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. Middle school and high school students shall be afforded opportunities for physical activity that are age-appropriate. 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. exercise programs
2. fitness breaks
3. recess
4. field trips that include physical activity
5. classroom activities that include physical activity
6. physical education classes

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

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

Adopted: August 9, 2011

LEGAL REFS.: C.R.S. 22-32-136 *(policies to improve children's nutrition and wellness)*
C.R.S. 22-32-136.5(3)(a) *(physical activity policy required)*

CROSS REFS.: ADF, School Wellness
IHAE, Physical Education
JLCA, Physical Examinations of Students

Akron School District R-1, Akron, Colorado