

<b>TENNESSEE STATE BOARD OF EDUCATION</b>	
<b>PHYSICAL ACTIVITY</b>	<b>4.206</b>

**I. Requirements for Physical Activity**

- a. Each Local Education Agency (LEA) shall integrate the following periods of non-structured physical activity into the instructional day for all elementary and secondary students:
  - i. Kindergarten through first grade (K–1): a minimum of three (3) fifteen-minute periods of non-structured physical activity per day
  - ii. Second grade through sixth grade (2–6): a minimum of two (2) twenty-minute periods of non-structured physical activity at least four (4) days a week
  - iii. Seventh grade through twelfth grade (7–12): a minimum of ninety (90) minutes of physical activity per week
- b. Non-structured physical activity is a temporary withdrawal or cessation from usual school work or sedentary activities during which an opportunity for rigorous physical activity is provided (T.C.A. § 49-6-1021).
- c. Physical activities must promote fitness and well-being and shall compliment and expand upon an LEA’s Coordinated School Health program. Activities that may be used to meet the requirements for non-structured physical activity include but are not limited to:
  - i. Recess, or regularly scheduled times within the school day for unstructured physical activity and play;
  - ii. Classroom physical activity breaks, such as Go Noodle, Fit Wizard, Take 10!, SPARK, Energizing Brain Breaks, Chair Yoga, or Active Academics;
  - iii. Non-structured physical activities that take place during physical education classes; or
  - iv. Other types of physical activity breaks that take away from usual school work or sedentary behavior, such as flex lunch or scheduled walking breaks.
- d. Walking between classes during passing period is not considered a physical activity.
- e. Physical activity is separate and distinct from physical education. Physical education is a planned, sequential pre-k -12 curriculum program that follows state standards in providing developmentally appropriate, cognitive content and learning experiences in a variety of physical activity areas. Please visit the department of education website for more information, including the state academic standards, on physical education.
- f. Additional recommendations for physical activity:
  - i. LEAs should work collaboratively with local, state, and federal organizations and agencies such as the American Heart Association, American Cancer Association, Action for Healthy Kids, Governor’s Foundation for Health and Wellness, and the Tennessee Association for Health, Physical Education, Recreation and Dance on best practices for incorporating physical activity.

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- ii. Physical activity should be integrated into all curricula areas of the school program.
- iii. Recess should be offered daily to all elementary school children.
- iv. A community report card should be developed to identify school and community resources that promote physical activity. These resources should take into consideration the needs and interests of all community members.
- v. LEAs should offer professional development in the area of physical education and health education.

LEAs should align their policies with the recommendations of professional organizations such as the National Association for Sport and Physical Education, National Alliance for Nutrition and Activity, Center for Disease Control and Prevention, the American School Health Association, and the Society for Health and Physical Education.

## II. School Health Advisory Councils

- a. Each LEA shall establish a School Health Advisory Council. The advisory council will consist of a group of individuals representing the school and community, including parents, students, teachers, school administrators, school board members, health professionals, school food service representatives, and members of the public. The council shall serve as a resource to school sites for implementing policies. The primary responsibilities of the council include but are not limited to:
  - i. Developing, implementing, monitoring, reviewing, and, as necessary, revising physical activity and nutrition policies;
  - ii. Ensuring that all schools within the LEA create and implement an action plan related to modules from the *School Health Index*;
  - iii. Ensuring that the results of the action plan are annually reported to the School Health Advisory Council; and
  - iv. Ensuring that school level results include measures of progress on each indicator of the *School Health Index*.
- b. LEAs shall consider the recommendations of the School Health Advisory Council in making any policy changes that affect the healthy learning environment.

## III. Implementation of School Health Index

- a. Each school within an LEA shall implement the *School Health Index*, which can be obtained free of charge. The *School Health Index* is an internationally recognized researched-based instrument developed by the Centers for Disease Control and Prevention, Division of School and Adolescent Health. This instrument provides a self-assessment and planning tool to allow schools to assess the healthy learning environment.
- b. Schools must develop an action plan related to the following modules of the *School Health Index*:

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- i. Module 1: School Health and Safety Policies and Environment
  - ii. Module 2: Health Education
  - iii. Module 3: Physical Education and Other Physical Activity Programs
  - iv. Module 4: Nutrition Services
  - v. Module 5: Health Services
  - vi. Module 6: Counseling, Psychological, and Social Services
  - vii. Module 7: Health Promotion for Staff
  - viii. Module 8: Family and Community Involvement
- c. Schools shall use the *School Health Index* to:
- i. Identify the strengths and weaknesses of school health policies and programs;
  - ii. Develop an action plan for improving the healthy learning environment of the school;
  - iii. Involve, parents, community members, students, and others in improving policies and programs; and
  - iv. Develop a local School Health Improvement Plan, using the *School Health Index* overall score card.
- d. Schools will use the local School Health Improvement Plan to:
- i. Facilitate improvement in the areas of physical activity and nutrition at the local school level;
  - ii. Integrate school health planning into the overall school improvement process; and
  - iii. Provide a report to the School Health Advisory Council.
- e. Each LEA will annually ensure that all schools administer a baseline assessment on all eight (8) modules of the *School Health Index*. This assessment shall summarize the results, identify school strengths, promote discussion regarding areas that need improvement, and facilitate planning for making improvements. The LEA shall submit the baseline assessment to the School Health Advisory Council.