

#5144.4

Physical Activity, Undirected Play and Student Discipline

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4 ~~It is the policy of the Board to promote the health and well-being of district students by~~
5 ~~encouraging healthy lifestyles including promoting physical exercise and activity as part of the~~
6 ~~school day.~~

7 It is the policy of the Madison Board of Education (the “Board”) to promote the health and
8 well-being of district students by encouraging healthy lifestyles including promoting physical
9 exercise and activity as part of the school day.

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11 For the purposes of this policy, a “school employee” is defined as (1) a teacher, substitute
12 teacher, school administrator, school superintendent, guidance counselor, school counselor,
13 psychologist, social worker, nurse, physician, school paraprofessional or coach employed by the
14 Board or working in the district schools, or (2) any other individual who, in the performance of
15 his or hertheir duties, has regular contact with students and who provides services to or on
16 behalf of students enrolled in the district schools pursuant to a contract with the Board.

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18 ~~Prohibition on~~ **Deprivation of Physical Exercise Period or Undirected Play Period as a**
19 **Form of Discipline:**

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21 For elementary school students, the Board includes a time of not less than twenty (20) minutes in
22 total, during the regular school day, to be devoted to physical exercise, except that a planning and
23 placement team (“PPT”) may develop a different schedule for students requiring special
24 education and related services.

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26 The administration may include additional time, beyond the twenty minutes required for physical
27 exercise, devoted to undirected play during the regular school day for elementary school students.

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29 In an effort to promote physical exercise and undirected play, the Board prohibits school
30 employees from disciplining elementary school students by preventing them from participating in
31 the full 20 minutes of time devoted to physical exercise or additional time devoted to undirected
32 play during the regular school day, except in accordance with this policy or as determined by a

33 student's Section 504 team or PPT. instances where the student's behavior poses a health and/or
34 safety concern or as determined by a student's Section 504 or planning and placement team.

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36 A. *Physical Exercise Period*
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38 School employees may prevent or otherwise restrict a student from participating in the entire
39 time devoted to physical exercise in the regular school day as a form of discipline only under
40 the following circumstances:

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42 1) When a student poses a danger to the health or safety of other students or school
43 personnel; or
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45 2) If there are two or more periods devoted to physical exercise in a school day, then
46 when the prevention or restriction of physical exercise is limited to the period
47 devoted to physical exercise that is the shortest in duration, provided that the
48 student still participates in at least twenty minutes of physical exercise in a school
49 day.
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51 School employees may prevent or restrict a student from participating in the entire time
52 devoted to physical exercise in the regular school day as a form of discipline, in accordance
53 with this policy, only one time during a school week, unless the student is a danger to the
54 health or safety of other students or school personnel.
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56 School employees may not prevent or restrict a student from participating in the entire time
57 devoted to physical exercise in the regular school day if such prevention or restriction is related to
58 the student's failure to complete school work on time or to the student's academic performance.
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60 This policy distinguishes between a) discipline that is imposed before the time devoted to
61 physical exercise begins and b) discipline imposed during such time devoted to physical
62 exercise or methods used to redirect a student's behavior during such time. School personnel
63 may impose discipline during time devoted to physical exercise as a result of student's behavior
64 during such time, if such discipline is in accordance with Board policies and procedures. School
65 personnel may also use methods to redirect a student's behavior, in the event such behavior
66 warrants redirection, during the time devoted to physical exercise. For clarity, the prohibition
67 against preventing or restricting a student's participation in the time devoted to physical

68 exercise shall apply to student conduct that occurs prior to the physical exercise time, rather
69 than during the physical exercise time.

71 B. *Undirected Play Period*
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73 School employees may not discipline elementary school students by preventing them from
74 participating in the full time devoted to undirected play, if any, during the regular schoolday,
75 except when a student poses a danger to the health or safety of other students or school
76 personnel, or as determined by a student’s Section 504 team or PPT.

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78 **Prohibition on Compulsion of Physical Activity as a Form of Discipline:**

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80 For all students, the Board prohibits school employees from disciplining students by requiring
81 students to engage in physical activity as a form of discipline during the regular school day.

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83 **Definition:**

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85 ~~For the purposes of this policy, a “school employee” is defined as (1) a teacher, substitute~~
86 ~~teacher, school administrator, school superintendent, guidance counselor, school counselor,~~
87 ~~psychologist, social worker, nurse, physician, school paraprofessional or coach employed by the~~
88 ~~Board or working in the district schools, or (2) any other individual who, in the performance of~~
89 ~~his or her duties, has regular contact with students and who provides services to or on behalf of~~
90 ~~students enrolled in the district schools pursuant to a contract with the Board.~~

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92 **Disciplinary Action for Failure to Follow Policy:**

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94 Any employee who fails to comply with the requirements of this policy may be subject to
95 discipline, up to and including termination of employment. Any contracted individual who
96 provides services to or on behalf of students enrolled in the district and who fails to comply with
97 the requirements of this policy may be subject to having ~~his/her~~ the individual’s contract for
98 services suspended by the district.

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Legal References:

Connecticut General Statutes:

~~Public Act 19-173. An Act Concerning the Inclusion of Additional Time Devoted to Undirected Play to the Regular School Day.~~

§ 10-221o Lunch periods. Recess. Boards to adopt policies addressing the limitations of physical exercise

§ 10-221u Boards to adopt policies addressing the use of physical activity as discipline

Public Act No. 22-81 “An Act Expanding Preschool and Mental and Behavioral Services for Children”

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