

Durango School District 9-R Wellness Action Plan - Part 3. Physical Activity

Background

The 2005 Dietary Guidelines for Americans recommend that children and adolescents engage in at least 60 minutes of moderate to vigorous physical activity on most, and preferably all, days of the week. Therefore, students should be physically active for at least 300 minutes during the five-day school week. At the Basic level, students would attain approximately one-fourth of the needed activity at school, one-third at the Advanced level and one-half at the Exemplary level. Therefore, even at the Exemplary level, students would receive only about half of the recommended activity during the school day. Physical education classes are a natural place for physical activity to occur. However, there are many other ways to incorporate physical activity into students' lives.

CATEGORY	BASIC (Essential Health Needs)	ADVANCED (More Healthful than BASIC)	EXEMPLARY (More Healthful than ADVANCED)
GENERAL	All students in grades K-12, including students with disabilities, special health-care needs and in alternative education settings have the opportunity to participate in moderate to vigorous physical activity on a regularly scheduled basis each school week during the entire school year.	The Advanced level incorporates all guidelines for the Basic level plus the more healthful guidelines listed in this column.	The Exemplary level incorporates all guidelines for the Basic and Advanced levels plus the more healthful guidelines listed in this column.
PHYSICAL EDUCATION CLASSES	<p>Students K-8 receive a minimum 60 minutes of physical education per week.</p> <p>Students 9-12 receive a minimum of 2 trimesters of physical education during their high school years.</p> <p>During physical education classes, students engage in moderate to vigorous physical activity at least 15 minutes per day and/or 75 minutes per week.</p>	<p>Students K-8 receive 61-150 minutes of physical education per week.</p> <p>Students 9-12 receive 61-150 minutes of physical education per week.</p> <p>During physical education classes, students engage in moderate to vigorous physical activity at least 20 minutes per day and/or 100 minutes per week.</p>	<p>Students K-8 receive more than 150 minutes of physical education per week.</p> <p>Students 9-12 receive more than 150 minutes of physical education per week.</p> <p>During physical education classes, students engage in moderate to vigorous physical activity at least 30 minutes per day and/or 150 minutes per week.</p>
<p>The school provides a physical and social environment that encourages safe and enjoyable physical activity for all students, including those who are not athletically gifted. Students have the opportunity to participate in lifetime physical activities (e.g. walking, Pilates, swimming, golf, tennis, etc.).</p>			
<p>The physical education curriculum is sequential and consistent with Colorado State Board of Education approved physical education teaching standards for Pre-Kindergarten through grade 12.</p>			
<p>Physical education teachers are licensed by the Colorado State Department of Education.</p>			

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PHYSICAL EDUCATION CLASSES (continued)	Physical education classes have a student/teacher ratio that is the same as other classes in the school.		
	Adequate age-appropriate equipment is available for all students to participate in physical activity.		
	Physical activity facilities on school grounds are safe.		
PHYSICAL ACTIVITY THROUGHOUT THE DAY	Classroom health education reinforces 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.	When circumstances make it necessary for students to remain indoors and inactive for two or more hours, the students are given periodic breaks during which they are encouraged to stand and be moderately active.	Opportunities for physical activity are regularly incorporated into other subject areas (i.e. math, language arts, social studies, etc.).
	Classroom teachers provide short physical activity breaks between lessons or classes, as appropriate. Total time of movement breaks is a minimum of 10 minutes per day.	Classroom teachers provide short physical activity breaks between lessons or classes, as appropriate. Total time of movement breaks is a minimum of 20 minutes per day.	Classroom teachers provide short physical activity breaks between lessons or classes, as appropriate. Total time of movement breaks is a minimum of 30 minutes per day.
DISCIPLINE	Physical activity is not used (e.g. running laps, pushups) or withheld (e.g. recess, physical education) as discipline. This guideline does not apply to extracurricular sports teams.		
RECESS	Elementary school students have at least 20 minutes a day of supervised recess, preferably outdoors.	Elementary school students have at least two 15-minute supervised recess periods daily.	
	Moderate to vigorous physical activity is encouraged verbally and through the provision of adequate space and age-appropriate equipment. Recess scheduled before lunchtime is strongly encouraged.	Recess provides at least one moderate to vigorous physical activity led by trained staff.	Recess provides a variety of moderate to vigorous physical activities led by trained staff. Recess is offered before lunchtime.

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BEFORE & AFTER SCHOOL	Daily periods of moderate to vigorous physical activity for all students are encouraged by providing adequate space, equipment and opportunities.	All elementary, middle and high schools offer extracurricular physical activity programs, such as physical activity clubs or intramural programs.	<p>A range of physical activities are offered that meet the needs, interests and abilities of all students, including boys, girls, students with disabilities and students with special health-care needs.</p> <p>The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work with local public works, public safety and/or police departments in those efforts.</p> <p>Students are provided the opportunity to be moderately to vigorously physically active each day.</p>
FAMILY & COMMUNITY	Information is provided to help families incorporate physical activity into the lives of all household members.	Families and community members are encouraged to institute programs that support physical activity, such as a walk to school program.	<p>Access is provided to community members to use the school's physical activity facilities outside the normal school day. School policies concerning safety will apply at all times.</p> <p>School resources (such as a back-pack containing physical activity equipment) are loaned to families to support their efforts to be physically active.</p>
STAFF AND SCHOOL COMMUNITY	Staff is encouraged to participate in and model physical activity as a valuable part of daily life.	Teachers lead at least one moderate to vigorous physical activity at recess.	Teachers provide a variety of moderate to vigorous physical activities at recess.

Eat Smart. Play Hard. Healthy Kids Learn Better!

District Health Team
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For more information visit:

www.durangoschools.org
<http://www.cdphe.state.co.us/pp/COPAN/COPAN.html>
<http://www.actionforhealthykids.org/>

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