

Marion County Physical Activity Policy

Policy Statement

Physical activity is movement of the body that uses energy. Students need access and opportunities to be physically active in order to grow, learn, and thrive. Good health fosters student attendance and academic achievement.

Background on Physical Activity

Nationally, obesity rates have doubled in children and tripled in adolescents over the last two decades. Physical inactivity and excessive calorie intake are the predominant causes of obesity. Tennessee has the third highest rate of pediatric obesity in the US and ranks 47 among 50 states (Marion County ranks 79 out of 95 counties) in health outcomes for its adult populace. With the knowledge and data that proves our students are getting more overweight and unhealthier with each passing year, it is imperative that schools, school personnel, families, and community members work together to improve the health needs of our students.

The Marion County School District is committed to providing school environments that promote student's health, well-being, and ability to learn by requiring physical activity in all schools. Being physically active is a key element in living a longer, healthier, happier life. The benefits of physical activity include:

- *Increased academic success
- *Decreased classroom disturbances
- *Increased fitness levels
- *Helps build and maintain bones, muscles, and joints
- *Enhances flexibility and posture
- *Helps manage weight
- *Lowers risk of heart disease, colon cancer, and type 2 diabetes
- *Helps control blood pressure
- *Reduces feelings of depression and anxiety
- * Improves self-esteem and feelings of well-being

Research is clear. Healthy students are better learners, better learners are more likely to graduate and graduates are more likely to become productive citizens. For students to receive the nationally recommended amount of

daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

Toward that end:

- *opportunities for physical activity will be incorporated into other subject lessons to show methods of differentiation;
- *classroom teachers will provide short physical activity breaks during classes as appropriate.
- * physical activity will be a regular part of the school day.

Monitoring

The Director of Schools will ensure compliance with the established district wide physical activity policy. In each school, the physical education/wellness teachers will ensure compliance with the policy in his/her school and will report on the school’s compliance to the Director of Coordinated School Health who will report to the Director of Schools.

Director of Schools Date

CSH Coordinator Date