

UNSTRUCTURED ACTIVITY TIME

The Loudoun County School Board understands daily, unstructured activity time during the school day is an important physical, mental, and social break for students from structured instruction. Unstructured activity time is described as supervised time allocated for students to develop teamwork, social skills, and improve overall physical fitness. This time shall be included in the calculation of total instructional time in accordance with state guidelines but not factored as part of the physical education curriculum.

A. Administrative Guidelines. To the extent possible, the unstructured activity time shall meet the following criteria:

1. Moderate to vigorous physical activity is encouraged; through the provision of space and equipment and through encouragement by the teacher.

2. When weather conditions are questionable, principals shall refer to Regulation 5011 to determine the appropriateness of outdoor activity time.

3. Unstructured activity time is mandatory and should not be viewed as a privilege to be taken away. Therefore, every student is entitled to unstructured activity time and it should not be revoked as a disciplinary consequence or used as time to make up classwork. An exception to this guideline is permitted only when a student commits a disciplinary infraction during unstructured activity time and the logical consequence would be a temporary suspension for that student at the time of the infraction.

B. Elementary Unstructured Activity (Recess)

1. Kindergarten: No less than forty (40) minutes of recess for students in Kindergarten. The forty (40) minutes will be divided between two 20-minute periods whenever possible.

2. Grades 1-5: No less than thirty (30) minutes of recess for students in grades 1-5. The thirty (30) minutes of recess will be divided between two blocks whenever possible.

C. Middle and High School Unstructured Activity

1. Secondary schools will incorporate a minimum of 10 minutes of unstructured activity time during the school day every other day.

2. Unstructured activity will include opportunities for physical or other developmentally appropriate activities.

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3. Teachers are encouraged to incorporate movement and mental breaks during the instructional period as appropriate.
4. Passing time between classes does not meet the 10 minute requirement for unstructured activity time.
5. If unstructured activity time is offered during the lunch period the minimum time allotted for the lunch period will be 35 minutes.
6. Scheduled school-wide events may preclude the scheduled unstructured time when appropriate.

Adopted: 6/26/18
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