

# PINE GROVE AREA SCHOOL DISTRICT

## ADMINISTRATIVE REGULATION

### 246-AR-1. PHYSICAL ACTIVITY

Developmentally appropriate physical activities during the school day for students will be designed to achieve optimal health, wellness, fitness and performance benefits.

The district will provide information to parents/guardians that encourages students' physical activity outside the school environment, such as outdoor play at home, sports, recreation programs, before and after-school programs, community programs, etc.

The district will establish guidelines governing the age-appropriate physical activity opportunities for students that will be provided in each school.

District schools may offer and supervise walking programs for students on school property before school, at lunch or after school.

Student physical activity on school grounds during school hours will be supervised to enforce safety rules and prevent injuries.

Daily recess periods for elementary school students will feature time for unstructured but supervised active play.

Physical activities other than competitive sports will be introduced to students.

Programs conducted before and after school in district facilities will provide developmentally appropriate physical activities to students in an effort to promote physical activity. Designated staff will meet with providers of before and after-school programs in district facilities to discuss and support opportunities for physical activity for attendees.

District schools may send home with students suggestions for physical activities for use by parents/guardians through:

1. Monthly suggested activity calendars.
2. Periodic information and updates.
3. Notices of family activity events taking place in the schools or community.

Building administrators will notify district staff that physical activity (e.g., recess) will not be used or withheld as a form of punishment.

The district will promote the use of school facilities by students and the community for physical activity, fitness, sports and recreation programs offered by district schools and/or community-based organizations outside of school hours through:

1. Announcements.
2. Posted notices.
3. Newsletters.
4. District's website.
5. District's calendar.
6. News media.