

<p>GOAL 1: Elementary-aged students shall participate in a minimum of 135 minutes of structured physical activity weekly as required by Texas Education Code 28.002(I). Students shall not be denied participation in physical activities conducted during the minimum time requirement.</p>	
<p>Objective 1: The principal will ensure that the campus weekly schedule includes at least 135 minutes of structured physical activity weekly.</p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Campus administrators will be educated on the Texas Education Code 28.002(I) requirements of 135 minutes of structured physical activity weekly. • The Health and PE Curriculum Coordinator will provide campus administrators with the definition of structured physical activity minutes and best practices for including at least 135 minutes into their weekly schedule. • Campus administrators will develop a weekly schedule that includes at least 135 minutes of state-required structured physical activity that is provided by the district via physical education class and recess. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Current campus schedule • Annual Campus Wellness Committee Report <p>Resources needed:</p> <ul style="list-style-type: none"> • FBISD Recess Guidelines • Structured physical activity best practices and definition • Best practices for scheduling at least 135 minutes into the weekly schedule. • Sample weekly schedules that include at least 135 minutes of structured physical activity. <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources • Staff attrition • Campus schedule • Inadequate facilities for physical education classes
<p>Objective 2: The principals will ensure that the students are not denied participation in physical activities conducted during the minimum time requirement.</p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • Principals will ensure that students are not withheld or denied the required 135 minutes of weekly physical activity. • School and/or community personnel working in the school will not deny the required 135 minutes of structured physical activity as punishment for inappropriate behavior and/or failure to complete assignments with the exception of severe discipline consequences assigned by the principal or assistant principal (ISS, OSS, etc.). 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Current campus schedule • Current campus procedures that include withholding or denying the required 135 minutes of structured physical activity. • Annual Campus Wellness Committee Report <p>Resources needed:</p> <ul style="list-style-type: none"> • FBISD Recess Guidelines

<ul style="list-style-type: none"> • Campus principals have the authority to offer an optional study hall for those children in need of additional support up to twice per week. Prior written parent permission is required in order to remove a student from recess. The student must still complete the weekly 135 minutes of required moderate or vigorous physical activity. 	<ul style="list-style-type: none"> • Discipline strategies that do not deny physical activity <p>Obstacles:</p> <ul style="list-style-type: none"> • Finding alternative ways to discipline students that do not include withholding or denying the required 135 minutes of required structured physical activity. • Access to resources • Staff attrition • Inclement weather
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Objective 3: The District will identify appropriate opportunities and recommend best practices for meeting the 135 minutes of structured physical activity.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • The Teaching and Learning Department will provide campuses with the definition of structured physical activity minutes and best practices for including those minutes into their weekly schedule. • The Teaching and Learning Department will provide physical education teachers with professional learning focused on ways to include students with special needs. • The Teaching and Learning Department will provided campuses with sample weekly schedules that meet at least the 135 minutes of structured physical activity. • The Teaching and Learning Department will provided campuses with the District Recess Guidelines. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Current Recess Guidelines <p>Resources needed:</p> <ul style="list-style-type: none"> • Recess guidelines • Best practices for meeting your structured physical activity minutes • Best practices for discipline that does affect physical education time • Sample campus weekly schedules <p>Obstacles:</p> <ul style="list-style-type: none"> • Staff attrition

Objective 4: The principal will ensure that all instructional staff follow the FBISD Recess Guidelines.

Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> • The campus principal will educate campus staff on the District Recess Guidelines. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual Campus Wellness Committee Report

<ul style="list-style-type: none"> • The campus principal will ensure that the District Recess Guidelines are enforced daily. • The campus principal will ensure that students are not withheld or denied the required 135 minutes of physical activity. 	<ul style="list-style-type: none"> • Current campus recess practices <p>Resources needed:</p> <ul style="list-style-type: none"> • Recess guidelines • Professional learning for campus administrators regarding the District Recess Guidelines. • Best practices for discipline that does affect physical education time <p>Obstacles:</p> <ul style="list-style-type: none"> • Staff attrition • Inclement weather
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Physical Activity Goal 1