

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 well-being.

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; teaches 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 for all students enrolled in elementary school of not less than twenty minutes in total included in the regular school day devoted to recess/physical exercise, unless altered for a child by a Planning and Placement Team;
- 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 equitably 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.

Instruction

Physical Activity (continued)

Physical Activity and Discipline

School employees (*teacher, substitute teacher, administrator, superintendent, guidance counselor, psychologist, social worker, nurse, physician, paraprofessional, coach, or any other individual working in a District school, who in the performance of his/her duties has regular contact with students and provides services to or on behalf of students enrolled in a District school, pursuant to a contract with the Board of Education*) shall not deny a student's participation in the entire time devoted to physical exercise in the regular school day as a form of discipline or punishment, nor should they cancel it for instructional makeup time. In addition, any student in kindergarten through grade twelve shall not be required to engage in physical activity as a form of discipline.

(cf. 3542.34 – Nutrition Program)

(cf. 6142.6 – Physical Education)

(cf. 6142.10 – Health Education Program)

(cf. 6142.62 – Recess/Unstructured Break Time)

Legal Reference: Connecticut General Statutes
10-16b Prescribed courses of study.
10-220 Duties of boards of education.
10-221o Lunch periods. Recess. (as amended by P.A. 12-116, An Act Concerning Educational Reform and P.A. 13-173, An Act Concerning Childhood Obesity and Physical Exercise in Schools)
PA. 06-44 An Act Promoting the Physical Health Needs of Students

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GRISWOLD PUBLIC SCHOOLS
Griswold, Connecticut