

**PINELLAS COUNTY PUBLIC SCHOOLS
RESOLUTION FOR DAILY PHYSICAL ACTIVITY**

WHEREAS, the School Board of Pinellas County has been recognized at both the Gold and Silver Level as a Florida Healthy School District due to outstanding ratings related to processes in district infrastructure, health education, health services, nutrition services and education, counseling, psychological and social services, healthy school environment, employee wellness and family and community involvement, and

WHEREAS, the United States Departments of Health and Human Services and Education define recess as “regularly scheduled periods within the elementary school day for unstructured physical activity and play;” and

WHEREAS, a number of national organizations (National Association for the Education of Young Children, the National Association of Early childhood Specialists in State Departments of Education, the national PTA, the Florida Education Association, the National Association of Elementary School Principals) recommend that schools provide daily recess/physical activity for elementary school-aged children; and

WHEREAS, while recess and physical education are different, and each is recognized to provide unique benefits; the State of Florida has mandated 150 minutes of PE per week and noted that while physical activity such as that occurs during recess is one part of the new requirements, there are also requirements for knowledge and skills regarding issues such as teamwork, fair play, nutrition, and healthy lifestyles; and

WHEREAS, the School Board of Pinellas County recognizes that there is compression on the daily, weekly, monthly, and yearly schedules and that teachers must be given the flexibility regarding the use of limited non-mandatory instructional minutes;

BE IT THEREFORE RESOLVED that the School Board of Pinellas County encourages elementary schools to allow for approximately 20 minutes of recess/physical activity at least on days when students are not scheduled for physical education; allowing teachers to utilize their discretion in scheduling this activity time based upon the needs of their students, and their expertise.