

**PHYSICAL ACTIVITY**

A quality physical education program is essential for all students to learn about and participate in physical activity. Physical activity should be included in a school's daily education programs. Physical activity should include regular instructional physical education, co-curricular activities and recess.

**I. PHYSICAL EDUCATION**

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. All students will be provided equal opportunity to participate in physical education classes.

The Rice Lake Area School District physical education program shall:

1. emphasize knowledge and skills for a lifetime of regular physical activity;
2. meet or exceed state standards for physical education;
3. provide a variety of physical activity choices including cooperative as well as competitive games;
4. meet the needs of all students regardless of physical ability;
5. emphasize and teach self-management skills as well as cooperation, conflict resolution, fair play, and sportsmanship;
6. promote participation in physical activity available in the community;
7. focus at the high school level on helping students make the transition to an active adult lifestyle;
8. All physical education classes in District are taught by licensed teachers who are certified or endorsed to teach physical education;
9. Waivers, exemptions, or substitutions for physical education classes are not granted.
10. Accommodations for students with special health needs will be considered when directed in writing by a licensed health care provider.

**II. INTEGRATING PHYSICAL ACTIVITY INTO THE SCHOOL SETTING**

Children and adolescents should participate in 60 minutes of physical activity every day. Schools will offer students a variety of physical activity opportunities that are in addition to, and not as a substitute for, physical education.

1. Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) will not be used or withheld as punishment for any reason. Physical activity during the school day will not be withheld or delayed for make-up of homework assignments.
2. All elementary schools will offer at least 20 minutes of recess on all or most days during the year.
  - Outdoor recess will be offered when weather is feasible for outdoor play.
  - Active recess programming will be utilized to create universal participation by offering multiple activities at recess; designate different areas of play throughout the playground; provide equipment to decrease congestion on play structures; and provide group games.
  - In the event that the school or district must conduct indoor recess, teachers and staff promote physical activity for students, to the extent practicable.
3. The District recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time.
4. The District offers opportunities (e.g., including activity clubs, open gym, intramurals and varsity sports) for students to participate in physical activity before and/or after the school day.
5. The District will support active transport to and from school, such as walking or biking.

### **III. ADEQUATE FACILITIES**

The Rice Lake Area Board of Education and administration shall strive to ensure the cost-efficient provision of adequate spaces, facilities, equipment, supplies, and operational budget at all levels in order to achieve the objectives of the physical activity rule.

School authorities shall minimize the use of physical education facilities for non-instructional purposes, such as using the gymnasium for school assemblies during times scheduled for physical education classes.

### **IV. EDUCATIONAL REINFORCEMENT**

The Rice Lake Area School District's physical education program will work with other curricular areas to integrate the benefits of being physically active.

The physical education department will actively engage families as partners in their children's education and collaborate with community agencies and organizations to provide ample opportunities for students to participate in physical activity beyond the school day.