

Proposed Implementation Plan for Springfield Wellness Policy

The district's physical activity goal is to assist students in learning to value and enjoy physical activity as an ongoing part of a health lifestyle by ensuring that every student has the opportunity to develop the knowledge and skills necessary to perform a variety of physical activities, maintain physical fitness and regularly participate in physical activity.

Revised 6/8/07

Category	2006-07 School Year	2007-08	2008-09	2009-10	2010-11	Cannot be Scheduled Due to Lack of Resources
Physical Activity/ Physical Education/ Health	<p>1. Develop a sequential program of appropriate physical education for every student. The program will:</p> <p>Add .5 FTE to provide for a Physical Education Coordinator position</p> <p>Provide for at least 60 minutes of physical education for students in the elementary grades during the school week; at least 3,000 minutes during the school year for students in middle school; and at least 1.5 units for students in high school</p> <p>* Develop recommendation plan for P.E. class sizes to reach standard ratio for classroom teacher to students. (33 students per teacher)</p> <p>Have no more than two physical education classes in the gymnasium at the same time for instruction at the middle/high school levels. At the elementary level, there will be only one physical education class per instructor at one time.</p>	<p style="color: red;">Continue</p> <p style="color: red;">Continue</p> <p>HS - 90 minutes daily per quarter (4 Block) 7 Block same Continued</p> <p style="color: red;">MS - 40 maximum per teacher HS - 40 maximum per teacher</p> <p>Continue</p>	<p style="color: red;">Continue</p> <p>Pilot 3 elementary schools (90 minutes per week)</p> <p>HS - 45 minutes daily per semester</p> <p style="color: red;">Elem - 37 max. per teacher MS - 37 max. per teacher HS - 37 max. per teacher</p> <p>Continue</p>	<p style="color: red;">Continue</p> <p>Pilot an additional 10 elementary schools (90 minutes per week)</p> <p style="color: red;">Continue</p> <p style="color: red;">Elem-35 max per teacher MS-35 max per teacher HS-35 max per teacher</p> <p style="color: red;">Continue</p>	<p style="color: red;">Increase FTE to 1.0</p> <p style="color: red;">Pilot an additional 10 elementary schools (90 minutes per week)</p> <p style="color: red;">Continue</p> <p style="color: red;">Elem-33 max per teacher MS-33 max. per teacher HS-33 max per teacher</p> <p style="color: red;">Continue</p>	<p>Currently six schools cannot expand to 90 minutes without facility improvements - four additional schools are borderline.</p> <p>45 minutes daily all year would require additional FTE and building space</p> <p>Student ratio of 33 per teacher requires additional staff and facility improvement at both middle and high school</p>

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	<p>Emphasize knowledge and skills for a lifetime of regular physical activity</p> <p>Devote at least 75 % of physical education class time to actual physical activity in each week, with as much time as possible spent in moderate to vigorous physical activity at elementary, middle and high school levels.</p> <p>Avoid scheduling middle school students for two consecutive semesters without physical education to begin 2007-08</p> <p>Meet the needs of all students, especially those who are not athlet-ically gifted or who have special needs</p> <p>Provide a variety of activity choices, feature cooperative as well as competitive activities, and consider for gender and cultural differences in students' interest</p> <p>Protected PE time and recess (all levels) except through medical waivers. Loss of recess time for an individual student, as related to disciplinary issues, should not be allowed.</p>	<p>Continue</p> <p>Increase to 80 % at all levels</p> <p>Begin</p> <p>Continue</p> <p>Continue</p> <p>Protected PE time and recess (all levels) except through medical waivers. Loss of recess time for an individual student, as related to disciplinary issues, should not be allowed.</p>	<p>Continue</p> <p>Increase to 85 % at all levels</p> <p>Continue</p> <p>Continue</p> <p>Continue</p> <p>Continue</p>	<p>Continue</p> <p>Continue</p> <p>Continue</p> <p>Continue</p> <p>Continue</p>	<p>Continue</p> <p>Continue</p> <p>Continue</p> <p>Continue</p> <p>Continue</p>	

