

SCOTLAND BOARD OF EDUCATION
Board Policy

Instruction

Physical Activity

The Board believes every student shall develop the knowledge and skills necessary to perform a variety of physical activities, maintain physical fitness, regularly participate in physical activity, understand the short and long-term benefits of physical activity, and value and enjoy physical activity as an ongoing part of a healthful lifestyle. In addition, staff is encouraged to participate in and model physical activity as a valuable part of daily life.

District schools have a responsibility to help students and staff establish and maintain lifelong habits of being physically active. Regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall wellbeing.

The Superintendent shall develop and implement a comprehensive plan to encourage physical activity that includes the following:

- A sequential program of physical education that involves moderate to vigorous physical activity on a daily basis; teachers knowledge, motor skills, self-management skills, and positive attitudes; promotes activities and sports that students enjoy and can pursue throughout their lives; is taught by well-prepared and well-supported staff; and is coordinated with the health education curriculum.
- Time in the elementary school day for supervised recess
- Opportunities and encouragement for students to voluntarily participate in before and after-school physical activity programs, such as intramurals, clubs, and, at the high school level, interscholastic athletics.
- Joint school and community recreation activities
- Opportunities and encouragement for staff to be physically active, and
- Strategies to involve family members in program development and implementation.

The program shall make effective use of school and community resources and equitable serve the needs and interests of all students and staff, taking into consideration differences of gender, cultural norms, physical and cognitive abilities, and fitness levels.

(cf. 3542.34- Nutrition Program)

(cf. 6142.6 – Physical Education)

(cf. 6142.10 – Health Education Program)

(cf. 6142.62 – Recess/Unstructured Break Time)

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Physical Activity (Cont'd)

Legal reference: Connecticut General Statutes

10-16b Prescribed courses of study

10-220 Duties of boards of education.

10-221 Lunch periods. Recess

PA. 06-44 An Act Promoting the Physical Health Needs of Students