

<b>New Mexico School f/t Blind &amp; Visually Impaired</b>	<b>NO.522.1</b>
<b>Effective Date: May 25, 2006</b>	<b>SUBJECT: Wellness – Physical Activity</b>
<b>Distribution: All Staff</b>	<b>Revised: 4/25/13</b>
	<b>Kind: Board Policy</b>

### **GOAL**

The goal of physical activity within the coordinated school health approach provides students with increased opportunities to engage in moderate to vigorous physical activity before, during, and/or after school.

### **DEFINITION**

Physical activity means body movement of any type which includes recreational, fitness, and sport activity.

*Note: physical activity is a component of, but is not a substitute for, quality physical education. Physical education is an instructional program taught by a certified physical educator and focuses on developing skills, knowledge, and attitudes necessary to personally decide to participate in a lifetime of healthful physical activity.*

*Physical education is one source, but should not be the only source of physical activity before, during, and/or after school.*

### **IMPLEMENTATION REQUIREMENTS**

In accordance with the Public Education Department (PED) Wellness Policy, rule 6.12.6.6, NMAC, and in an effort to ensure that NMSBVI is providing adequate levels of physical activity for the benefit of student wellness, the following activities will be provided:

- PED required activities:
  1. NMSBVI will provide a range of recreation and leisure activities for all students to ensure that students have multiple opportunities to develop healthy, active life-long practices through the Expanded Core Curriculum.
  2. The IEP team will consider, on an individual basis, whether or not a physical education class should be included in student's class schedule.
  3. Staff who supervise students participating in after school physical activities will be trained in order to safely monitor and assist students.
  4. NMSBVI will provide athletic opportunities for students who have been cleared to participate in athletics and who wish to participate in a sports program.
  5. NMSBVI will provide education on the health benefits of physical activity that align with the New Mexico health education content standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC as well as with the Common Core Curriculum.

- Other activities:
  1. The regular education elementary classroom will provide daily recess for their students before and/or during school.
  2. Classrooms for students with multiple disabilities will provide daily recreation time for their students.
  3. NMSBVI staff will not withhold physical activity as a means/method of punishment unless specifically indicated in the student's behavioral plan or for academic reasons.
  4. NMSBVI will plan physically active school-wide activities at least once a semester.
  5. NMSBVI will actively support and participate in physical activities in the Alamogordo community.

#### **IMPLEMENTATION OVERSITE/EVALUATION**

The Superintendent and School Health Advisory Council Chair Person shall be responsible for monitoring implementation of this wellness program, and shall ensure that a thorough annual evaluation of the program's content and effectiveness is conducted. This annual evaluation should be conducted at the mid-point of the school year (i.e. January) utilizing the process and evaluation tool as developed and adopted by the School Health Advisory Council. This will allow sufficient time to implement changes, if changes are deemed necessary, and still protect the integrity and effectiveness of the wellness program.