

**Recess and Physical Activity**

The board recognizes that recess is an essential part of the day for elementary school students, Young students learn through play, and recess supports the mental, physical, and emotional health of students and positively impacts their learning and behavior. Similarly, the board recognizes that students who engage in regular exercise are more likely to learn in the classroom and supports the district’s increased emphasis on physical activity at all grade levels to enhance the well-being of the district’s students. Therefore, it is the policy of the board to provide students with recess and opportunities for physical activity.

**Recess**

The district aims to make elementary school recess safe, inclusive, and high quality for all students. All district elementary schools (whether K-5 and/or K-6) will receive a minimum of 30 minutes per day of unstructured physical activity as recess. The accompanying procedure will specify how the district will meet other legal requirements.

**Physical Activity**

All schools, as a best practice and subject to available funding, will participate in a multi-component approach by which schools use all opportunities for students to be physically active, such as the Comprehensive School Physical Activity Program recommended by the Centers for Disease Control and Prevention, and will provide the following:

- Quality physical education;
- Physical activity during the school day (e.g., brain boosters/energizers);
- Physical activity before and after school;
- Recess that aims to be safe, inclusive, and high quality;
- Family and community engagement;
- Staff wellness and health promotion;
- Opportunities for active transportation to school; and
- Access to school district facilities for physical activity, fitness, sports, and recreation programs.

**Cross References:**

Board Policy 2161	Special Education and Related Services for Eligible Students
Board Policy 2162	Education of Students With Disabilities Under Section 504 of the Rehabilitation Act of 1973
Board Policy 3210	Nondiscrimination
Board Policy 3422	Student Sports - Concussion, Head Injury and Sudden Cardiac Arrest
Board Policy 4260	Use of School Facilities

**Management Resources:**

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Medical Lake School District

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