

continuation of Nutrition & Physical Fitness in Pomeroy Schools:

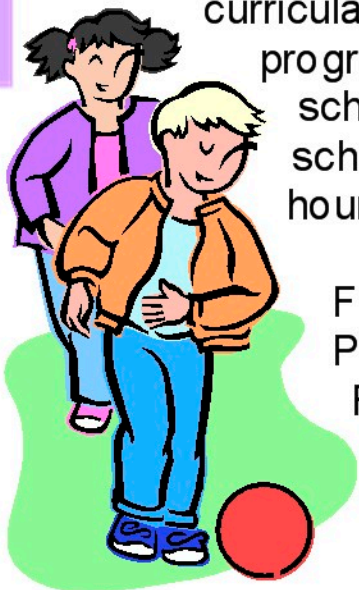


Students are given opportunities for physical activity through a range of before-and/or afterschool programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs. Our school works with the community to create ways for students to walk or bike safely to and from school. Pomeroy Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

All students in grades one through eight are required to complete an average of one hundred instructional minutes per week of physical education. This includes instruction and practice in basic movement and fine motor skills, progressive physical fitness, and wellness activities through age-appropriate activities. All high school students are required to complete two credits of health and fitness.

Suitable adapted physical education shall be included as part of individual education plans for students with chronic health problems, other disabling conditions, or other special needs that preclude such student's participation in regular physical education instruction or activities.

In addition to required physical education, students at the elementary level have the opportunity to participate in daily recess and physical activity. The district provides daily recess period(s) for elementary school students, featuring time for unstructured but supervised active play. The district encourages co-curricular physical activity programs, including fully inclusive intramural programs and physical activity clubs; and promotes the use of school facilities for physical activity programs offered by the school and/or community-based organizations outside of school hours.



For additional information on the Nutrition and Physical Fitness Program at Pomeroy Schools please contact Marcia Ruchert, Food Service Director, 509-843-1331.

