



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

The (insert county/city) School Board is committed to providing physical activity opportunities to students 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, each school district, K-12, will provide all students with physical education that has an age-appropriate written curriculum consistent with national standards. Physical Education (PE) classes shall have a certified instructor and a student-teacher ratio comparable to the class size. 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. 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. All school district shall dedicate at least 30 minutes of physical activity before and/or after school. All school districts shall encourage staff to participate in daily physical activity for 30 minutes or less. 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.

Center for Disease Control and Prevention (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.

<https://www.cdc.gov/healthyschools/physicalactivity/index.htm>

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<p>Georgia Physical Activity Policies In 2009, the Georgia Student Health and Physical Education (SHAPE) Act was enacted as outlined in the Official Code of Georgia Annotated § 20-2-777. Each local school district is required to conduct an annual fitness assessment for all students, grades 1-12, in classes taught by a certified physical education teacher. https://dph.georgia.gov/sites/dph.georgia.gov/files/PAN_toolkit_2.pdf</p> <p>Physical Activity Physical activity is defined as bodily movement that requires energy expenditure that does not occur in the body's resting state.</p> <p>Physical Education Physical Education is an academic subject which is a planned, sequential K-12 curriculum grounded in the national standards for physical education. Physical education provides structured instruction by a qualified physical education teacher to develop motor skills, behaviors, and knowledge to promote physical activity. Physical education can improve students' grades and standardized test scores, increase physical activity level, and help students' concentrate on classroom assignments.</p> <p>Procedures for Implementation The policy will go into effect (date policy will go into effect). The administration will develop a plan for communicating the policy that will include information in student and employee handbooks, and announcements at school-sponsored or school-related events. Other methods will be identified for notifying students, employees and parents/guardians about this policy. An enforcement plan, which identifies physical activity and education expectations for students, staff and parents/guardians, will be created and communicated to all students, staff and parents/guardians.</p>		
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