**Mackay School District No. 182**

**INSTRUCTION 2315**

Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-12

Physical education and activities shall be an essential element of each school’s instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity.

All students in grades K-6, including students with disabilities, special health-care needs, and those in alternative educational settings, will receive physical education (or its equivalent of sixty (60) minutes/week) for the entire school year. Such instruction may be provided for grades seven (7) through eight (8) through formal physical education courses, integration into other courses, regularly scheduled intramural activities, or regularly scheduled school-wide activities.High schools shall require two (2) credits of approved Physical Education courses and one (1) credit of Health. Students may further select more physical education and health courses as electives.

All physical education will be taught by a certified, qualified, staff physical education teacher. Student involvement in other activities involving physical activity, such as interscholastic or intramural sports, will not be substituted for meeting the physical education requirement. The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles. The physical education program shall consist of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students.

Integrating Physical Activity into the Classroom Setting

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

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 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 twenty (20) minutes a 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.

Schools should discourage extended periods (i.e., periods of two (2) or more hours) of inactivity. 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 periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity, such as running laps or push-ups, as punishment.

Cross Reference: 8200 Healthy Lifestyles

Legal Reference: I.C. § 33-512 Governance of Schools

Policy History:

Adopted on: December 8, 2014

Revised on: