

APPENDIX

Guidelines for Increasing Physical Activity of Students

The Western School District acknowledges the responsibility schools play in providing an environment that promotes school health for all students. Participation in a variety of physical activities at an early age helps to promote a life-long commitment to an active and healthy lifestyle.

1. Schools shall adhere to the recommended instructional time guidelines for the Physical Education curriculum and the Health curriculum as outlined by the Department of Education Program of Studies. Where schools are challenged to strictly adhere to the guidelines for Physical Education due to capacity or other issues, the school shall forward its plan for Physical Education to the Assistant Director of Education (Programs) or designate to review.
2. Teachers shall deliver the Physical Education curriculum and Health curriculum as outlined in the Physical Education and Health Curriculum Guides.
3. Each K – 6 school shall establish guidelines that support and provide sufficient time for outside unstructured playtime at recess and lunch (subject to weather conditions and student safety as determined by school administration).
4. Daily physical activity can be achieved through a regular physical education class. It can also be achieved through structured activity (intramurals, clubs, dance) or unstructured activity (outside play) that can be offered before and after school. These activities, however should complement and not substitute for the physical education program.
5. Schools shall promote active transportation to and from school. This can be done in a variety of ways such as: providing bicycle racks for students to secure their bikes and hosting special days such as the Kids Eat Smart Walk to Breakfast Day.
6. Teachers in K – 6 schools, with the support of District Office personnel, shall use physical activity to help diversify instruction in academic subject areas.
7. Schools shall actively participate in the Living Healthy Commotions each school year.

8. Schools are encouraged to establish a Living Healthy School team to help implement good nutrition, physical activity, and other health-related initiatives. This team could be part of the Safe and Caring Schools initiative.
9. School staffs are encouraged to act as positive role models to promote healthy lifestyles within the school environment.
10. Schools are encouraged to partner with local organizations to support their school health projects. Possible contacts to assist schools might include: local businesses, service organizations, School Council, Home & School Association, community recreation groups, Community Health Nurse, School Health Promotion Liaison Consultant, and Regional Wellness Coalition.