

**Table 3. Themes with Representative Quotes**

Theme	2013-2014	2014-2015
<b>Recess</b>	Students participate in recess for 25 minutes each day but due to the size of the school, physical education class is only offered one day a week for 45 minutes.	[School name] provides supervised, structured physical activity during recess. Indoor recess activities are also provided using Learn 360 videos and Adventure to Fitness. Students also walk the track daily.
	All students participate in daily recess and physical activities throughout the day totally approximately 40 minutes daily.	Our physical education teacher is outside during each recess period to work with students in small groups.
<b>PE</b>	The students receive 45 minutes of physical education every other day, plus 20 minutes of recess daily. On the non-PE days, the students do not receive 60 minutes each day. There are	Students have forty-five minutes of PE with the Physical Education Teacher twice a week.

	<p>numerous days throughout the year we have special physical activities.</p> <p>Three days a week we have a PE teacher who provides 45 minutes of PE. We have 30 minutes of recess every day. We have 10 minutes of activity following the lunch break every day. On the PE teacher days we exceed the 60 minutes by 25 minutes.</p>	<p>We have P.E once a week for 40 minutes. The students are given 30 minutes daily of recess. 10 minutes of those 30 minutes for recess are an organized activity daily. Each class also has an extra P. E. class every nine weeks in addition to the regular schedule.</p>
<b>Classroom Integrated Physical Activity</b>	<p>Some days our classes exceed 60 minutes of physical activity when we combine physical education class, recess, and "brain breaks." We are very close to having 60 minutes of physical activity each day with our kindergarten and first grade students.</p>	<p>We utilize brain-based research and implement physical activity throughout the day. We start our day off with an exercise (such as GoNoodle) after Breakfast in the Classroom, then split activities up through the day with 3-minute brain breaks from Minds.</p>

	<p>Students have the opportunity to have 60 minutes of physical activity several days a week.</p> <p>We have groups of students exercising before and after school as well as activities in the classroom.</p>	<p>Teachers have scheduled at least 30 minutes daily in their lesson plans for physical movement activities, such as outdoor recess, movement breaks, and classroom integrated physical activities.</p>
<b>Other Physical Activity or Programs</b>	<p>Some days our students do not have gym so they may not get the 60 minutes. We are starting a program that encourages our students to walk called the 100 Mile Club. We are going to walk as a class on Friday at 3:00 for 30 minutes and invite the community.</p> <p>We meet the recommended time of 60 minutes of physical activity on three days per week with two days of 30 minutes of physical activity. We supplement with some additional classes in dance and runner's club after school.</p>	<p>We utilize a variety of things including, Brain Breaks, dance, movement breaks, morning walking, classroom integrated physical activities and structured recess.</p> <p>Teachers use the nature trail as an outside classroom. The PE teacher and music teacher offer an after school running club.</p>

<b>Limited PE or Recess</b>	<p>Students participate in recess for 25 minutes each day but due to the size of the school Physical Education class is only offered one day a week for 45 minutes.</p> <p>PE is only taught two days per week at 45 minutes per day on those days. Days when there are no PE classes teachers supplement with classroom activities and recess time, however, there is not 60 minutes every day.</p>	<p>Students have Physical Education class with a specialist one of every 3 days for 40 minute class periods. We rotate media, music, and physical education every 3 days and share our [PE] specialist with 2 schools.</p> <p>We share our PE teacher with another school and only have him two ten week periods. We are in the process of developing a plan that will insure that all students get the required PE time.</p>
<b>Lack Time</b>	<p>Meeting core instructional minutes during our total school day bell to bell does not allow for 60 minutes of physical activities each day.</p> <p>We do not have an hour of physical activity each day because of lack of time. We are large school</p>	<p>We are on a rotating schedule. Some classes have PE 3 times weekly, but then the following week only have it twice a week. Classes are 40 minutes. To make up for this missing time, teachers also incorporate movement breaks throughout the day.</p>

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and rotate the the students during the week.The  
pullout schedule rotates every 12 weeks.

Note: Limited quotes available for this theme during 2014-  
2015.

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**Space/Facilities**

We do not have adequate staff, time, or facilities

No quotes found for this theme during 2014-2015.

**Limitations**

to have 60 minutes of recommended physical  
activity each day.

We do not have a school gym. During good  
weather between recess and PE, we meet the 60  
minutes but in bad weather, we do not meet this  
every day. In class, action movement activities  
do occur daily.

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<b>Limited PE Staff</b>	We have 30 minutes of recess each day. We have due to staffing one 40 minute period of Physical Education per week for each class with an extra 40 minutes of physical education for one nine weeks out of the year for each class.	*PE not allowed to be included in 30 minute/day PA requirement this year – there were no comments that limited PE staff was an issue in the PA requirement for 2014-2015.
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