

Activity during Physical Education

Brevard Academy will require that students be active for more than 50 percent of the time they are in physical education class.

Physical Education Teachers will work to increase the number of children moving as part of a game or activity (e.g., by modifying game rules so that more students are moving at any given time or by changing activities to those where all participants stay active) and increase the amount of moderate to vigorous activity during class time.

Per the CDC's Morbidity and Mortality Weekly Report on School Health Guidelines to Promote Healthy Eating and Physical Activity found at <https://www.cdc.gov/mmwr/pdf/rr/rr6005.pdf>, Brevard Academy will work to:

- Require students in grades K–12 to participate in daily physical education that uses a planned and sequential curriculum and instructional practices that are consistent with national or state standards for physical education.
- Provide a substantial percentage of each student's recommended daily amount of physical activity in physical education class.
- Use instructional strategies in physical education that enhance students' behavioral skills, confidence in their abilities, and desire to adopt and maintain a physically active lifestyle.
- Ensure that physical education and other physical activity programs meet the needs and interests of all students.