

School Wellness Policy Attributes
“MVPA”

District Name	BP/AR	Page #	Sentence
Alpine Union	BP 5030	g	<p>“<u>Daily Physical Education (P.E.) K-8</u>. All students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 200 minutes every ten days over the course the entire school year.) Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.”</p>
Bonsall Union		2	<p><i>Physical Activity</i> All students in grades K-12 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate-to-vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before and after-school programs, and other structured and unstructured activities (walking programs, dance, etc.). The district shall:</p> <ul style="list-style-type: none"> • Require at least 20 minutes a day of supervised recess for all elementary students during which school staff shall encourage moderate-to-vigorous physical activity and provide students periodic breaks during extended periods of inactivity, e.g., mandatory testing sessions. • Require after-school child care and enrichment programs to provide and encourage daily periods of moderate-to-vigorous physical activity.
Borrego Springs Unified	BP	B	<p>All students in grades K-12 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before- and after-school programs, and other structured and unstructured</p>

			activities.
Cajon Valley Union	BP 5030	1 a	<p>Providing all students opportunities to be physically active on a regular basis through moderate to vigorous physical activity during physical education, recess, school athletics, and during before-and-after school programs.</p> <p>All students shall be provided opportunities to be physically active on a regular basis through moderate to vigorous physical activity during physical education, recess, school athletic programs, extracurricular programs, before- and after-school programs, and other structured and unstructured activities. All students will be encouraged to participate in moderate to vigorous physical activities as appropriate.</p>
Cardiff Elementary		1	“All students in grades K-6 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate-to-vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, and other structured and unstructured activities.”
Carlsbad Unified	BP	3	“All students in grades K-12 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before- and after-school programs, and other structured and unstructured activities.
	AR	3	All students, including students with disabilities, special health-care needs, and in alternative educational settings, will receive regular physical education (equivalent of 200 minutes every 10 days for elementary school students and 400 minutes every 10 days for grades 7-12) for the entire school year.”
Chula Vista Elementary	Cover sheet		“Providing all students opportunities to be physically active through moderate to vigorous physical activity during physical education, recess, school intramurals, special events, and before-and after-school programs (60-90 minutes per day recommended.)”
	BP	2	“Physical activity is defined as vigorous activity provided before, during school through activities

			such as running clubs, intramurals, and recess, as well as after school programs (60-90 minutes recommended per day).”
Coronado Unified	BP	2	“All students in grades preschool through grade 12 and in the transition program shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before- and after-school programs, and other structured and unstructured activities.”
Dehesa	BP	B	All students in grades K-8 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, extracurricular programs, before- and after-school programs, and other structured and unstructured activities.
Del Mar Union	BP	6	“Physical Education (P.E.) K-6 - All students in grades K-6, including students with disabilities, special health-care needs, and in alternative educational settings, will receive 200 minutes every two weeks of physical education. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.”
	BP	6	“All elementary school students will have at least 15 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity and provide appropriate space and equipment.”
Encinitas Union	BP	B	<ul style="list-style-type: none"> All students in Preschool through Grade 6 will have opportunities, support, and encouragement for moderate to vigorous physical activity on a regular basis to promote and develop the student’s physical, mental emotional, and social well-being.
		C	<ul style="list-style-type: none"> All students in Preschool through Grade 6 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic

	AR	E	<p>programs, extracurricular programs, before-and after-school programs, and other structured and unstructured activities.</p> <p>Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.</p>
		F	<p><u>Daily Recess.</u> All elementary school students will have at least 15 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.</p>
		f	<p><u>Physical Activity Opportunities Before and After School.</u> All elementary schools will offer extracurricular physical activity programs, such as physical activity clubs or special events that focus on physical activity. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs. After-school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.</p>
Escondido Union	BP	2	All students in grades K-8 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, as well as recess, school athletic programs, extracurricular programs, before- and after-school programs, and/or other structured and unstructured activities.
	BP(a)	12	-- All students in grades K-8 shall be provided opportunities for moderate to vigorous physical activity on a regular basis.
Fallbrook Union High	BP 5030	2	All students in grades 9-12 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, school athletic programs, extracurricular

