

Ellsworth Community School District

District Activity Guidelines

To promote physical well-being, growth, development, and readiness to learn, the Ellsworth Community School District Board of Education supports and promotes the following activity guidelines:

Elementary Schools:

- Students will receive 40 minutes of physical education every 3rd day for the entire school year. These classes will be instructed by a certified physical education teacher.
- 30 minutes of physical activity is recommended daily (including brain breaks, *which can be used as stress relievers*, recess and lunch recess)
- The physical education curriculum will be a comprehensive, standards-based curriculum. (At this time, the elementary schools will be using the SPARKS curriculum.)
- Incorporate programs like “Fuel Up, Play 60” in the classrooms and physical education.
- Teachers and recess supervisors will encourage full participation during recesses/ noon hour.
- We strongly suggest that the student not have recess withheld for academic disciplinary action.
 - We also realize that the punishment should fit the crime. (Ex.: If there are problems during recess, then the punishment should affect recess time.)
- We highly suggest that the elementary students maintain a 15 minute recess in addition to their lunch recess.

- Recess helps to address the students ability to work on their social skills.
- Recess also addresses the students need to work on physical skills.
- Physical Education staff will provide quarterly after school activities for parents and students to participate in together to increase daily activity.
- The outdoor playground facilities are open to the community anytime school is not in session.
- The gyms can be made available after Panthers Kids Club has finished their day. All gym time can be scheduled by contacting the building principal.
- Available after school activities: Fuel Up Play 60, Girls on the run, community–sponsored sports programs *and Lunch Brigade for both boys and girls.*
- We strongly encourage all students to use the Safe Routes walking path or sidewalks to bike or walk to school.
- *Each sport and activity will go to the Elementary to encourage activity, healthy eating and students to attend the sport or activity of the High School students. This will also include Forensics, Musical, Math League, Student Council and all sports.*

Middle School:

- 1 period (45 minutes) physical activity instruction time every other day for the entire school year. These classes will be instructed by a certified physical education teacher.
- The physical education curriculum will be a comprehensive, standards–based curriculum. (At this time, the middle school will be using the SPARKS curriculum.)

- *All* students will have 15 minutes access to activities during their lunch break.
 - To encourage activity during lunch recess, students that are active will be given the reward of possibly being first in line for lunch.
- Students will have the option to use the fitness room, when available.
- *Teachers should give students a brain break during class time to help with stress relief.*
- We will use heart rate monitors at all levels to encourage self monitoring in physical education classes. These will be used to help the student track their level of fitness.
- The gyms can be made available after the interscholastic sports practices and/or games have finished for the day. All gym time can be scheduled by contacting the building principal.
- The fitness room will post a monthly calendar of its open times on the Middle School website.
- The Klaas/Jonas Pool hours are listed on the pool website.
- We strongly encourage all students to use the Safe Routes walking path or sidewalks to bike or walk to school.
- The Middle School offers interscholastic sports that meet the needs, interests and abilities of all students; and includes boys, girls and students with disabilities.

High School:

- 1 period (88 minutes) of physical activity instruction everyday for a quarter for Freshmen during the year. These classes will be instructed by a certified physical education teacher.
- 1 period (88 minutes) of physical activity instruction everyday for a quarter for Sophomores during the year. These classes will be instructed by a certified physical education teacher.
- Students need to complete one quarter physical education class (1 period of 88 minutes) between their Junior and Senior year with options for more instruction time based on the student's schedule. These classes will be instructed by a certified physical education teacher.
- The physical education curriculum will be a comprehensive, standards-based curriculum. (At this time, the high school will be using the SPARKS curriculum.)
- The Physical Education staff will provide homeroom tournaments, walking clubs and/or challenges for the student body to take part in to increase daily activity.
- We will use pedometers and heart rate monitors at all levels to encourage self monitoring in physical education classes.
- *Teachers are encouraged to give students brain breaks during the 88 minute class period to help with stress relief.*
- All outdoor facilities are open to student use after the interscholastic teams have completed practice and/or their games. The athletic director should be contacted to set up time for use.
- The gyms can be made available after the interscholastic sports practices and/or games have finished for the day. All gym time can be scheduled by contacting the building principal and/or the athletic director.

- The fitness room and weight room will post a monthly calendar of its open times on the High School website.
- We strongly encourage all students to use the Safe Routes walking path or sidewalks to bike or walk to school.
- The High School offers interscholastic sports that meet the needs, interests and abilities of all students; and includes boys, girls and students with disabilities.
- The High School Coaching staff will provide various sports teams/ captains to go to the Middle School to mentor students to be more active, *promote the sports programs and strength training.*
 - The Coaching Staff will also make every attempt to put pictures of athletes, in their jerseys, up in the elementary buildings to encourage participation in activity.
 - *Extra posters to be provided to Elementary students to encourage the students to become more active and involved in the sports programs.*
- *All activities will go to the Elementary School to encourage participation in all activities, encourage healthy eating and staying active.*
- *Lunch Brigade students should encourage healthy eating and active lifestyle.*

Each building principal will monitor procedures for implementing the district physical activity guidelines yearly.

The Wellness Director is responsible for providing all staff with professional development on these guidelines yearly. Staff should also be updated as changes are made to these guidelines.

High School Medical Curriculum For Physical Education

MISSION STATEMENT: The Ellsworth Senior High School is committed to providing equal opportunities for quality education for all students, encouraging personal responsibility for growth to maturity; promote lifetime learning, and preparing students for the technological world of work.

BELIEFS: We recognize that among students there will be not only differing abilities to learn, but also that learning will take place at differing rates. We believe that educational programs should be designed to accommodate these differing abilities and potentials at each successive level of development, and that learning opportunities should be offered through the use of a variety of media.

We believe that each student has a right to an elementary and secondary education suited to his/her abilities and needs, and accompanying this right, a responsibility to take fullest possible advantage of his/her educational opportunities so that he/she can function effectively as a youth and later as an efficient and contributing adult member of the society in which he/she lives.

We believe that education experiences for our students should be planned and offered in such a way that each one, to the extent of his/her unique abilities, will develop:

- *Knowledge of and proficiency in the use of various basic academic skills.
- *Knowledge of and motivation to practice healthful and safe ways of living in our contemporary society.
- *A wholesome attitude toward the use of leisure time, and some knowledge of how to use it well.
- *A realization that ours is a constantly changing world, and that we must learn to adjust and accept changes for improvement and resist those that are detrimental to the welfare of mankind.
- *Knowledge of how to adjust or adapt their everyday lives to improve their overall fitness levels both now and into the future.

RATIONALE: All students of the Ellsworth High School are required to take one and a half credits of Physical Education to meet the Graduation requirements. Freshmen and Sophomore Physical Education is required and CANNOT be substituted with an elective course. Juniors and Seniors can select from the Physical Education elective tracks to complete their final half credit. For that reason, a curriculum was developed to help in those situations where a medical injury must be addressed during the class. We the Physical Education staff at the Ellsworth High School believe that an alternative activity will provide greater benefits for the student. This alternative activity will meet the State requirements for Physical Education.

The following will cover medical excuses in all physical education classes. **The student must give the teacher a copy of the written medical excuse before an adaptation will be done in class!** All physical education teachers will keep a copy of the excuse in their grade books.