

3-2-2016

Daily Physical Education (P.E.) K-12.

It is recommended that all students in Grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, receive daily physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for middle and high school students) for the entire school year.

MA General Laws: Chapter 71, Section 3: Physical education shall be taught as a required subject in all grades for all students in the public schools for the purpose of promoting the physical well-being of such students.

All physical education will be taught by a licensed physical education teacher. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.

See <http://www.doe.mass.edu/news/news.aspx?id=649>

Students will spend at least 70 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess.

All K-8 school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity and offer the provision of space and equipment.

Physical Activity Opportunities Before, During, and After School.

Current research indicates the need for our students to move during their school day.

As a result of district work with Dr. John Ratey, author of *Spark, The Revolutionary New Science of Exercise and the Brain*, we train all teachers to understand that short exercise bursts create increased brain activity which results in students' who are focused and ready to learn. Tools are supplied so that teachers can implement this strategy of increasing heart rate for their students throughout the school day. Schools will discourage extended periods (i.e., periods of two or more hours) of inactivity. During activities that make it necessary for students to remain sedentary for long periods of time, such as mandatory school-wide testing, schools should give students periodic breaks during which they are encouraged to stand and be moderately to vigorously active.

All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. The high school and middle school grades will offer after school sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including all genders, students with disabilities, and students with special health-care needs. Students will have access to resources for community activities (e.g. Brookline Recreation, Brookline Teen Center).

Physical Activity and Punishment.

Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Health Education

We are committed to providing a school environment that enhances the learning and development of lifelong wellness practices. To that end, our district will promote actions, behaviors, and learning that create a healthy and safe environment for all students.

It is our goal to promote the students' physical, emotional, and social well-being through a K-12 comprehensive school health program taught by licensed health teachers as described in our Program Review Report. At its very core, comprehensive school health education is about keeping students healthy now and in the future, reinforcing positive healthy behaviors throughout the school day, and making it clear that good health and learning go hand in hand.

It is important to promote opportunities that will enable students to become independent lifelong learners who will practice healthy behaviors and choices.

<http://www.schoolwellnesspolicies.org/WellnessPolicies.html>

<http://www.shapeamerica.org/standards/pe/>