

# Greenfield CUSD 10 Wellness Policy Implementation Plan for Physical Activity

**Instructions:**

The Wellness Policy Implementation Plan should demonstrate continuous improvement efforts while focusing on objectives that are realistic and reachable. The plan is to be collaboratively developed by the Greenfield Wellness Committee/School Health Council, shared with all stakeholders and kept on file for review by Child Nutrition & Wellness departments, parents, board members, and community stakeholders.

The Wellness Policy Implementation Plan needs to include ONLY those guidelines that are either “In Progress” or “New Goals”. Delete the rows in the following tables for all of the guidelines that are NOT either in progress or new goals for the coming school year. For each of the remaining guidelines, explain what will be done (i.e. action steps or strategies), who is responsible and the beginning and ending dates of the action steps.

**Sponsor Number and Name:**

**School Year: 2016-2017**

A. General Guidelines & Physical Education Classes		What will be done?	Who is responsible?	Begin Date & End Date
1	All students in grades K-12, including those with disabilities, special health care needs and in alternative education settings, will have the opportunity to participate in moderate to vigorous physical activity on a regularly scheduled basis each school week during the entire school year. <i>(Basic)</i>	Yes	Administration Principal PE teacher	2016-17
2	Students will receive:			
	a. 100-150 minutes of physical education per week. <i>(Basic)</i>	Yes-Elementary	Administration Principal PE Teacher	2016-17
	b. 151-200 minutes of physical education per week. <i>(Advanced)</i>	Yes-HS	Administration Principal PE Teachers	2016-17
	c. More than 200 minutes of physical education per week. <i>(Exemplary)</i>			
3	During physical education classes, students will engage in moderate to vigorous physical activity:			
	a. At least 15 minutes per day and/or 75 minutes per week. <i>(Basic)</i>			
	b. At least 20 minutes per day and/or 100 minutes per week. <i>(Advanced)</i>			

<b>A. General Guidelines &amp; Physical Education Classes</b>		<b>What will be done?</b>	<b>Who is responsible?</b>	<b>Begin Date &amp; End Date</b>
	c. At least 30 minutes per day and/or 150 minutes per week. <i>(Exemplary)</i>	Yes-Elementary & HS	PE Teachers	2016-17
4	The school provides a physical and social environment that encourages safe and enjoyable physical activity for all students, including those who are not athletically gifted. Students will have the opportunity to participate in lifetime physical activities (e.g. walking, Pilates, swimming, golf, tennis, etc.). <i>(Basic)</i>	Yes-Elementary & HS	PE Teachers	2016-17
5	The physical education curriculum will be sequential and consistent with Illinois State Board of Education approved physical education teaching standards for pre-kindergarten through grade 12. <i>(Basic)</i>	Yes-Elementary & HS	Administration Principal PE Teachers	2016-17
6	Physical education teachers are licensed by the Illinois State Department of Education. <i>(Basic)</i>	Yes-Elementary & HS	Administration Principal PE Teachers	2016-17
7	Physical education classes will have a student/teacher ratio that is the same as other classes in the school. <i>(Basic)</i>	Yes-Elementary & HS	Administration Principal PE Teachers	2016-17
8	Adequate age-appropriate equipment will be available for all students to participate in physical activity. <i>(Basic)</i>	Yes-Elementary & HS	Administration Principal PE Teachers	2016-17
9	Physical activity facilities on school grounds are safe. <i>(Basic)</i>	Yes-Elementary & HS	Administration	2016-17

<b>B. Throughout the Day</b>		<b>What will be done?</b>	<b>Who is responsible?</b>	<b>Begin Date &amp; End Date</b>
1	Classroom health education will reinforce the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television. <i>(Basic)</i>	Yes-Elementary & HS	All Teachers	2016-17
2	When circumstances make it necessary for students to remain indoors and inactive for two or more hours, the students will be given periodic breaks during which they will be encouraged to stand and be moderately active. <i>(Advanced)</i>	Yes-Elementary & HS	All Teachers	2016-17
3	Opportunities for physical activity will be regularly incorporated into other subject areas (i.e. math, language arts, social studies, etc.). <i>(Exemplary)</i>	N/A		
4	Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate. <i>(Exemplary)</i>	Yes-Elementary & HS	All Teachers	2016-17

