

Physical Activity Opportunities and Physical Education

Physical Education (P.E.) K-9

All students in grades K-9, including students with disabilities, special health-care needs, and in alternative educational settings, will receive 30 minutes of physical education per week during the entire school year. All physical education will be taught by a certified 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. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess

All elementary 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 verbally and through the provision of space and equipment. Renaissance Academy will discourage extended periods of inactivity.

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.

Safe Routes to School

Renaissance Academy will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school.