

# TENNESSEE STATE BOARD OF EDUCATION

## PHYSICAL ACTIVITY

4.206

### 1. Requirements for Physical Activity

- a. Each Local Education Agency (LEA) shall integrate the following periods of physical activity into the instructional day for all students:
  - i. For elementary school students, a minimum of one hundred thirty (130) minutes of physical activity per full school week; and
  - ii. For middle and high school students, a minimum of ninety (90) minutes of physical activity per full school week.
- b. To satisfy the requirements of section (a), an LEA shall offer elementary students at least one (1) fifteen (15) minute period of physical activity per day.
- c. Physical activities shall 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 physical activity include but are not limited to:
  - i. Walking, jumping rope, playing volleyball, or other forms of physical activity that promote fitness and well-being;
  - ii. Recess, free play, or other times provided within the school day for play;
  - iii. Any type of classroom physical activity breaks, such as Go Noodle, Fit Wizard, Take 10!, SPARK, Energizing Brain Breaks, Chair Yoga, Fuel up to Play 60 Classroom Activity Breaks, Action for Healthy Kids, Brain Breaks, Active Academics, Adventure to Fitness, Move to Learn, Take a Break!, Brain and Body Boost, Minds in Bloom, Read and Ride programs, Action Based Learning Labs, bike desks, etc.; or
  - iv. Physical activity that takes place during physical education class.
- d. Walking to and from class is not considered physical activity and shall not be counted toward the required minutes for physical activity.
- e. Physical activity shall not be withheld from a student as a punishment.
- f. 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. The requirements for physical activity may work in conjunction with the school's physical education program, but shall not replace the current physical education program in a school. Please visit the Department of Education's website for more information, including the state academic standards on physical education.
- g. Additional recommendations for physical activity:
  - i. LEAs should work collaboratively with local, state, and federal organizations and agencies such as the American Heart Association,

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- 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.
- 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.
- h. 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.

### 2. School Health Advisory Councils

- a. Each LEA shall establish a School Health Advisory Council. The advisory council shall 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.

### 3. 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

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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 shall develop an action plan related to the following modules of the *School Health Index*:
  - 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 scorecard.
  
- d. Schools shall 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 shall 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.