

PHYSICAL EDUCATION: HEALTH AND FITNESS CURRICULUM

The Executive Director or [his/her designee] shall adopt and implement a comprehensive health and fitness curriculum consistent with the curriculum frameworks of the Connecticut Department of Education. The curriculum of LEARN programs will provide opportunities for developmentally appropriate instruction for grades PreK-12.

All students in grades PreK through eight shall complete an average of one hundred and twenty (120) instructional minutes per week of physical education and/or physical activity. This includes instruction and practice in basic movement and fine motor skills, progressive physical fitness, and wellness activities through age-appropriate activities. All high school students are required to complete one-half course credit of health and physical education annually. LEARN Programs shall strive to offer a variety of health and fitness classes at the high school level in order to encourage the lifelong pursuit of healthy lifestyles.

Suitable adapted physical education classes shall be included in the Individual Education Plans for students with chronic health problems, other disabling conditions, or other special needs which preclude such student's participation in regular physical education instruction or activities.

Students at the elementary level should have the opportunity to participate in daily recess and physical activity. LEARN programs shall provide daily recess period(s) for elementary school students featuring time for structured and unstructured but supervised active play. LEARN programs shall also provide co-curricular physical activity programs, including intramural and interscholastic athletic programs, within available resources.

[No school employee shall prevent a student from participating in the entire time devoted to physical exercise and/or physical activity nor require any student to engage in physical exercise in the regular school day as a form of discipline during the school day.]

Unless an emergency situation requiring immediate exclusion exists, no student shall be excluded or restricted from participating in the entire time devoted to physical exercise in the regular school day as a form of discipline or punishment, except:

- 1) when the student poses a danger to the health or safety of other students or staff; or
- 2) during the shortest period devoted to physical exercise if there are two or more such periods in the school day and the student is still able to participate in at least twenty minutes of physical exercise during the regular school day, and only once during the school week.

Such discipline or punishment may be imposed before and/or during the period of physical

exercise, and appropriate interventions to redirect the student's behavior shall be used during the time of exclusion or restriction.

No student shall be excluded or restricted from participating in the entire time devoted to physical exercise in the regular school day as a form of discipline or punishment for not completing work on time or for academic performance.

Legal Reference: Connecticut General Statutes.

10-16b Prescribed courses of study.

10-221 Boards of Education to prescribe rules, policies and procedures.

10-221o Lunch periods. Recess. Undirected play (as amended by P.A.

22-81 An Act Expanding Preschool and Mental and Behavioral Services for Children).

Connecticut State Board of Education Regulations

Federal Statutes and Regulations.

Adopted: May 11, 2006

Revised: February 10, 2011

Revised: April 10, 2014

Revised: March 9, 2023

LEARN