

The Boeing Center For Children’s Wellness – The Lean Team

Model Physical Activity Policy

In the past few decades, obesity rates have dramatically increased in children and adolescents as a direct result of unhealthy eating habits and physical inactivity. Children need opportunities to be physically active every day in order to grow, learn, and succeed. Therefore, schools are encouraged to create and implement Physical Activity Policies in order to develop new ways of integrating physical activity into students’ daily schedules in the hopes of inspiring students to lead healthier and more active lifestyles. The following template is designed to help each individual school formulate their own Physical Activity Policy:

I. Physical Activity is Not a Punishment

Physical activity is not used (e.g. running laps, pushups) or withheld (e.g. no recess, physical education) as punishment. This guideline may not apply to extracurricular sports teams. Physical activity can, however, be used as a reward (e.g. extra recess);

II. Physical Activity During the School Day

All students, including those 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;

(School Name) provides a physical and social environment that encourages safe and enjoyable physical activity for all students, including those who are not athletically gifted. All students have the opportunity to participate in lifetime physical activities (e.g. walking, Pilates, swimming, golf, tennis, etc.);

Physical Activity equipment and facilities are age-appropriate, safe, and available to all students;

Teachers are encouraged to provide short breaks during class time or in between classes (in addition to recess and PE classes);

- * For resources on different examples of ways to incorporate Physical Activity into every classroom, visit:
 - Kindergarten – Second Grade “Energizers”: [http://www.ecu.edu/cs-hhp/exss/upload/Energizers for Grades K 2.pdf](http://www.ecu.edu/cs-hhp/exss/upload/Energizers_for_Grades_K_2.pdf)
 - Third Grade – Fifth Grade “Energizers”: [http://www.ecu.edu/cs-hhp/exss/upload/Energizers for Grades 3 5.pdf](http://www.ecu.edu/cs-hhp/exss/upload/Energizers_for_Grades_3_5.pdf)

- JAM (Just a Minute) School Program:
<http://www.jamschoolprogram.com/>

III. Recess for Elementary Students

Elementary school students have at least 20 minutes a day of supervised recess, preferably outdoors.

IV. Physical Activity Before & After School

Extracurricular physical activity programs, such as physical activity clubs or intramural programs are offered to all students regardless of physical ability;

A range of physical activities are offered before and/or after school that meet the needs, interests and abilities of all students, including boys, girls, students with disabilities and students with special health-care needs;

(School Name) shall promote strategies/events designed to encourage active transport to school (e.g. Walk to School Day, bicycle parking);

(School Name) will allow students access to school grounds and/or facilities for a period of time before and /or after school for free play or structured physical activity, and (School Name) will allocate time for physical activity during school-based morning and after school programs;

V. Staff Involvement

(School Name) will encourage staff to participate in daily physical activity for more than 30 minutes, will allow staff to use school spaces and facilities for physical activity during out of school time, and could offer physical activity programs to staff members (e.g. Zumba classes after school hours);

As stated above, the use of physical activity as a form of punishment or for behavior management by a teacher is inappropriate and is therefore prohibited;

School staff members are encouraged to integrate physical activity into their academic lesson plans;

VI. Family & Community Involvement

Families and community members are encouraged to help develop or implement policies and programs that support physical activity and encourage children to lead healthy, active lifestyles.

Here are a few other resources you can use when creating your own school's physical activity policy:

- The Lean Team's List of School Resources:
http://academicdepartments.musc.edu/lean_team/school_resources/resources.html
- South Carolina Wellness Policy Guidelines (Last revised in 2012):
<http://ed.sc.gov/agency/os/Health-and-Nutrition/documents/WellnessGuidelines.pdf>
- American Alliance for Health, Physical Education, Recreation and Dance Comprehensive School Physical Activity Program Policy Continuum:
<http://www.aahperd.org/letsmoveinschool/tools/upload/CSPAP-Policy-Continuum-2-10-12final.pdf>
- CDC School Health Guidelines to Promote Healthy Eating and Physical Activity:
<http://www.cdc.gov/healthyyouth/npao/strategies.htm>

Sources:

"South Carolina Wellness Policy Guidelines." *South Carolina Department of Education*. 29 May 2012. Web. <<http://ed.sc.gov/agency/os/Health-andNutrition/documents/WellnessGuidelines.pdf>>.

"Comprehensive School Physical Activity Program (CSPAP) Policy Continuum." American Alliance for Health, Physical Education, Recreation and Dance - AAHPERD. Web. <<http://www.aahperd.org/letsmoveinschool/tools/upload/CSPAP-Policy-Continuum-2-10-12final.pdf>>.