

**School Wellness Policy Attributes**  
**“MVPA”**

<b>District Name</b>	<b>BP/AR</b>	<b>Page #</b>	<b>Sentence</b>
<b>1. Alpine Union</b>	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>
<b>2. Bonsall Union</b>		3	<p>Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.</p> <p><i>Previous Policy:</i>  <i>Physical Activity</i>  <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.).</i>  <i>The district shall:</i></p> <ul style="list-style-type: none"> <li>• <i>Require at least 20 minutes a day of supervised recess for all elementary students during which school staff shall encourage moderate-to-vigorous</i></li> </ul>

			<p><i>physical activity and provide students periodic breaks during extended periods of inactivity, e.g., mandatory testing sessions.</i></p> <ul style="list-style-type: none"> <li>• <i>Require after-school child care and enrichment programs to provide and encourage daily periods of moderate-to-vigorous physical activity.</i></li> </ul>
<b>3. Borrego Springs Unified</b>	BP 5030		<p>All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical</p>

			<p>activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and afterschool programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.</p> <p><i>Previous policy:</i>  <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,</i></p>
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			<i>before- and after-school programs, and other structured and unstructured activities.</i>
<b>4. Cajon Valley Union</b>	BP 5030	1 a	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> </ul>
<b>5. Cardiff Elementary</b>		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.

<b>6. Carlsbad Unified</b>	BP 5030		<ul style="list-style-type: none"> <li>All students in grades K-12 shall be provided opportunities to be physically active on a regular basis. Opportunities for</li> </ul>
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	AR		<p>moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before- and afterschool programs, and other structured and unstructured activities.</p> <ul style="list-style-type: none"> <li>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.</li> </ul>
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<b>7. Chula Vista Elementary</b>	BP 5030	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 (6090 minutes recommended per day).
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<b>8. Chula Vista</b>		14	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.
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<b>9. Coronado Unified</b>	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.
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<b>10. Dehesa</b>	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.
<b>11. Del Mar Union</b>	AR	1	<p>Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.</p> <p><i>Previous Policy:</i>  <i>Physical Education (P.E.) K-6 - All students in grades K-6, including students with</i></p>

			<p><i>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.</i></p> <ul style="list-style-type: none"><li>• <i>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.</i></li><li>• <i>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.</i></li><li>• <i>All students 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 and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.</i></li></ul>
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<b>12. Encinitas Union</b>	BP		<ul style="list-style-type: none"><li>• 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.</li> <li>• All students in Preschool through Grade 6</li></ul>
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	AR		<p>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.</p> <ul style="list-style-type: none"><li>• Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.</li><li>• <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.</li><li>• <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.</li></ul>
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<b>13. Escondido Union</b>	BP	2	<ul style="list-style-type: none"> <li>All students 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 and recess and may also be provided through school athletic programs, extracurricular programs, before-</li> </ul>
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			<p>and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.</p> <p><i>Previous Policy:</i></p> <ul style="list-style-type: none"> <li><i>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.</i></li> <li><i>All students in grades K-8 shall be provided opportunities for moderate to vigorous physical activity on a regular basis.</i></li> </ul>
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<b>14. Fallbrook Union Elementary</b>	BP 5030	3	<p>All students 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 and recess and may also be provided through school athletic programs, extracurricular programs, before- and afterschool programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.</p>
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<b>15. Fallbrook Union High</b>	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.
<b>16. Jamul-Dulzura Union</b>	BP 5030	2-3	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

			<p>structured and unstructured activities (walking programs, dance, etc.).</p> <p>The District shall:</p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Offer a range of activities that meet the needs, interests, and abilities of all students, including students with disabilities and students with special health-care needs.</li> <li>• Require after-school child care and enrichment programs to provide and encourage daily periods of moderate-to-vigorous physical activity.</li> </ul>
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<b>17. Julian Union</b>	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.
<b>18. Julian Union Elementary</b>	BP 5030	9	<ul style="list-style-type: none"> <li>• All students in kindergarten through grade eight shall have the opportunity, support, and encouragement to be physically active on a regular basis, before, during and after school, through physical education instruction and physical activity programs. All K-8 students (including students with disabilities and/or special healthcare needs and those in alternative educational settings) will receive physical education instruction as designated in EC sections 51210, 51222, and 51233. Physical education minutes will be tracked and documented by classroom teachers.</li> <li>• The district's physical education program shall be based on research consistent with</li> </ul>

	BP 5030	10	<p>the expectations established in the state’s curriculum frameworks and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle. CATCH curriculum will be utilized in all grades. All students will have opportunities, support and encouragement for moderate to vigorous physical activity (MVPA) on a regular basis. Opportunities for MVPA shall be provided through physical education, recess, school athletics, extracurricular programs, before and after school programs, and other structured and non-structured activities. Students will spend at least 50% of physical education class time participating in MVPA.</p> <ul style="list-style-type: none"> <li>• All elementary school students will have at least 15 minutes a day of supervised recess, preferably outdoors, during which students will be encouraged to participate in moderate to vigorous physical activity through the provision of equipment and space.</li> </ul>
<b>19. Julian Union High</b>	BP 5030	9	<p>All students in grades 9-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 225 minutes/week for high school students) for the entire school year. All physical education will be taught by a certified physical education teacher. 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> <p><i>Previous Policy:</i>  <i>The District shall:</i></p> <ul style="list-style-type: none"> <li>• <i>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</i></li> </ul>



