

Wellness Policy Attribute: **Physical Education and Moderate to Vigorous Physical Activity**

District	BP/AR (Year)	Page	Language
1. Alpine	BP (2017)	10	<p>IV. Physical Activity and Physical Education Physical activity Integrating Physical Activity into the Classroom Setting: For students to receive the California recommended amount of daily physical activity (i.e., 200 minutes for grades K-6 and 400 minutes for grades 7-8 over the course of 10 days) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.</p> <p>Physical Education</p> <ul style="list-style-type: none"> ● Schools shall comply with the State of California required instructional minutes in physical education providing a minimum of 200 minutes every 10 school days for elementary school students and 400 minutes every 10 school days for middle school students. (Education code 51210, 51223) ● National recommended Physical education standards require at least 150 minutes per week for elementary school students and 225 minutes per week for middle school students. (Shape American, Shape the Nation, American Heart Society, American Diabetes Society and Cooper Institute. ● Students will spend at least 50 percent of physical education instructional time participating in moderate to vigorous physical activities.
2. Bonsall	BP (2018)	2	<p>Goals for Physical Education and Physical Activity Physical Education The district shall meet minimum requirements for physical education as specified in the Education Code (EC 51210, 51222, 51223). The minimum requirements include:</p> <ul style="list-style-type: none"> • 200 minutes per 10 school days for 1st -6th grade • 400 minutes per 10 school days for 7th-12th grade • Students will be moderately to vigorously active as much time as possible within the physical education class. <p>Physical Activity</p> <p>All students in grades K-12 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate-to-vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before and after-school programs, and other structured and unstructured activities. The district will:</p> <ul style="list-style-type: none"> • Encourage after-school child care and enrichment programs to provide daily periods of moderate-to-vigorous physical activity. • Require at least 20 minutes a day of supervised recess

			(recess does not count toward education minutes) for all students during which school staff shall encourage moderate-to-vigorous physical activity.
3. Borrego Springs	BP (2017)	11	<p>IV. 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 physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in “Physical Education” subsection).</p> <p>Physical Education All District elementary students in each grade will receive physical education for at least 60-89 minutes per week throughout the school year.</p> <ul style="list-style-type: none"> ▪ Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
4. Cajon Valley	BP (2017)	2	All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.
5. Cardiff	BP (2024)	3	<p>Physical Education and Physical Activity Physical Education The district shall meet the minimum requirements of 200 minutes every 10 days for physical education as specified in the Education Code. Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.</p> <p>Physical Activity Opportunities for moderate-to-vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, and other structured and unstructured activities. The district shall: Require at least 35 minutes a day of supervised recess/lunch recess for all elementary students during which school staff shall encourage moderate-to-vigorous physical activity. Require after school child care and enrichment programs to</p>

			provide and encourage daily periods of moderate-to-vigorous physical activity.
6. Carlsbad	2017	3	All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.
7. Chula Vista	BP (2017)	13	<p>PHYSICAL EDUCATION AND PHYSICAL ACTIVITY All students in Grades K-8 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before- and after-school programs, and other structured and unstructured activities.</p> <p>Physical Education Schools shall comply with the State of California required instructional minutes in physical education providing for a total period of time of not less than 200 minutes each 10 school days for elementary school students and 400 minutes for middle school students. Daily physical education is highly recommended. (Education Code 51210, 51223)</p> <p>Students will spend at least 50 percent of physical education instructional time participating in moderate to vigorous physical activities.</p> <p>Physical Activities Recess: All elementary school students should have at least 15-20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activities through predetermined, structured activities (run/walk programs, intramurals, games, etc.).</p>
8. Coronado	BP (2017)	2	All students in grades preschool through grade 12 and in the transition program shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before- and after-school programs, and other structured and unstructured activities.
9. Dehesa	BP (2019)	10	<p>Students will spend at least 50 percent of physical education instructional time participating in moderate to vigorous physical activities.</p> <p>All elementary school students will have at least 20 minutes a day of supervised recess (including lunch play time), preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.</p>

10. Del Mar	BP (2021)	1	All students in grades K-6 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, inclass physical activity breaks, and other structured and unstructured activities.
11. Encinitas	BP (2017)	2	Preamble Therefore, it is the policy of the Encinitas Union School District that: 3. All students in preschool through grade 6 will have opportunities, support, and encouragement for moderate to vigorous physical activity on a regular basis to promote and develop the student's physical, mental emotional, and social well-being. Goals for the Encinitas Union School District 1. All students in preschool through grade 6 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before-and after-school programs, and other structured and unstructured activities.
12. Escondido Union Elementary	BP (2018)	2	Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs,
13. Escondido Union High School	BP (2018)	3	All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.
14. Fallbrook Union Elementary District	BP (2016)	2	PHYSICAL EDUCATION AND PHYSICAL ACTIVITY To address issues such as obesity, cardiovascular disease and Type II diabetes, students enrolled in kindergarten through eighth grades will participate in physical activity in accordance with State of California Physical Education Framework and instructional minute requirements of 200 minutes every two weeks.
15. Fallbrook Union High	BP (2018)	2	All students in grades 9-12 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, school athletic programs, extracurricular programs, before- and after-school programs, and other structured and unstructured activities such as

