

# Physical Activity and Recess Guidelines for 2018-19

---

## GUIDELINES PURSUANT TO POLICY IHAM & REGULATION IHAM-R

- K-5 students must receive at least two recess periods per day for a minimum of 100 minutes per week
  - Structured recess or physical education (PE) course may count towards one of the day's recess periods
  - Periods must be 10 minutes or greater
  - A minimum of 60 minutes per week must include structured activity
- The District recommends that each K-5 student receive at least 60 minutes of PE or structured activity per week
- 6-12 students must receive at least 90 minutes of physical activity per week

Requirement 1: Physical Activity	At least 100 min/week, periods of 10 min or more	K-5 students
	At least 90 min/week, periods of 10 min or more	6-12 students
Requirement 2: Recess	At least two periods per day, periods of 10 min or more	K-5 students
	Structured recess or PE may count as one period	
Requirement 3: Structured Activity	At least 60 min/week	K-5 students
Recommendation	At least 60 min/week of PE or structured activity	K-5 students

“Recess” means time during the regular school day during which a student is able to engage in physical activity or social interaction with other students (may include “free play”).

A “Structured Activity” is an activity that is planned and intentionally directed by a supervising adult (e.g. kickball, follow the leader, musical chairs, gardening, etc.).

“Structured Recess” means time during the regular school day during which a student is able to engage in physical activity or social interaction with other students through an activity that is planned and intentionally directed by a supervising adult (e.g. kickball, follow the leader, musical chairs, gardening, etc.).

# Physical Activity and Recess Guidelines for 2018-19

---

## K-5 Examples:

### Example One: **MEETS the Standard**

Mon: 20 min structured recess, 10 min free play

Tues: 10 min structured recess, 10 min structured recess

Wed: 10 min structured recess, 10 min free play

Thurs: 10 min free play, 20 min of structured recess

**Total of 100 minutes with both structured activity and free play. Students participate in recess twice per day.**

### Example Two: **MEETS the Standard**

Mon: 15 minutes structured recess, 10 min free play

Tues: 10 min structured recess, 10 minutes free play

Wed: 10 min structured recess, 10 minutes structured recess

Thurs: 10 min free play, 10 min structured recess

Fri: 10 min free play, 10 min structured recess

**65 minutes of structured recess meets the structured activity requirement. Students participate in recess twice per day.**

### Example Three: **DOES NOT MEET**

Mon: 15 min of structured recess, 10 min free play

Tues: 10 min free play, 10 min structured recess

Wed: 10 minutes free play, 10 minutes of free play

Thurs: 10 minutes free play, 15 minutes structured recess

Fri: 10 min of structured recess, 10 minutes of free play

**There is not 60 minutes of structured activity. It does meet the structured activity standard of 60 minutes/week.**

### Example Four: **DOES NOT MEET**

Mon: 30 min of structured recess, 5 min free play

Tues: 10 min free play

Wed: 10 minutes structured recess

Thurs: 10 minutes free play, 15 minutes structured recess

Fri: 10 min of structured recess, 10 minutes of free play

**Although this exceeds the mandatory structured activity standard, it does not meet the twice-daily requirement for recess. It also does not meet the minimum of 10 minutes per session.**