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	<p>Prohibit exemptions from physical education courses on the basis of participation in an athletic team, community recreation program, ROTC, marching band or other school or community activity. On rare occasions a waiver may be issued as approved by the Board of Education as referenced in Board Policy IKF and outlined in the Individual Program of Study</p> <p>Be closely coordinated with the other components of the overall school health program. All schools will be in compliance with health curriculum requirements [MS 1500 minutes by certified health teacher and .5 health credits at HS level by certified health teacher]</p> <p>2. Provide time in elementary schools for supervised recess. It is encouraged that all students will have at least 30 minutes of supervised recess. Students encouraged to begin recess with walk/jog.</p> <p>3. Encourage opportunities for students to voluntarily participate in before- and after-school physical activity programs, such as intramural activities, interscholastic athletics and clubs by:</p> <p>Providing a diverse selection of competitive and noncompetitive, as well as structured and unstructured, activities to the extent that staffing & district/community facilities permit.</p>	<p>Continue</p> <p>Continue</p> <p>Provide time in elementary schools for supervised recess. All students will have at least 30 minutes per day of supervised recess. Students encouraged to begin recess with walk/jog.</p> <p>Continue Add additional sites for walking clubs</p> <p>Continue</p>	<p>Continue</p> <p>Continue</p> <p>Continue</p> <p>Continue</p>	<p>Continue</p> <p>Continue</p> <p>Continue</p> <p>Continue</p>	<p>Continue</p> <p>Continue</p> <p>Continue</p> <p>Continue</p>	

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	<p>Offering intramural physical activity programs that feature a broad range of competitive and cooperative activities for all students. (MS & HS)</p> <p>Encouraging partnerships between schools and businesses. Promotion of such partnerships must be appropriate and in accordance with Board policy and applicable procedures.</p> <p>4. Strive to provide joint school and community recreational activities by:</p> <p>Actively engaging families as partners in their children's education and collaborating with community agencies and organizations to provide ample opportunities for students to participate in physical activity beyond the school day.</p> <p>Encouraging schools to work with recreation agencies and other community organizations to coordinate and enhance opportunities available to students for physical activity during their out-of-school time.</p> <p>Encouraging schools to negotiate mutually acceptable, fiscally responsible arrangements with community agencies and organizations to keep district-owned facilities open for use by students, staff and community members during non-school hours and vacations</p>	<p>Continue Add HS intramural activities</p> <p>Continue</p> <p>Continue</p> <p>Continue</p> <p>Continue</p> <p>Continue</p> <p>Continue</p>	<p>Continue</p> <p>Continue</p> <p>Continue</p> <p>Continue</p> <p>Continue</p> <p>Continue</p> <p>Continue</p>	<p>Continue</p> <p>Continue</p> <p>Continue</p> <p>Continue</p> <p>Continue</p> <p>Continue</p> <p>Continue</p>	<p>Continue</p> <p>Continue</p> <p>Continue</p> <p>Continue</p> <p>Continue</p> <p>Continue</p> <p>Continue</p>	<p>May need increased faculty for intramural supervision at the HS level.</p>

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	<p>Encouraging district officials to work together with local public works, public safety, police departments and/or other appropriate state federal authorities in efforts to make it safer and easier for students to walk and bike to school.</p> <p>5. Prohibit the use of physical activity as a form of discipline or punishment during the school day and ensure that physical education and recess will not be withheld as punishment.</p> <p>6. Discourage periods of inactivity that exceed two (2) or more hours. When activities such as mandatory school-wide testing make it necessary for students to remain indoors for long periods of time, staff should give students periodic breaks during which they are encouraged to stand and be moderately active. (At least a 5 minute activity break)</p> <p>7. Provide and encourage--verbally through the provision of space and activities--daily periods of moderate to vigorous physical activity for all participants in onsite after-school child care and enrichment programs sponsored by the district.</p> <p>8. Enhance opportunities for staff to be physically active by:</p>	<p>Continue</p> <p>Continue</p> <p>Continue</p> <p>Continue</p> <p>Continue</p>	<p>Continue</p> <p>Continue</p> <p>Continue</p> <p>Continue</p> <p>Continue</p>	<p>Continue</p> <p>Continue</p> <p>Continue</p> <p>Continue</p> <p>Continue</p>	<p>Continue</p> <p>Continue</p> <p>Continue</p> <p>Continue</p> <p>Continue</p>	

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	<p>Planning, establishing and implementing activities to promote physical activity among staff and providing opportunities for staff to conveniently engage in regular physical activity.</p> <p>Working with recreation agencies and other community organizations to coordinate and enhance opportunities available to staff for physical activity during their out-of-school time.</p>	Continue	Continue	Continue	Continue	
		Continue	Continue	Continue	Continue	

Six schools include: Bingham, Gray, Jeffries, Mann, Twain & Westport.

Four borderline schools: Field, McGregor, Weller & Wilder.

2007-08 pilot schools: Field, Truman & York.