

Sample Physical Activity Policy

- I. **Physical Activity is Not a Punishment**
Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) will not be withheld as punishment for any reason. Nor will additional physical activity be used as a punishment (ex. walking laps at recess). [This guideline may not include participation on sports teams that have specific academic requirements]. The district will provide teachers and other school staff with a list of ideas for alternative ways to discipline students. However, physical activity can be used as a reward (ex. extra recess).
- II. **Physical Activity During the School Day**
(SCHOOL NAME) provides a physical and social environment that encourages safe and enjoyable physical activity for all students, including those with disabilities, special health care needs, and in alternative education settings. Students have the opportunity to participate in moderate to vigorous physical activity on a regularly scheduled weekly basis during the entire school year. Physical Activity equipment and facilities are age-appropriate, safe, and available to all students. Teachers are encouraged to provide short physical activity breaks during class time or in between classes (in addition to recess and PE classes).
- III. **Recess for Elementary Students**
Elementary school students will have at least 20 minutes of supervised recess on all or most days during the school year. As stated above, the use of physical activity as a form of punishment or behavior management by staff members is prohibited. Outdoor recess will be offered when weather and other circumstances are appropriate for outdoor play. If the school must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable. Recess will complement, not substitute, for physical education class. Recess monitors or teachers will encourage students to be active and will serve as role models by being physically active alongside the students whenever feasible.

Additional resources to use when creating your school's Physical Activity Policy:

- [South Carolina Wellness Policy Guidelines](#)
- [Comprehensive School Physical Activity Programs \(CSPAP\): A Guide For Schools](#)
- [Increasing Physical Education and Physical Activity: A Framework for Schools](#)