

T H E

RANCHES
ACADEMY
POLICY

90 – 150 MINUTES OF STRUCTURED PHYSICAL ACTIVITY

Intent

Effective August 27, 2012 K-2 grade students at The Ranches Academy will receive 45-90 minutes of structured physical activity per week, whereas, 3-6 grade students will receive 90-150 minutes of structured physical activity per week. Kindergarten will do 5 minutes of structured physical activity in the classroom daily in addition to their 30 minutes of organized PE to reach the 45 minute time requirement.

In addition, Utah State Office of Education (USOE) Physical Education (PE) core curriculum will be taught in all grades.

Structured physical activity is defined as planned, supervised activity where students participate in organized physical activities taught and/or supervised by teachers, faculty, staff, district personnel. The content of structured physical activities include: fitness, motor skill development, social/emotional development, and knowledge of physical fitness.

PE program will enable students to :

- Achieve and maintain health-enhancing levels of physical fitness
- Apply movement concept and principles to enhance motor skill development
- Demonstrate competency in a variety of movement forms
- Demonstrate respect for self and others through responsible personal and social behavior
- Understand physical activity provides opportunities for enjoyment, challenges, and self-expression
- Apply knowledge using a variety of thinking skills

Recess cannot be counted as structured physical activity. Other free time does not fulfill this requirement. Activities such as USOE Core Curriculum, and 5-minute energizers will fulfill this criterion.

Rationale

According to the U.S. Surgeon General, 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 National Association for Sport and Physical Education and the Utah State Office of Education recommend that students receive 150 minutes of structured physical activity each week.

Schools have a responsibility to help students and staff members establish and maintain lifelong habits of physical activity. Physical activity in schools contributes to the total growth and development of all children. Physical activity provides opportunities for students to gain knowledge, skills, and attitudes, which promote physical activity as part of their everyday lives. Regular physical activity reduces the risk of dying from heart disease and of developing diabetes, high blood pressure, and colon cancer.

Endorsement

Susie Scherer
Director Name

Susie Scherer
Director Signature

11-8-12
Date

Stephanie Colson
Board President

Stephanie Colson
Board President Signature

11-13-12
Date

- 1 - Minneapolis Heart Institute Foundation, Smoking Cessation Resource Directory, October 1996
- 2 - Center for Disease Control and Prevention (CDC), Morbidity and Mortality Weekly Report (MMWR), Youth risk behavior surveillance, August 1998
- 3 - CDC, MMWR, Guidelines for school health programs to prevent tobacco use and addiction, February 1994