



# MISSION CISD-WELLNESS POLICY

HEALTHIER GENERATION-2019-2020-revisions

## I. **Physical Activity**

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the district is committed to providing these opportunities. Schools will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). All schools in the district will be encouraged to successfully address all CSPAP areas.

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) **will not be withheld** as punishment for any reason. *This does not include participation on sports teams that have specific academic requirements. Teachers and other school personnel will not use physical activity (e.g., running laps, push-ups) as punishment. The district will provide teachers and other school staff with a [list of ideas](#) for alternative ways to discipline students.*

### **Physical Education**

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the "Essential Physical Activity Topics in Health Education" subsection).

Teachers keep students moderately to vigorously active for at least 50% of the time during most or all physical education class sessions.

### **Recess (Elementary)**

Recess (Elementary) in the district is strongly recommended for 20 minutes immediately before lunch time and reflected on the campus schedule. All elementary schools will provide for at least 20 minutes of recess each day, and teachers or recess monitors encourage students to be active with unstructured play.