

## Nebraska Wellness Policy Builder – Part 3. Physical Activity

**For each numbered item fill in one of the following for each school level which is part of your system:  
[Not Applicable = NA, New Goal = G, In Progress = P, Achieved = A]**

<b>A. General Guidelines &amp; Physical Education Classes</b>		<b>Elem</b>	<b>MS</b>	<b>HS</b>
1	All students in grades K-12, including those with disabilities, special health care needs and in alternative education settings, will have the opportunity to participate in moderate to vigorous physical activity on a regularly scheduled basis each school week during the entire school year. <i>(Basic)</i>			
2	Students will receive:			
	a. 100-150 minutes of physical education per week. <i>(Basic)</i>			
	b. 151-200 minutes of physical education per week. <i>(Advanced)</i>			
	c. More than 200 minutes of physical education per week. <i>(Exemplary)</i>			
3	During physical education classes, students will engage in moderate to vigorous physical activity:			
	a. At least 15 minutes per day and/or 75 minutes per week. <i>(Basic)</i>			
	b. At least 20 minutes per day and/or 100 minutes per week. <i>(Advanced)</i>			
	c. At least 30 minutes per day and/or 150 minutes per week. <i>(Exemplary)</i>			
4	The school provides a physical and social environment that encourages safe and enjoyable physical activity for all students, including those who are not athletically gifted. Students will have the opportunity to participate in lifetime physical activities (e.g. walking, Pilates, swimming, golf, tennis, etc.). <i>(Basic)</i>			
5	The physical education curriculum will be sequential and consistent with Nebraska Department of Education Physical Education Essential Learnings for Kindergarten through grade 12. <i>(Basic)</i>			
6	Physical education teachers are certified by the Nebraska Department of Education. <i>(Basic)</i>			
7	Physical education classes will have a student/teacher ratio that is the same as other classes in the school. <i>(Basic)</i>			
8	Adequate age-appropriate equipment will be available for all students to participate in physical activity. <i>(Basic)</i>			
9	Physical activity facilities on school grounds are safe. <i>(Basic)</i>			
10.	School administrators will inform teachers about opportunities to attend training on physical activity/physical education and the importance of modeling healthful habits for students. <i>(Advanced)</i>			
11.	School administrators will encourage teachers to attend physical education/activity related training at least once a year and will support their participation. <i>(Basic)</i>			
12.	Teachers will be able to access physical education/physical activity resources via Nebraska Action For Healthy Kids website and Nebraska Department of Education PE Health website. <i>(Basic)</i>			

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<b>B. Throughout the Day</b>		Elem	MS	HS
1	Classroom health education will reinforce the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television. <i>(Basic)</i>			
2	When circumstances make it necessary for students to remain indoors and inactive for two or more hours, the students will be given periodic breaks during which they will be encouraged to stand and be moderately active. <i>(Advanced)</i>			
3	Opportunities for physical activity will be regularly incorporated into other subject areas (i.e. math, language arts, social studies, etc.). <i>(Exemplary)</i>			
4	Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate. <i>(Exemplary)</i>			

<b>C. Punishment</b>		Elem	MS	HS
1	Physical activity will not be used (e.g. running laps, pushups) or withheld (e.g. recess, physical education) as punishment. This guideline does not apply to extracurricular sports teams. <i>(Basic)</i>			
2.	School/District policy prohibiting the use of physical activity for punishment or withholding physical activity as punishment. (This guideline does not apply to extracurricular sports team. <i>(Advanced)</i>			

<b>D. Recess</b>		Elem	MS	HS
1	Elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors. <i>(Basic)</i>			
2	Elementary school students will have two 15-minute supervised recess periods daily. <i>(Exemplary)</i>			
3	Moderate to vigorous physical activity will be encouraged verbally and through the provision of adequate space and age-appropriate equipment. <i>(Basic)</i>			
4	Recess will provide at least one moderate to vigorous physical activity led by trained staff. <i>(Advanced)</i>			
5	Recess will provide a variety of moderate to vigorous physical activities led by trained staff. <i>(Exemplary)</i>			
6	Recess will be offered before lunchtime. <i>(Exemplary)</i>			

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<b>E. Before &amp; After School</b>		<b>Elem</b>	<b>MS</b>	<b>HS</b>
1	Daily periods of moderate to vigorous physical activity for all students will be encouraged by providing adequate space, equipment and opportunities. <i>(Basic)</i>			
2	The school(s) will comply with Nebraska Department of Education Rule 10, Regulations and Procedures for the Accreditation of Schools: 1. <u>004.03A9. Physical Education.</u> <i>The curriculum includes active involvement in health-related physical fitness activities designed to develop cardiorespiratory endurance, muscular strength and endurance, and flexibility. It encourages students to develop habits of physical exercise through individual and team activities and by emphasizing involvement rather than competition. Practice for and participation in interscholastic activities cannot substitute for any part of physical education.</i> 2. <u>004.04B7 Personal Health and Physical Fitness.</u> <i>20 instructional units or two years of daily classes in personal health and physical fitness. The personal health and physical fitness curriculum includes content to emphasize life-long wellness habits. The curriculum emphasizes non-participation in high risk behavior. The physical fitness curriculum includes an active program of health-related physical fitness, including cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition. Practice for and participation in interscholastic athletic activities are not accepted as a substitute for any part of the personal health and physical fitness.</i> <i>(Basic)</i>			
3	Extracurricular physical activity programs, such as physical activity clubs or intramural programs will be offered. <i>(Advanced)</i>			
4	A range of physical activities will be offered that meet the needs, interests and abilities of all students, including boys, girls, students with disabilities and students with special health-care needs. <i>(Exemplary)</i>			
5	The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work with local public works, public safety and/or police departments in those efforts. <i>(Exemplary)</i>			
6	All students will be provided the opportunity to be moderately to vigorously physically active each day. <i>(Exemplary)</i>			

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<b>F. Family &amp; Community</b>		Elem	MS	HS
1	Information will be provided to help families incorporate physical activity into the lives of all household members. <i>(Basic)</i>			
2	Families and community members will be encouraged to institute programs that support physical activity, such as a walk to school program, N-Lighten Nebraska program, and/or All Recreate on Fridays program <i>(Advanced)</i>			
3	Community members will be provided access to the school's physical activity facilities outside the normal school day. School policies concerning safety will apply at all times. <i>(Exemplary)</i>			
4	School resources (such as a back-pack containing physical activity equipment) will be loaned to families to support their efforts to be physically active. <i>(Exemplary)</i>			

<b>G. Staff Wellness</b>		Elem	MS	HS
1	The school will encourage each member of the staff (both certified and non-certified) to serve as a healthy role model for students. <i>(Basic)</i>			
2.	The school will have a staff wellness committee to plan and implement ongoing activities for school staff that promote health and wellness. <i>(Advanced)</i>			
3.	The school's staff wellness committee will develop, promote and oversee a multifaceted plan to promote staff health and wellness including healthful eating, physical activity and other elements of a healthful lifestyle. <i>(Exemplary)</i>			
4.	At least one school-wide activity will be conducted each year that promotes staff wellness. <i>(Exemplary)</i>			
5.	All school employees serve as positive role models by adhering to vending guidelines adopted for students. <i>(Advanced)</i>			