

## **Physical Education**

Prince of Peace Lutheran School is committed to provide:

- Students with the nationally-recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior.
- Classroom teachers will be encouraged to provide short physical activity breaks between lessons or classes, as appropriate.
- All students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which students will be encouraged to engage in moderate to vigorous physical activity.
- After-school care will provide and encourage daily periods of moderate to vigorous physical activity for all participants.

## **Monitoring**

The school administrator or designee will ensure compliance with our established nutrition and physical activity wellness policies and provide a report to the Prince of Peace School Board annually.