<p>20. Juvenile Court and Community Schools (Monarch Schools)</p>	<p>BP (2020)</p>	<p>2</p>	<p>All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.</p>
<p>21. La Mesa – Spring Valley</p>	<p>BP (2020)</p>	<p>1</p>	<p>All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.</p> <p>Daily Physical Education (P.E.) K-8: All students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 200 minutes every 10 days for elementary school students and 400 minutes every 10 days for middle school students) for the entire school year. Student participation in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.</p> <p>Daily Recess: All elementary school students should have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity through the provision of space and equipment. The District encourages schools to schedule lunch recess before the designated lunch period.</p>
<p>22. Lakeside</p>	<p>BP (2022)</p>	<p>12</p>	<p>IV. Physical Activity</p> <p>Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess, classroom-based physical activity, walk and bicycle to school, and out-of-school time activities 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.</p> <p>All District elementary students in each grade will receive physical education for at least 60-89minutes per week throughout the school year. All District secondary students</p>

			are required to take the equivalent of one academic year of physical education.
23. Lemon Grove	BP (2018)	13	<p><i>Physical Education</i></p> <p>All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and will also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.</p> <p>Students will be provided adequate time for recess at elementary levels and will be encouraged to engage in physical and kinesthetic activities throughout the day. Schools shall prioritize the use of school fields and black tops for students' physical activities. District staff shall use restorative approaches to support positive student behaviors and will not withhold recess or other physical activity or physical education as a form of punishment.</p> <p>Further, the district has an administrative regulation and process in place for outside entities to request and/or to use community facilities to provide as many opportunities as possible for children to get at least 60 minutes of moderate to vigorous physical activity during the course of a day.</p>
		13	
24. National	BP (2023)	3	<p>All students in grades K-6 will be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before and after school programs, and other structured and unstructured activities.</p> <p>Require supervised recess for elementary students during which staff shall encourage moderate to vigorous physical activity and provide students periodic breaks during extended periods of inactivity.</p> <p>All students in grades 1-6, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent to reach 200 minutes every ten days) for the entire school year. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity</p>
25. Oceanside	BP (2023)	1	Physical education instruction at the elementary level will include at least 200 minutes of instruction each ten school

			Physical education instruction at the elementary level (Grades 1-6) will include at least 200 minutes of instruction each ten school days (Education Code 51210) for all students, including students with disabilities, special health care needs, and those in alternative education settings. Physical education instruction at the secondary level will include at least 400 minutes of instruction for each ten school days for all students in Grades 6-12 who do not qualify for an exemption, including students with disabilities, special health care needs and those in alternative education settings (Education Code 51222). The required number of instructional minutes must occur during the school day and be taught by a credentialed teacher. Physical education programs must provide learning opportunities, appropriate instruction, and meaningful and challenging content for all children
30. San Dieguito	BP (2019)	1	All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and may also be provided through school athletic programs, extracurricular programs, before- and afterschool programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities
31. San Marcos	BP (2023)	1	All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.
32. San Pasqual	BP (2013)	2 4	<u>Physical Education and Activity:</u> All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities. <u>Physical Education Curriculum:</u> All elementary school students will have daily supervised recess, preferably outdoors, during which teachers will encourage moderate to vigorous physical activity and provide space, equipment, and an

			environment that is conducive to safe and enjoyable activity. (Recess will not count towards physical education minutes).
33. San Ysidro	BP (2019)	2	All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.
34. Santee	BP (2018)	3	<p><u>Physical Activity Goals</u></p> <p>Daily Physical Education (PE) 1 – 8. All students in grades 1 – 8, including students with disabilities, special health-care needs, and in alternative educational settings, shall participate in moderate to vigorous physical education for a minimum of 200 minutes every 10 days (Education Code Section 51210) for the entire school year. Instructors of physical education shall be provided the necessary training to be “qualified and trained” physical education teachers. Students shall be expected to participate in moderate to vigorous physical activity during physical education time. Student involvement in other activities involving physical activity (e.g. after-school intramural sports programs) shall not be substituted for meeting the physical education requirement.</p> <p>Moderate Physical Activity Defined. Movement that causes moderate increases in breathing, sweating, and heart rate. Such activities include brisk walking, active play, active housework, and gardening.</p>
		4	<p>OTHER SCHOOL BASED ACTIVITIES</p> <p>All students shall have opportunities for moderate to vigorous physical activity provided through physical education, recess, school athletic programs, extracurricular programs, before- and/or after-school programs, and other structured and unstructured activities.</p>
		5	<p>Physical Activity Opportunities Before and After School</p> <p>After-school childcare and enrichment programs shall provide and encourage daily periods of moderate to vigorous activity for all participants.</p>
35. Solana Beach	BP (2021)	2	All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.
36. South Bay	BP	1	All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to

Union	(2023)		vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.
37. Spencer Valley	BP (2016)	2	All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.
38. Sweetwater	BP (2017)	2	A. Components 2. Physical education 2. Physical Education minutes shall meet or exceed the 400 minutes every ten days throughout the school year, as required by the State of California 6. Physical Education class time will include opportunities for moderate to vigorous physical activity with a goal of such activity a significant percentage of class time.
39. Vallecitos	BP (2017)	2	All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.
40. Valley Center-Pauma	BP (2017)	2	Nutrition Education and Physical Activity Goals All students in grades K-12 shall be provided physical education per the California educational code. This includes a minimum of 200 minutes per 10 school days for grades 1 - 6, 400 minutes per 10 school days for grades 7-8 and two years of physical education for grades 9-12. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before- and after-school programs, and other structured and unstructured activities.
41. Vista Unified	BP (2021)	1	All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs,

			programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.
42. Warner Springs	BP (2018)	1	All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.