



SECOND READING OF SCHOOL BOARD POLICY

POLICY ISSUE/SITUATION:

Attached is the second reading of School Board policy:

- **EFAP** – Wellness – Physical Education & Activity

BACKGROUND INFORMATION:

In January, 2004 the Oregon School Board Association performed an audit of the Beaverton School District Board policies. As a result of this audit, departments continue to work to reach compliance of the policies pertinent to their areas. Throughout the school year new policies and/or policy changes will be presented for your review.

RECOMMENDATION:

(16-676) It is recommended that the School Board adopt this policy change.

District Goal: WE empower all students to achieve post-high school success.

The Beaverton School District recognizes the diversity and worth of all individuals and groups. It is the policy of the Beaverton School District that there will be no discrimination or harassment of individuals or groups based on race, color, religion, gender, sexual orientation, gender identity, gender expression, national origin, marital status, age, veterans' status, genetic information or disability in any educational programs, activities or employment.

Wellness – Physical Education and Activity

1. Introduction

Children need regular physical activity in order to grow, learn, and thrive. Beaverton schools embrace a culture of daily and frequent physical activity. in order to:

- foster academic success and lifelong health;
- decrease rates of obesity, heart disease, stroke, cancer and diabetes;
- increase opportunities for physical activity outside of the school day.

1. Physical Activity

Physical Education, structured programs of fitness, movement, games, and other activities, is an essential component of a well-rounded academic program.

Every public school student in kindergarten through grade 8 shall participate in physical education for the entire school year. At least 50 percent of the weekly physical education class time shall be devoted to moderate to vigorous activity. Instruction, provided by adequately prepared teachers, will meet the state adopted academic content standards for physical education.

Students with disabilities shall have suitably adapted physical education incorporated as part of the individualized education plan developed for the student under ORS343.151. A student who does not have an IEP but has chronic health problems, other disabling conditions or other special needs that preclude them from participating in regular physical education instruction shall have suitably adapted physical education incorporated as part of an individualized health plan developed for the student by the school district or public charter school.

The District will develop student performance standards and implement assessments in order to meet the Oregon Department of Education's physical education content standards and time requirements established by state law.

Schools should embrace a culture of physical activity throughout the day and beyond the physical education class. In addition, schools should discourage extended periods (i.e., periods of two or more hours) of inactivity.

The District will provide resources throughout the school year to staff to support a quality physical education program and physical activity throughout the day.

Recess is an opportunity for students to take a break from classwork, engage in play with their peers and participate in structured and/or unstructured activities. All elementary school students will have at least 20-30 minutes per day of supervised recess, preferably outdoors, during which they shall be encouraged to engage in physical activity.

Students who require additional academic support or interventions will have the same opportunities for physical activity as their peers. Teachers and other personnel will not use physical activity (e.g., running laps, pushups) as punishment or withhold opportunities for physical activity (e.g., recess, physical education) as punishment or to make up work.

The District will communicate the importance of daily physical activity and support community efforts to increase the physical activity of our students.

2. Evaluation and Monitoring

The District will involve staff (including but not limited to physical education specialists and school health professionals), parents, students, public health professionals, school administrators and the public in the implementation, periodic review and update of this policy and Policy EFA. Each school shall establish a system to support implementation of this policy and Policy EFA. We encourage each school to gathering staff input, developing plans to promote wellness among students and staff, and sharing ideas with other schools. The Board will review and communicate progress on implementation of the goals outlined in the policy regularly and, if needed, updated by the Board at least every three years.

The Board designates the superintendent or designee as the person who will develop administrative regulations and ensure the District meets the goals outlined in this policy.

END OF POLICY

Legal Reference(s):

HB3141, ORS 329.045

41 USC § 1758b, 42 USC § 1771 et seq.

Policy cross-references:

EFA Wellness Policy – Nutrition

IGDJ Interscholastic and Intramural Sports