

EXCERPT FROM BONDUER SCHOOL DISTRICT'S STUDENT AND STAFF WELLNESS POLICY (POLICY JHK) RELATED TO PHYSICAL ACTIVITY

Physical Activity Goals

The primary goal of the physical education curriculum is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short-and long-term benefits of a physically active and healthy lifestyle. A comprehensive physical activity program includes a variety of opportunities for physical activity including: physical education, recess, walk-to-school programs, after-school physical activity programs, health education that includes physical activity as a main component, and physical activity breaks within regular classrooms.

1. Physical education instruction shall be provided in accordance with a developmental, sequential, comprehensive physical education curriculum and program of instruction for all students and shall:
 - a. emphasize knowledge and skills for a lifetime of regular physical activity.
 - b. be consistent with Wisconsin standards for physical education curriculum.
 - c. devote at least 50% of class time to actual physical activity in each week with as much time as possible spent in moderate to vigorous physical activity.
 - d. provide many different physical activity choices.
 - e. feature cooperative as well as competitive games.
 - f. meet the needs of all students.
 - g. take into account gender and cultural differences in students' interests.
 - h. teach cooperation, fair play, and responsible participation in physical activity.
 - i. promote participation in physical activity outside of school.
 - j. focus at the high school level on helping students make the transition to an active adult lifestyle.
2. Students shall receive physical education instruction as required by PI 8.0(2)(j).
3. High school graduation requirements shall include successful completion of a minimum of one and a half (1.5) credits of physical education.
4. The importance of physical activity will be emphasized by:
 - a. Maintaining a student-to-teacher ratio of ideally not more than 32 to 1 in all physical education classes.
 - b. Avoiding the practice of consistently removing a student from a physical education class in order to attend to work or assignments required in another class including driver training.
5. Students in grades K-8 shall be encouraged to engage in additional physical activity time during recess periods and their noon hour.
6. All student in grades 7-12 shall have the opportunity to participate in scholastic sports programs.

Other School-Based Activities Identified in Bonduel's Student and Staff Wellness Policy Designed to Promote Staff and Student Wellness include these related to physical activity:

School facilities for physical activity after school hours including access by students, families, or community groups to a school's physical activity facilities will be encouraged as outlined in the District's Community Use Policy (KG).

Physical activity and nutrition related components of school-based programs for students that occur after school hours will comply with the criteria defined in the Physical Activity Goals and Nutrition Standards Sections in this policy respectively.