

**Physical Activity Opportunities and Physical Education (PE)**

**Integrating Physical Activity into the Classroom Setting**

For students to receive the nationally-recommended amount of daily physical activity, at least 60 minutes per day, and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond PE class. Toward that end:

1. Classroom health education will complement PE 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 watching television;
2. Opportunities for physical activity will be incorporated into other subject lessons; and
3. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate

**Daily Recess**

All elementary school students will have at least 20 minutes each day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Cross Reference: 8200

Healthy Lifestyles

Legal Reference: I.C. § 33-512

Governance of Schools

**Policy History:**

Adopted on:

Revised on:

Reviewed on: