

Clarification for Physical Education/Activity Criteria for HUSSC Elementary Schools

The following chart outlines the current HUSSC Physical Education requirements for Elementary Schools. Additionally, at all levels, schools must provide unstructured daily opportunities for physical activity for all full-day students, such as recess. Schools must also reinforce physical education/activity messages by neither denying nor requiring physical activity as a means of punishment.

Elementary Schools			
	Bronze/ Silver	Gold	Gold of Distinction
Providing structured physical education classes for all full day students.	A minimum average of 45 minutes per week throughout the school year	A minimum average of 90 minutes per week throughout the school year.	A minimum average of 150 minutes per week throughout the school year OR meet stricter sodium requirements plus a minimum average of 90 minutes per week throughout school year.

To minimize confusion, these criteria will remain intact but we will allow some flexibility and provide clarification on what would count for the required minutes of physical education. This clarification will be handled through our “Frequently Asked Questions” guidance which is provided on our website and promoted as the most current information on HUSSC. The additional text in red provides clarification to the existing question #34 which addresses physical education/activity. This approach recognizes the challenges that many schools face in providing the required minutes of physical education.

34. What are the physical education/activity criteria for elementary schools?

- Structured physical education (PE) classes are provided to students throughout the school year. These classes count toward the PE time requirements. **Up to 20 minutes (Bronze/Silver) and 45 minutes (Gold/Gold of Distinction) of the PE requirement may be met by providing structured physical activity planned by a certified PE teacher and implemented by a classroom teacher or school administrator. All students must participate in the physical activities which must be at least moderate-intensity and in increments of at least 10 minutes.**
- In addition, physical activity opportunities are provided daily for students outside of physical education class. For example, regular scheduled recess, physical activity breaks during the school day within the classroom, intramural sports, walk to school program, etc. This does not count toward the time requirements for physical education.
- Reinforcing physical activity/education messages by neither denying nor requiring physical activity as a means of punishment.