

Oak Ridge Schools

Office of the Superintendent



Administrative Procedure 6.411

Student Wellness

August 30, 2017

Pursuant to Public Chapter 99 and Oak Ridge Schools Board Policy No. 6.411, the Oak Ridge Schools has developed guidelines for its educators that will help implement state mandated quantities of physical activity during the school day in grades K-12.

The General Assembly recently approved legislation updating the physical activity law. The new physical activity law requires the following:

- 130 minutes of physical activity each full school week for all elementary school students.
- Elementary schools must offer at least one period of physical activity that is at least 15 minutes each day.
- 90 minutes of physical activity each full school week for middle and high school students.
- The grade levels, elementary, middle, high, should align with how the district identifies the school.
- A district may choose to integrate more student physical activity time for elementary, middle, and high school student during the school week than is required.

Guidelines for Implementation:

Physical activity may include walking, jumping rope, playing volleyball, or other forms of physical activity that promote fitness and well-being.

Recess and free play activities can be used to meet the requirements.

You may include any type of classroom physical activity breaks listed below under *Physical Activity Guidelines*. Physical Education may count toward meeting the physical activity law, but the physical activity law shall not replace the current physical education program.

Walking between classes during passing period is not considered physical activity.

More information can be found at <https://www.tn.gov/education/section/active-academics>.