<b>C. Punishment</b>		<b>What will be done?</b>	<b>Who is responsible?</b>	<b>Begin Date &amp; End Date</b>
1	Physical activity will not be used (e.g. running laps, pushups) or withheld (e.g. recess, physical education) as punishment. This guideline does not apply to extracurricular sports teams. <i>(Basic)</i>	Elementary will look at new ways to discipline students without taking away all recess or physical education. Yes-HS	Administration Principal	2016-17

<b>D. Recess</b>		<b>What will be done?</b>	<b>Who is responsible?</b>	<b>Begin Date &amp; End Date</b>
1	Elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors. <i>(Basic)</i>		---	---
2	Elementary school students will have two 15-minute supervised recess periods daily. <i>(Exemplary)</i>	Yes	Administration Principal Teachers	2016-17
3	Moderate to vigorous physical activity will be encouraged verbally and through the provision of adequate space and age-appropriate equipment. <i>(Basic)</i>	Teachers on duty will encourage students to engage in physical activity	Principal Teachers	2016-17
4	Recess will provide at least one moderate to vigorous physical activity led by trained staff. <i>(Advanced)</i>	N/A	---	---
5	Recess will provide a variety of moderate to vigorous physical activities led by trained staff. <i>(Exemplary)</i>	N/A	---	---
6	Recess will be offered before lunchtime. <i>(Exemplary)</i>	Schedules will be looked at to try to accommodate recess before lunchtime	Administration Principal	2016-17

<b>E. Before &amp; After School</b>		<b>What will be done?</b>	<b>Who is responsible?</b>	<b>Begin Date &amp; End Date</b>
1	Daily periods of moderate to vigorous physical activity for all students will be encouraged by providing adequate space, equipment and opportunities. <i>(Basic)</i>	School will look for ways to incorporate more activity before school	Principal Teachers	2016-17
2	The school(s) will comply with Quality Performance Accreditation Regulation 91-31-34: <i>Local Board of Education Requirement (g) "Athletic Practice"</i> 1. <i>Any elementary or middle school that includes any of the grades six through nine may conduct athletic practice during the school day only at times when one or more elective academic courses or a study period is offered to students</i> 2. <i>A high school shall not conduct athletic practice during the school day, and athletic practice shall not be counted for credit or as a part of the school term</i> <i>A school shall neither offer credit for athletic practice nor count athletic practice as a physical education course. (Basic)</i>	Yes-Elementary & HS	Administration Principal Coaches	2016-17
3	Extracurricular physical activity programs, such as physical activity clubs or intramural programs will be offered. <i>(Advanced)</i>	N/A		
4	A range of physical activities will be offered that meet the needs, interests and abilities of all students, including boys, girls, students with disabilities and students with special health-care needs. <i>(Exemplary)</i>	N/A		
5	The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work with local public works, public safety and/or police departments in those efforts. <i>(Exemplary)</i>	N/A		

<b>E. Before &amp; After School</b>		<b>What will be done?</b>	<b>Who is responsible?</b>	<b>Begin Date &amp; End Date</b>
6	All students will be provided the opportunity to be moderately to vigorously physically active each day. <i>(Exemplary)</i>	School will encourage physical activity before school for students not eating breakfast	Principal Teachers	2016-17

<b>F. Family &amp; Community</b>		<b>What will be done?</b>	<b>Who is responsible?</b>	<b>Begin Date &amp; End Date</b>
1	Information will be provided to help families incorporate physical activity into the lives of all household members. <i>(Basic)</i>	Information will be provided to teachers to send home to parents	Health & PE Teachers	2016-17
2	Families and community members will be encouraged to institute programs that support physical activity, such as a walk to school program. <i>(Advanced)</i>	N/A		
3	Community members will be provided access to the school's physical activity facilities outside the normal school day. School policies concerning safety will apply at all times. <i>(Exemplary)</i>	Yes-HS Fitness Center	Administration Principal	2016-17
4	School resources (such as a back-pack containing physical activity equipment) will be loaned to families to support their efforts to be physically active. <i>(Exemplary)</i>	N/A		