

PHYSICAL ACTIVITY AND RECESS REGULATIONS

Physical Activity

The Centers for Disease Control and Prevention recommends that young people ages 6–17 years participate in at least 60 minutes of physical activity daily.

To help achieve this standard, the District has taken the following steps:

1. Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as media time.
2. Opportunities for physical activity will be encouraged as a part of other subject lessons.
3. Classroom teachers are encouraged to provide short (10-15 minute) physical activity breaks between lessons or classes, as appropriate.
4. When activities, such as mandatory school-wide testing make it necessary for students to remain indoors for long periods of time, schools should give students several breaks during which they are encouraged to move and be moderately active.
5. The physical education program will comply with standards in NDCC 15.1-21-01 and 02 and North Dakota Physical Education Content Standards, engage students in moderate to vigorous activity during at least 50 percent of physical education class time, and evaluate using both formative and summative assessments to improve growth.

Recess

Elementary schools should provide recess for students that:

1. Is at least 20 minutes a day
2. Is preferably outdoors [except when the temperature is below -15 degrees or wind chill is below -15 degrees or weather conditions otherwise prohibit productive outdoor activity]
3. Encourages moderate to vigorous physical activity verbally and through the provision of space and equipment
4. Discourages extended periods of inactivity (i.e. periods of two or more hours of inactivity).