

Readopt with amendment Part Ed 310, eff 6-15-13 (Document #10361-B), as cited and to read as follows:

PART Ed 310 DEVELOPMENTALLY APPROPRIATE DAILY PHYSICAL ACTIVITY PROGRAM

Ed 310.01 Purpose. The purpose of this rule is to offer a model physical activity policy to school boards which promotes increased physical activity for all students K-12.

Ed 310.02 Definitions. Except where the context makes another meaning clear, the following words have the meaning indicated when used in Ed 310:

(a) “Chronic inactivity” means an ongoing sedentary lifestyle;

(b) “Developmentally appropriate daily physical activity” means physical activity that is suitable for the cognitive age and individual characteristics of students;

(c) “Exercise” means bodily exertion to develop or maintain physical fitness in the form of strength, flexibility, and aerobic capacity;

(d) “Health risks” means factors that increase a person’s chance of suffering illness, injury, or premature death; and

(e) “Other related health problems” means:

(1) Physical illnesses;

(2) Psychological illnesses; and

(3) Injuries.

Ed 310.03 Developmentally Appropriate Daily Physical Activity Policy.

(a) Each local school board shall adopt a written policy relative to developmentally appropriate physical activities and exercise.

(b) Each local school board shall:

(1) Recommend that all the public schools in the school district implement the policy; and

(2) Ensure the policy is communicated to students, staff, and parents.

(b) The policy shall recommend that all students in elementary school through high school participate in developmentally appropriate physical activity and exercise for a minimum of 30 to 60 minutes each day as a way to minimize the health risks created by chronic inactivity and other related health problems.

Ed 310.04 Components of Developmentally Appropriate Daily Physical Activity Policy.

(a) The developmentally appropriate daily physical activity policy adopted by each local school board shall include at a minimum the following recommended practices:

(1) Encourage parents and guardians to support their children’s participation in enjoyable physical activities, and recognize that parents and guardians act as role models for active lifestyles;

- (2) Support special programs such as:
 - a. Student and staff walking programs;
 - b. Family fitness events; and
 - c. Events that emphasize lifelong physical activity;
- (3) Encourage the integration of health and physical activity across the school curriculum;
- (4) Encourage student-initiated activities that promote inclusive physical activity on a school-wide basis;
- (5) Support committing adequate resources that include:
 - a. Program funding;
 - b. Personnel;
 - c. Safe equipment; and
 - d. Facilities;
- (6) Encourage professional development opportunities for all school staff that shall:
 - a. Assist them to effectively promote enjoyable and lifelong physical activity among youth; and
 - b. Assist them in recognizing their influence as role models for active lifestyles;
- (7) Establish relationships with community recreation and youth sports programs and agencies to coordinate and complement physical activity programs;
- (8) Encourage physical activity recess periods; and
- (9) Support a tracking and evaluation method to ensure that all students are engaging in developmentally appropriate daily physical activity.

(b) The developmentally appropriate daily physical activity policy in Ed 310.04(a) shall be in addition to, and shall not be a replacement for, the physical education program requirement in Ed 306.

Appendix I

Rule	Specific Statute the Rule Implements
Ed 310.01	RSA 189:11-a, V
Ed 310.02-Ed 310.04	RSA 189:11-a, VI