

PHYSICAL ACTIVITY POLICIES

DAILY PHYSICAL ACTIVITY (GRADES K-5)

The District shall require students in kindergarten through grade 5 to participate in moderate or vigorous daily physical activity for at least 30 minutes throughout the school year, as part of the District's physical education program or through structured activity during a campus's daily recess.

If the District determines, for any particular grade level, that requiring moderate or vigorous daily physical activity is impractical due to scheduling concerns or other factors, the District may as an alternative require a student in that grade level to participate in moderate or vigorous physical activity for at least 135 minutes during each school week.

The District must provide an exemption for a student who is unable to participate in the required physical activity because of illness or disability.

Education Code 28.002(l)

PHYSICAL ACTIVITY REQUIREMENTS (GRADES 6-12)

The Board shall adopt a policy that determines the extent to which students enrolled in middle and junior high school settings are allowed to meet physical activity requirements throughout the school year. The District must provide exemptions for:

1. Students in the health classifications specified in 19 TAC 74.31(2) and (3); or
2. Students participating in a TEKS-based physical education class or a TEKS-based structured activity.

The District may provide an exemption for students participating in private or commercially sponsored physical activities including those certified by the Superintendent to be of high quality and well supervised by appropriately trained instructors.

Education Code 28.002(l); 19 TAC 74.32(b)

The CISD Health Advisory Committee meets twice a year. The district has adopted policies to ensure that campuses are complying with vending machine and food service guidelines. The district has also adopted and enforces policies that penalize students for the use of tobacco at school or school events.