

PHYSICAL ACTIVITY

The board believes students who engage in physical activity as part of the learning environment are healthier and more likely to be engaged learners.

All district students shall be provided opportunities to engage in daily physical activity. The district shall include not less than the minimum required amount of physical activity in the schedules of students attending elementary schools, as such minimums are set forth in state law. Students with medical or physical limitations that may affect the student's ability to participate in a scheduled physical activity shall be provided appropriate alternative activities, consistent with federal and state law.

For purposes of this policy, "physical activity" may include but is not limited to:

1. fitness breaks
2. recess
3. field trips that include physical activity
4. physical education classes

A school shall not substitute non-instructional physical activity for standards-based physical education instruction.

The following minimum minutes of physical activity are set forth in law:
Full-day elementary students if classes meet five days/week = 600 minutes/month.

In accordance with law, a school providing more than the minimum minutes specified in law shall not decrease the amount of physical activity as a result of the board's policy, unless necessary to do so in response to budgetary constraints.

Exceptions to required amounts of physical activity may be allowed for school closures, in accordance with law.

LEGAL REFS.: C.R.S. 22-32-136
C.R.S. 22-32-136.5(3)(a)

CROSS REFS.: ADF, School Wellness
IHAE, Physical Education