

Long Branch Public Schools

Physical Activity Policy

Guidelines for K-5.

- At least 30 minutes of accumulated daily STRUCTURED (intentional caregiver/adult lead movement/activities) physical activity is provided daily.
- At least 60 minutes of daily unstructured physical activity is provided daily and students will not be sedentary for more than 60 minutes at a time.
- Students are provided ample opportunities to develop movement skills that are the basis for future motor skillfulness and physical activity.
- Safe indoor and outdoor areas are available that meet or exceed recommended safety standards for performing large-muscle activities.
- Teachers and assistants understand the importance of physical activity and promote movement skills by providing opportunities for structured and unstructured physical activity and movement experiences.

Guidelines for Preschoolers

- At least 60 minutes of accumulated daily STRUCTURED (intentional caregiver/adult lead movement/activities) physical activity is provided daily.
- At least 60 minutes of daily unstructured physical activity is provided daily.
- Preschoolers are encouraged to develop competence in fundamental motor skills that are the basis for future motor skills and physical activity.
- Safe indoor and outdoor areas are available that meet or exceed recommended safety standards for performing large-muscle activities.
- Teachers and assistants understand the importance of physical activity and promote movement skills by providing opportunities for structured and unstructured physical activity and movement experiences.

Adapted from National Association for Sport and Physical Education - Active Start: A Statement of Physical Activity Guidelines for Children.