

House Bill 11-1069
Concerning Measures to Increase Physical Activity in Public Schools
Frequently Asked Questions

Which schools are subject to this law?

HB11-1069 applies to all public elementary schools and institute charter schools in Colorado.

When must school districts begin to comply with the law?

Each school district and institute charter school must comply with the provisions of the law beginning in the 2011-2012 school year.

What will this law require schools to do?

HB11-1069 establishes a minimum requirement for the amount of time that each elementary school provides students opportunities to be physically active during the school day.

Each school district board of education and institute charter school must adopt a physical activity policy that ensures each elementary student's schedule satisfies the law's requirements for a minimum amount of opportunity to engage in physical activity.

How is "Physical Activity" defined in the law?

A school district may offer any of the following to satisfy their requirements for offering "physical activity" opportunities to students:

1. Recess
2. Physical education classes
3. Fitness breaks
4. Classroom activities that include physical activity
5. Exercise programs
6. Field trips that include physical activity

Schools may satisfy the requirement for the minimum amount of physical activity opportunities through any combination of these options.

What is the amount of physical activity opportunities that schools are required to offer students?

HB11-1069 establishes a minimum number of minutes during the school day that students have the opportunity to engage in physical activity. The minimum number of minutes varies according to a school's and a student's schedule:

School schedule	Minimum minute requirement for full day students	Minimum minute requirement for half day students
Schools that meet five days per week	600 minutes per month (an average of 30 minutes per day)	300 minutes per month (an average of 15 minutes per day)
Schools that meet fewer than five days per week	30 minutes per day	15 minutes per day

For example, a school meeting five days per week on a full day schedule may satisfy the requirement by offering 600 minutes of recess to each student per month. A schedule that includes 400 minutes of recess and 200 minutes of physical education classes would also satisfy the monthly minute requirement.

Can schools offer more time for physical activity than this law requires?

Yes. HB11-1069 establishes a minimum standard for physical activity opportunities for students. Any school may exceed this minimum in its offerings to students.

Can schools offer less time for physical activity than this law requires?

No. No school may offer less opportunity for students to engage in physical activity than this law requires.

Can schools satisfy the law's requirements by offering before or after school activities that include physical activity opportunities?

No. Schools must meet HB11-1069's requirements for a minimum amount of physical activity opportunities through activities incorporated into students' schedules during the school day. These opportunities must occur between the time when classes begin and the time when students are officially dismissed.

Who is responsible for developing and adopting schools’ physical activity policies in public schools?

Each school district board of education must develop and implement a physical activity policy beginning with the 2011-2012 school year. School boards may seek the advice of their school district accountability committees and the person or committees responsible for school wellness policies regarding the development and implementation of the district’s physical activity policy.

Who is responsible for developing and adopting schools’ physical activity policies in charter schools?

Each institute charter school must work with its school accountability committee to adopt and implement a physical activity policy that satisfies HB11-1069’s requirements.

Are model physical activity policies available to local school districts?

Yes, the Colorado Association of School Boards (CASB) will be drafting model policies for districts in June.

Will schools be required to report how they are satisfying the law’s requirements?

HB11-1069 encourages the state board of education to include information about how schools and school districts are incorporating physical activity into the school day in school performance reports.

At the local level, schools and school boards may report how they are complying with the law to their school accountability and school wellness committees.

What resources are available to assist schools in ensuring that students engage in physical activity during the times when they have the opportunity to do so?

The National Association of Sport and Physical Education (NASPE) has compiled a number of resources to assist schools in implementing each of the types of physical activity enumerated in HB11-1069. They are available here:

<http://www.aahperd.org/naspe/publications/teachingTools/upload/PA-During-School-Day.pdf>

The Colorado Health Foundation also has special funding opportunities available to school districts for PE Quality Improvement and Active Play Area grants. More information about these opportunities are available on the Foundation’s website:

<http://www.coloradohealth.org/landing.aspx?id=3730>