



(Name of School District)		Policy Code:
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A Physical Activity School Policy for School Districts in Georgia

- The (insert name of school district) School Board is committed to providing physical activity opportunities to students with through a comprehensive, school based approach to include: physical education, recess, classroom-based physical activity, out-of-school time activities, and walk and bicycle to school. Additionally, the (name of school district) School Board will create a conducive, enjoyable environment for physical activity to create healthy habits among students.
- Thus, by (insert date), each school district, K-12, will provide all students with physical education that has an age-appropriate written curriculum consistent with national standards. PE classes shall have a certified instructor and a student-teacher ratio comparable to the class size.
- By (insert date), all school districts physical education instructional courses will total 150 minutes per week for elementary schools and 225 minutes per week for middle and high schools. All students will be physically active for at least 50% of instructional time.
- By (insert date), all school districts will provide students with at least 30 minutes per day of physical activity throughout the day. This time will not include time spent in physical education.
- By (insert date), all school district shall dedicate at least 30 minutes of physical activity before and/or after school.
- By (insert date), all school districts shall encourage staff to participate in daily physical activity for 30 minutes or less.
- By (insert date), all school districts will not withhold physical activity during the school day, such as recess, classroom physical activity breaks, or physical education, as a punishment for any reason.

National Guidelines for Youth Physical Activity

- Children and adolescents aged 6 to 17 years should have 60 minutes or more of physical activity every day. This includes:
 - Aerobic: Children and adolescents should include aerobic activities that should be either moderate- or vigorous-intensity aerobic physical activity and should include vigorous-intensity physical activity at least 3 days a week.
 - Muscle-strengthening: Children and adolescents should include muscle-strengthening physical activity at least 3 days a week.
 - Bone-strengthening: Children and adolescents should include bone-strengthening physical activity at least 3 days a week.

CDC Physical Education & Physical Activity recommendations

Physical education and physical activity is a component of the Whole School, Whole Community, Whole Child (WSCC) model. Increasing physical activity in school can develop physical activity habits in students. Thus, the CDC recommends the Comprehensive School Physical Activity Program (CSPAP) approach. This approach includes physical activity before and after school, physical activity during school, physical education, family and community engagement, and staff involvement. School districts can assist in meeting the national-recommended 60 minutes or more of physical activity each day for students by developing policies and practices.

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States that have Physical Activity policies at varying levels:

1. Strong Physical Activity (Hawaii) – These are policies that require all grades (K-12) to provide students with physical activity opportunities and not withhold physical activity as a punishment.
2. Weak Physical Activity policies (Michigan) – These are policies that recommend school districts offer physical activity and physical education for students.

State Example of Strong Physical Activity Policy

Hawaii:

<p>Physical Activity State Board of Education Policy (1110-6) requires the Department of Education to establish regulations or guidelines for physical activity. All public school must provide students in all grades with at least 20 minutes a day of supervised recess, during which schools must encourage moderate to vigorous physical activity. Schools do not use physical activity as a punishment nor withhold opportunities for physical activity as punishment.</p> <p>Physical Education All physical education classes shall be aligned with the Hawaii Content and Performance Standards for Physical Educational. Quality physical education is taught to every child kindergarten through grade 12. Instructional periods of providing developmentally appropriate programs total a minimum of:</p> <ul style="list-style-type: none"> • 45 minutes per week grades K-3 • 55 minutes per week for grades 4-5, 107 minutes per week for elementary grade 6, and • 200 minutes per week for secondary grades 6-12 <p>State-certified physical education instructors teach all physical education classes and have a student/teacher ratio similar to other classes. Each secondary school’s Physical Education department provides continuing support for participation in physical activity outside of physical education class.</p>
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State Examples of Weak Physical Activity Policy

Michigan:

<p>The State Board of Education (SBE) recommends that all public schools offer physical education opportunities that include the components of a quality physical education program. A quality physical education program addresses four critical issues: curriculum, instruction, assessment, and an opportunity to learn.</p> <p>The SBE recommends that all public schools offer daily opportunities for physical activity, both structured and unstructured, apart from the physical education program, for all students K-12. Offer at least 30 minutes of moderate to vigorous physical activity during the school day, outside of the physical education class.</p>
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Georgia School Districts that have physical activity policies at varying levels:

1. Strong Physical activity policies (Fayette County) – These are policies that require that competitive food and beverages are not sold to students during the school day. In addition, specific times during the day are given to sell competitive food or beverages.
2. Weak Physical activity policies (Dougherty County) – These are policies that require physical education, but do not state for how long. For physical activity outside the school day and recess is encouraged.

School District Example Physical Activity Policy

Fayette County:

Physical Education
 The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. All students will be provided equal opportunity to participate in physical education classes.
 All District elementary students in each grade will receive physical education for at least 60-90 minutes per week throughout the school year.
 All District secondary students (middle and high school) are required to take the equivalent of one academic year of physical education. (½ P.E. and ½ Health).

Physical Activity
 All elementary schools will offer at least 15 minutes of recess on all or most days during the school year (This policy may be waived on early dismissal or late arrival days).
 Students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

School District Examples of Weak Physical Activity Policy

Dougherty County:

Physical Education
 All students in grades K-12 shall be provided opportunities, support and encouragement to be physically active on a regular basis. The district will provide physical education consistent with federal and state requirements.

Physical Activity
 The District encourages physical activity outside of the school day. The District encourages teachers and other adults in the school setting to serve as role models for students. School physical education facilities and activity areas are safe, clean and accessible for all students.
 Each elementary school is encouraged to provide 20 minutes of recess daily. Recess or other physical activity time should not be cancelled or withheld for instructional make-up time, remediation, or as punishment. Recess is encouraged to be unstructured play time whenever possible.

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