			programs, before- and after-school programs, and other structured and unstructured activities such as intramural programs, differentiated exercise and dance/performance groups.
Jamul-Dulzura Union			<p>All students in grades K-8 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate-to-vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before and after-school programs, and other structured and unstructured activities (walking programs, dance, etc.).</p> <p>The District shall:</p> <ul style="list-style-type: none"> • Require at least 20 minutes a day of supervised recess for all elementary students during which school staff shall encourage moderate-to-vigorous physical activity and provide students periodic breaks during extended periods of inactivity, e.g., mandatory testing sessions. • Require after-school child care and enrichment programs to provide and encourage daily periods of moderate-to-vigorous physical activity.
Julian Union	BP	b	All students in grades K-8 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before- and after-school programs, and other structured and unstructured activities.
Julian Union High			<p>The District shall:</p> <ul style="list-style-type: none"> • Require at least 20 minutes a day of supervised recess for all elementary students during which school staff shall encourage moderate-to-vigorous physical activity and provide students periodic breaks during extended periods of inactivity, e.g., mandatory testing sessions. • Require after-school child care and enrichment programs to provide and encourage daily periods of moderate-to-vigorous physical activity.
La Mesa Spring Valley	AR	H	<p>Physical Activity Opportunities and Physical Education</p> <ol style="list-style-type: none"> 1. Daily Physical Education (P.E.) K-8 All

		i	<p>students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 200 minutes every 10 days for elementary school students and 400 minutes every 10 days for middle school students) for the entire school year. Student involvement in other activities involving physical activity (<i>e.g.</i>, interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.</p> <p>After-school child care and enrichment programs will provide and encourage through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.</p>
Lemon Grove	BP	1	All students in grades K-8 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before- and after-school programs, and other structured and unstructured activities.
National	BP 5030	4	All students in grades K-6 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before-and after-school programs, and other structured and unstructured activities.
Poway Unified	BP	1	The minimum requirements for physical education include: <ul style="list-style-type: none"> a. ...Students should be moderately to vigorously active as much time as possible within the physical education class.
	BP	2	The minimum requirements for physical activity include: All elementary school students should have daily supervised recess, preferably outdoors, during which schools should encourage moderate-to-vigorous physical activity and provide space,

			equipment, and an environment that is conducive to safe and enjoyable activity. (Recess does not count toward physical education minutes.). b. Extended Student Services and after school enrichment programs, as appropriate, should encourage daily periods of moderate-to-vigorous physical activity for all participants, including the provision of space and equipment.
Ramona Unified	BP	1	All students in grades K-12 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before- and after-school programs, and other structured and unstructured activities.
San Dieguito Union High	AR 5030	3	2. At least 50 percent of instructional time spent in moderate-to-vigorous physical activity.
San Pasqual Unified		2	<u>Physical Education and Activity:</u> All students in grades K-8 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate-to-vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before and after-school programs, and other structured and unstructured activities (walking programs, dance, etc).
San Ysidro	BP	c	All students in grades Pre K-8 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate-to-vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before and after-school programs, and other structured and unstructured activities (walking programs, dance, etc.) The district shall: <ul style="list-style-type: none"> • Require supervised recess for all elementary students during which schools staff shall encourage moderate-to-vigorous physical activity and provide students periodic breaks during extended periods of inactivity, e.g., mandatory testing sessions. • Require after-school child care and enrichment programs to provide and encourage daily periods of moderate-to-

			vigorous physical activity.
Solana Beach	E	4	<p><u>Daily Recess</u> All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity through the provision of space and equipment. Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.</p> <p><u>Physical Activity Opportunities Before and After School</u> Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs. After-school childcare and enrichment programs will provide and encourage daily periods of moderate and vigorous physical activity for all participants.</p>
South Bay Union		1	All students in grades K-12 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate-to-vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before and after-school programs, and other structured and unstructured activities.
Sweetwater Union High	BP	2	Deliver a planned sequential, standards-based physical education curriculum that involves moderate to vigorous physical activity, fitness, motor skills and individual and group sports, rules and regulations and healthy lifetime activities.
Warner Unified	BP	3	All students in grades K-12 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate-to-vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before and after-school programs, and other structured and unstructured activities.
Albert		3	Recognizing that physical education is a crucial and

Einstein			integral part of a child's education, the school will ensure that students engage in healthful levels of vigorous physical activity to promote and develop the student's physical, mental, emotional, and social well-being.
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