

### Physical Activity Goals

Section 1. Statement of Goal. East Allen County Schools will provide a physical education program, for all students in Grades 1-12, to learn about and participate in physical activity. In addition to the regular physical education program East Allen County Schools will implement, in a manner consistent with all other academic goals, objectives, and requirements, a plan to integrate physical activity across curriculum and throughout the school day. Also, East Allen County Schools will create wider opportunities for students to voluntarily participate in before-and-after school physical activity programs that may include intramurals, and at the secondary level, interscholastic athletics. Finally, East Allen County Schools may collaborate with local recreational departments and youth fitness programs as approved by the Board of School Trustees to promote participation in lifelong physical activity.

Section 2. Daily Physical Activity for Elementary Students. As required by I.C. 20-30-5-7.5 each student in elementary school, other than students in half-day kindergarten or students who have a medical condition that precludes participation in the daily physical activity, shall be provided daily physical activity which may include recess. On a day when there is inclement weather or unplanned circumstances have shortened the school day, an elementary school may provide physical activity alternatives or elect not to provide physical activity.

Section 3. Elementary Recess. Where feasible, elementary recess shall be scheduled before lunch times in order to increase food consumed, decrease plate waste, and improve cafeteria behavior. Where feasible, elementary recess periods shall be at least twenty (20) minutes in length.

Section 4. Implementation of Goals. The Superintendent, or the Superintendent's designee, shall be responsible for developing implementation strategies to implement the goals outlined in this guideline.