

Physical Activity Goal 2

<p>GOAL 2: In addition, elementary campuses shall provide unstructured recess on a daily basis. Unstructured recess time may not count toward the 135 minutes of required structured physical activity.</p>	
<p>Objective 1: The District will define the difference between structured and unstructured physical activity and provide campuses with best practices for unstructured physical activity.</p>	
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. 	<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 unstructured physical activity minutes Sample Campus Schedules <p>Obstacles:</p> <ul style="list-style-type: none"> Staff attrition
<p>Objective 2: The principal will encourage that the campus daily schedule include at least 20 minutes of daily-unstructured recess.</p>	
Action Steps	Methods for Measuring Implementation
<ul style="list-style-type: none"> Campus administrators will develop a schedule that provides students with the opportunity to participate in at least 20 minutes of unstructured daily recess time. Unstructured recess will not count toward the 135 minutes of state-required structured physical activity provided by the district via physical education class and structured recess. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> Annual Campus Wellness Committee Report Current campus schedule <p>Resources needed:</p> <ul style="list-style-type: none"> Recess guidelines Sample campus daily schedules Best practices for meeting your unstructured physical activity minutes <p>Obstacles:</p> <ul style="list-style-type: none"> Staff attrition Inclement weather

