

Physical Activity/Physical Education

Action Plan

Our school district is working towards providing each student in elementary school with 150 minutes of moderate to vigorous physical education/physical activity per week. Please use this Action Plan and the Physical Activity Scheduling Worksheet to develop a plan for your school to reach this goal.

School Name: _____

Narrative Summary of Proposed Plan

Please describe:

- *Your school's proposed approach for providing 150 minutes of physical activity, including information about how you will reach each student, every week throughout the school year.*
- *The scheduling units that you will base your action plan on – for example, will you plan separately for each grade, each team, or will the entire school be following the same action plan?*
- *The timeline for implementing your plan, including details for phasing it in to eventually reach all staff and students.*

Please complete and attach an activity worksheet for each scheduling unit described above (i.e. each grade, each team, entire school, etc).

Implementation Considerations

How will you communicate your plan and expectations to staff?

How will you prepare staff to implement this plan?

How will you use incentives and rewards to encourage students and staff to participate?

What types of technical assistance or support will you need to implement this plan?

How will you monitor implementation of your plan?

Physical Activity/Physical Education Scheduling Worksheet

Use this worksheet to develop a schedule for providing students with at least 150 minutes of moderate to vigorous physical activity per week. You may decide that you need a different plan for each grade level. If so, please fill out a separate schedule for each grade or “scheduling unit”.

School Name: _____

What scheduling unit is this plan for? _____
(ie. a team, a grade, the entire school)

CURRENT SCHEDULE

Please complete the chart below to describe the **current** combination of physical education and physical activities that all students in this scheduling unit participate in each week.

What is currently being offered?	For how many minutes/week?*
<i>Ex: Physical Education Class</i>	<i>25 min.</i>
CURRENT TOTAL minutes/week	

ADDITIONS TO THE SCHEDULE

Please complete the chart below to describe the **additional opportunities** for physical activity that will be provided for all students in this scheduling unit each week.

What additions will be made to reach 150 minutes/week?	For how many minutes/week?*
ADDITIONAL TOTAL minutes/week	
CURRENT + ADDITIONAL minutes/week (should be 150 or greater)	

*Special Consideration for PE and Recess

The goal of this initiative is to provide all of our students with 150 minutes/week of moderate to vigorous physical activity during the school day. When considering Physical Education class and recess, please record only the number of minutes where students are actually engaged in physical activity. A good rule of thumb for Physical Education is 50% of the scheduled class time. For recess, only count the portion of time that children are physically active.