

TO: Directors of Schools, Administrators, Principals, CSH Coordinators, and Teachers
FROM: Christine Hollifield, PE/PA Specialist
DATE: April 19, 2017
SUBJECT: **Physical Activity Law**

The General Assembly recently approved legislation updating the physical activity law that was changed last legislative session. The new physical activity law requires the following:

- 130 minutes of physical activity each full school week for all elementary school students. Elementary schools must offer at least one period of physical activity that is at least 15 minutes each day.
- 90 minutes of physical activity each full school week for middle and high school students.
- The grade levels, elementary, middle, high, should align with how the district identifies the school.
- A district may choose to integrate more student physical activity time for elementary, middle, and high school students during the school week than what is required.

Guidelines for Implementation:

Physical activity may include walking, jumping rope, playing volleyball, or other forms of physical activity that promote fitness and well-being.

Recess and free play activities may be used to meet the requirements.

You may include any type of classroom physical activity breaks, such as Go Noodle, Fit Wizard, Take 10!, SPARK, Energizing Brain Breaks, Fuel up to Play 60 Classroom Activity Breaks, Action for Healthy Kids Brain Breaks, Active Academics, Adventure to Fitness, Move to Learn, Take a Break!, Brain and Body Boost, Minds in Bloom, Read and Ride programs, Action Based Learning Labs, bike desks, etc.

Physical Education may count towards meeting the physical activity law, but the physical activity law shall not replace the current physical education program.

Walking between classes during passing period is not considered physical activity.

You may find a copy of the public chapter [here](#).

If you have any further questions about the physical activity law, please contact Christine Hollifield at Christine.Hollifield@tn.gov.