

## 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 {#} or wind chill is below {#} 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).

**End of United School District #7 Administrative Regulation ABCC-AR2**

### ***Board motion to accompany ABCC-AR2***

*The school board believes that regular physical activity has several positive benefits, including, but not limited to, reducing the risk of developing obesity and chronic disease; reducing feelings of depression and anxiety; and improving academic performance. In addition, the school board believes in the value of a comprehensive school activity program, which is built on quality physical education as a foundation, promotes physical activity before, during, and after school, and involves multiple stakeholders including school staff, families, and the community. Therefore, the board strongly encourages administrators to implement regulation ABCC-AR2: Physical Activity and Recess Regulation.*