



Book	School Board Policy
Section	CHAPTER 10 - (2) Policy Manual
Title	Policy 1061.1: Student Welfare - School Wellness - Physical Activity
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Cross References	1061.1 - AR 1061.1: Student Welfare - School Wellness - Physical Activity
Adopted	April 18, 2006

All students in grades K-12 will receive support, encouragement, and opportunities to be physically active on a regular basis. Physical activity supports physical growth, brain development, resistance to disease, emotional stability, and enhances a student's ability to learn.

Physical activity, in addition to formal physical education classes and recess, will be encouraged. Ideas for integrating physical activity throughout the day will be developed and disseminated to staff.

Schools will provide regular, age-appropriate, quality physical education, including instruction on year-round outdoor and indoor activities contributing to life-long habits of physical activity. Physical education offerings at all grade levels will be maintained or expanded.

Recess is a valuable part of elementary education. The amount of recess lost due to student discipline should be minimized. Recess will include many age-appropriate options for participating in active games and physical activities. Opportunities for all students to participate in extra-curricular and intramural sports and non-traditional physical activities will be maximized.

Guidance counselors will encourage students to participate in physical activity.

Cross Reference:

[AR 1061.1: Student Welfare - School Wellness - Physical Activity](#)

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