<b>22. Lemon Grove</b>	BP 5030	2	All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical
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			<p>education and recess and also may be provided through school athletic programs, extracurricular programs, before- and afterschool programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.</p> <p><i>Previous Policy:</i>  <i>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.</i></p>
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23. Mt. Empire	BP 5030	2	<p>The Board shall adopt the following goals for physical activity and physical education that will give students opportunities to develop skills, regularly participate in physical activity, and understand the short- and long-term benefits of a physically active lifestyle.</p> <p>Goals for physical education and physical activity will include:</p> <ul style="list-style-type: none"> <li>• Ensuring the state mandated minutes for physical education instruction are met in grades 1-12.</li> </ul> <p><b>All elementary grade levels must provide 200 minutes of physical education every 10 days (CA Ed Code 51222) and all secondary grade levels must provide 400 minutes of physical education every 10 days (CA Ed Code 51223)</b></p> <ul style="list-style-type: none"> <li>• Offering physical education programs that are based on research and consistent with the expectations established in the state’s curriculum frameworks.</li> <li>• Ensuring that all elementary school students will have at least 20 minutes per day of supervised recess.</li> <li>• Providing opportunities for all students in grades Pre-K-12 to engage in moderate to vigorous physical activity (MVPA) on a daily basis through physical education, recess, school athletic programs, extracurricular programs, after-school</li> </ul>
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			<p>programs, and/or other structured and unstructured activities.</p> <ul style="list-style-type: none"> <li>• Providing opportunities for professional development for all teachers who provide physical education instruction.</li> </ul>
24. National	BP 5030	3-4	<p>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.</p>





<b>27. Ramona Unified</b>	AR 5030	8	<p>Physical activity opportunities shall be provided on a regular basis through:</p> <ul style="list-style-type: none"> <li>• Physical Education</li> <li>• Recess</li> <li>• School athletic programs</li> <li>• Before and after school programs, including ESP, ASSETS grant programs at RHS and MHS, ASES grant programs at OPMS, and running clubs at elementary sites</li> <li>• Other structured and unstructured activities, such as “field days” and “jog-a-thons”</li> </ul> <p><i>Previous Policy:</i>  <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.</i></p>
<b>28. San Diego Unified</b>	H- 7700	2	<p>The goals for Physical Activity are:</p> <ul style="list-style-type: none"> <li>• Promote physical activity outside the school day with an additional minimum of 60 minutes of activity of which 20 minutes are vigorous physical activity and 40 minutes are moderate physical activity.</li> </ul>
<b>29. San Dieguito Union High</b>	AR 5030	3	<p>At least 50 percent of instructional time spent in moderate-to-vigorous physical activity.</p>

<p><b>30. San Marcos</b></p>		<p>3</p>	<p>The San Marcos Unified School District shall provide all students with opportunity to be physically active within developmentally appropriate physical education as part of the academic curriculum. All elementary grade levels must provide 200 minutes of physical education every 10 days (CA Ed. Code 51222) and all secondary grade levels must provide 400 minutes of physical education every 10 days (CA Ed. Code 51223). Per district policy, all physical education programs shall meet the principles for quality instruction – including:</p> <ul style="list-style-type: none"> <li>• Standards-based instructional content and delivery supported by physical education framework for California public schools.</li> <li>• Developmentally appropriate</li> </ul>
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			<p style="text-align: center;">sequencing of curriculum consistent with California state standards.</p> <ul style="list-style-type: none"> <li>• Multiple opportunities for students to demonstrate learning of content.</li> <li>• Authentic assessment and documentation of meeting state adopted standards.</li> <li>• Providing students with adequate amounts of moderate to vigorous physical activity (i.e., minimum 50% of allotted class time).</li> </ul>
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		<p>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"> <li>• 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.</li> </ul>
<p><b>33. Solana Beach</b></p>	<p>BP 5030</p>	<p>All students 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 and recess and may also be provided through school athletic programs, extracurricular programs, before- and afterschool programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.</p> <p><u>Daily Recess</u></p> <ul style="list-style-type: none"> <li>• <i>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.</i></li> <li>• <i>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.</i></li> </ul> <p><u>Physical Activity Opportunities Before and</u></p>

			<p><u>After School</u></p> <ul style="list-style-type: none"> <li>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.</li> </ul>
<b>34. South Bay Union</b>	BP 5030	3	<p>All students 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, and may also be provided through school athletic programs, extracurricular programs, before- and afterschool programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.</p> <p><i>Previous policy:</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.</p>
<b>35. Sweetwater Union High</b>	BP	2	<p>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.</p>

<b>36. Vallecitos Elementary</b>	BP 5030	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, recess, school athletic programs, extracurricular programs, before- and/or after-school programs, and other structured and unstructured activities.
<b>37. Valley Center-Pauma Unified</b>	BP 5030	2	All students in grades K-12 shall be provided physical education per the California educational code. 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.
<b>38. Vista Unified</b>	BP 5030	1	The Board shall adopt goals for, nutrition education, physical activity, and other schoolbased activities that are designed to promote student wellness.
<b>39. Warner Unified</b>	BP 5030	3	<p>All students 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 and recess and may also be provided through school athletic programs, extracurricular programs, before- and afterschool programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.</p> <p><i>Previous policy:</i>  <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.</i></p>

<b>40. Albert Einstein</b>		3	Recognizing that physical education is a crucial and 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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