

## Kansas Wellness Policy Builder – Part 3. Physical Activity

Not Applicable = NA, New Goal = G, In Progress = P, Achieved = A

A. General Guidelines & Physical Education Classes		Elem	MS	HS
1	All students in grades K-12, including those with disabilities, special health care needs and in alternative education settings, will have the opportunity to participate in moderate to vigorous physical activity on a regularly scheduled basis each school week during the entire school year. <i>(Basic)</i>			
2	Students will receive:			
	a. 100-150 minutes of physical education per week. <i>(Basic)</i>			
	b. 151-200 minutes of physical education per week. <i>(Advanced)</i>			
	c. More than 200 minutes of physical education per week. <i>(Exemplary)</i>			
3	During physical education classes, students will engage in moderate to vigorous physical activity:			
	a. At least 15 minutes per day and/or 75 minutes per week. <i>(Basic)</i>			
	b. At least 20 minutes per day and/or 100 minutes per week. <i>(Advanced)</i>			
	c. At least 30 minutes per day and/or 150 minutes per week. <i>(Exemplary)</i>			
4	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 will have the opportunity to participate in lifetime physical activities (e.g. walking, Pilates, swimming, golf, tennis, etc.). <i>(Basic)</i>			
5	The physical education curriculum will be sequential and consistent with Kansas State Board of Education approved physical education teaching standards for pre-kindergarten through grade 12. <i>(Basic)</i>			
6	Physical education teachers are licensed by the Kansas State Department of Education. <i>(Basic)</i>			
7	Physical education classes will have a student/teacher ratio that is the same as other classes in the school. <i>(Basic)</i>			
8	Adequate age-appropriate equipment will be available for all students to participate in physical activity. <i>(Basic)</i>			
9	Physical activity facilities on school grounds are safe. <i>(Basic)</i>			

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<b>B. Throughout the Day</b>		<b>Elem</b>	<b>MS</b>	<b>HS</b>
1	Classroom health education will reinforce 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. <i>(Basic)</i>			
2	When circumstances make it necessary for students to remain indoors and inactive for two or more hours, the students will be given periodic breaks during which they will be encouraged to stand and be moderately active. <i>(Advanced)</i>			
3	Opportunities for physical activity will be regularly incorporated into other subject areas (i.e. math, language arts, social studies, etc.). <i>(Exemplary)</i>			
4	Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate. <i>(Exemplary)</i>			

<b>C. Punishment</b>		<b>Elem</b>	<b>MS</b>	<b>HS</b>
1	Physical activity will not be used (e.g. running laps, pushups) or withheld (e.g. recess, physical education) as punishment. This guideline does not apply to extracurricular sports teams. <i>(Basic)</i>			

<b>D. Recess</b>		<b>Elem</b>	<b>MS</b>	<b>HS</b>
1	Elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors. <i>(Basic)</i>		---	---
2	Elementary school students will have two 15-minute supervised recess periods daily. <i>(Exemplary)</i>		---	---
3	Moderate to vigorous physical activity will be encouraged verbally and through the provision of adequate space and age-appropriate equipment. <i>(Basic)</i>		---	---
4	Recess will provide at least one moderate to vigorous physical activity led by trained staff. <i>(Advanced)</i>		---	---
5	Recess will provide a variety of moderate to vigorous physical activities led by trained staff. <i>(Exemplary)</i>		---	---
6	Recess will be offered before lunchtime. <i>(Exemplary)</i>		---	---

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<b>E. Before &amp; After School</b>		<b>Elem</b>	<b>MS</b>	<b>HS</b>
1	Daily periods of moderate to vigorous physical activity for all students will be encouraged by providing adequate space, equipment and opportunities. <i>(Basic)</i>			
2	The school(s) will comply with Quality Performance Accreditation Regulation 91-31-34: <i>Local Board of Education Requirement (g) "Athletic Practice"</i> 1. Any elementary or middle school that includes any of the grades six through nine may conduct athletic practice during the school day only at times when one or more elective academic courses or a study period is offered to students 2. A high school shall <u>not</u> conduct athletic practice during the school day, and athletic practice shall not be counted for credit or as a part of the school term A school shall neither offer credit for athletic practice nor count athletic practice as a physical education course. <i>(Basic)</i>			
3	Extracurricular physical activity programs, such as physical activity clubs or intramural programs will be offered. <i>(Advanced)</i>			
4	A range of physical activities will be offered that meet the needs, interests and abilities of all students, including boys, girls, students with disabilities and students with special health-care needs. <i>(Exemplary)</i>			
5	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. <i>(Exemplary)</i>			
6	All students will be provided the opportunity to be moderately to vigorously physically active each day. <i>(Exemplary)</i>			

<b>F. Family &amp; Community</b>		<b>Elem</b>	<b>MS</b>	<b>HS</b>
1	Information will be provided to help families incorporate physical activity into the lives of all household members. <i>(Basic)</i>			
2	Families and community members will be encouraged to institute programs that support physical activity, such as a walk to school program. <i>(Advanced)</i>			
3	Community members will be provided access to the school's physical activity facilities outside the normal school day. School policies concerning safety will apply at all times. <i>(Exemplary)</i>			
4	School resources (such as a back-pack containing physical activity equipment) will be loaned to families to support their efforts to be physically active. <i>(Exemplary)</i>			