside of school hours through:

1. Announcements.
2. Posted notices.
3. Newsletters.
4. District's web site.
5. District's calendar.
6. News media.

Use of facilities will be consistent with the Board's Use Of School Facilities Policy, copies of which will be available in each school office.

District schools will implement action plans and/or programs that promote physical activity among students.