

## **P7502 STUDENT WELLNESS: PHYSICAL ACTIVITY AND EDUCATION**

### **BOARD POLICY**

**The healthy school environment promotes physical activity and physical education for all students, with the desired outcomes being the development of a physically active and physically educated person. School programs play a significant role in the promotion and encouragement of a physically active lifestyle.**

#### Administrative Implemental Procedures

1. In order to help students be physically active, staff will provide students with opportunities for age appropriate physical activity throughout the day. This can be accomplished through recess, passing periods, walking programs, integration of movement in classroom teaching strategies, and before and after school activities. Physical activity shall not be routinely used (i.e., running laps, pushups) or withheld (i.e., recess, physical education class) as a consequence.
2. Elementary schools shall provide students with recess daily with time for supervised physical activity. Middle schools are encouraged to provide supervised opportunities for physical activities daily.
3. Schools will provide middle and high school aged students the opportunity to participate in extracurricular activity programs. At the middle school level, such programs may include, but will not be limited to, inclusive intramural programs, competitive sports programs, and physical activity clubs, as well as courses that emphasize physical activity such as Leadership. At the high school level, such programs may include, but will not be limited to, inclusive intramural programs, competitive sports programs, and physical activity clubs, as well as courses that emphasize physical activity such as marching band, JROTC, and cheerleading/pom, etc.
4. Physical education programs will be implemented as outlined in BOE Policy 6791 – Physical Education.

Administrative Responsibility: Learning Services

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New Policy: December 2005 P7502