

## Does your school schedule provide enough physical activity time? Options to meet Alaska’s SB 200 “Mandatory Physical Activity in Schools” (2016)

Recent legislation (AS14.30.360, amended April 2016 by SB200 ‘Mandatory Physical Activity in Schools’) mandates Alaska schools to provide opportunities for students K-8 to achieve a minimum of 90% of the recommended 60 minutes a day of physical activity during each full school day. This equates to at least 54 minutes and may include physical education classes and opportunities for unstructured physical activity, such as recess.

Daily physical education courses are a best practice for teaching kids the necessary skills to be physically active and are proposed as the recommended option for scheduling. We understand that some schools may not have the current capacity to provide physical education every day and have included sample scheduling options for both elementary and middle schools to meet the SB200 time requirements.

### Elementary school schedule: Recommended Option (includes NASPE recommended 30 minutes of daily PE)

4	minute classroom or school wide physical activity boost during morning announcements
20	minute morning recess before lunch
30	minute Physical Education class
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54	minutes total

### Elementary school schedule: Option B (for days without a scheduled PE class)

10	minute school wide “Morning Mile” physical activity boost
20	minute morning recess before lunch
2x12	minute classroom based physical activity boosts (i.e. Go Noodle or low-tech alternative) in lesson plans
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54	minutes total

### Elementary school schedule: Option C (for days without a scheduled PE class)

4	minute classroom or school wide physical activity boost during morning announcements
25	minute morning unstructured recess before lunch
25	minute afternoon recess, including structured activity for moderate to vigorous intensity
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54	minutes total

### Elementary school schedule: ‘Fill in your own’ Open option

___	minute classroom or school wide physical activity boost during morning announcements
___	minute morning recess before lunch
___	minute Physical Education class
___	minute classroom based physical activity boosts (i.e. Go Noodle or low-tech alternative) in lesson plans
___	minute afternoon recess, including structured activity for moderate to vigorous intensity
___	minute _____
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___	minutes total (54 minimum)

## Middle School Schedule Options

### Middle school schedule: Recommended Option (with NASPE recommended 45 minute daily PE)

10	minute classroom or school wide physical activity boost during morning announcements
45	minute Physical Education class
<b>55</b>	<b>minutes total (exceeds requirements)</b>

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### Middle school schedule: **Option B** (for days without a scheduled PE class)

4	minute classroom or school wide physical activity boost during morning announcements
5x10	minute classroom based physical activity boosts in lesson plans
54	minutes total

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### Middle school schedule: **Option C** (for days without a scheduled PE class)

30	minute Physical Education class (weight lifting, dance, yoga, etc.)
3x8	minute classroom based physical activity boosts in lesson plans
54	minutes total

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### Middle school schedule: **'Fill in your own' Open Option**

___	minute classroom or school wide physical activity boost during morning announcements
___	minute Physical Education class
___	minute recess before lunch
___	minute open gym or structured physical activity offered during lunch break (allowing at least 20 minutes for students to eat)
___	minute classroom based physical activity boosts in lesson plans
___	minute _____
___	minutes total (54 minimum)

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*Text of SB200:* "An Act relating to health education and physical activity requirements for students in grades kindergarten through eight."

BE IT ENACTED BY THE LEGISLATURE OF THE STATE OF ALASKA:

\* Section 1. AS 14.30.360 is amended by adding new subsections to read:

(c) In addition to the health education program encouraged under (a) of this section, a school district shall establish guidelines for schools in the district to provide opportunities during each full school day for students in grades kindergarten through eight, for a minimum of 90 percent of the daily amount of physical activity recommended for children and adolescents in the physical activity guidelines by the Centers for Disease Control and Prevention, United States Department of Health and Human Services. The time provided for physical activity under this subsection may include physical education classes and opportunities for unstructured physical activity, such as recess. A school district shall adopt guidelines under this subsection that

(1) allow a student to be excused from the physical activity opportunities if the student is unable to participate for a medical reason; and

(2) provide an exemption from the physical activity opportunities under this subsection for health and safety reasons, such as inclement weather.

(d) In this section, "district" has the meaning given in AS 14.17.990.