

COLORADO

Colo. Rev. Stat § 22-32-136.5. Children’s wellness—physical activity requirement—legislative declaration

Effective April 20, 2011

The scorecard was created as part of a policy toolkit that supports advancing recess in schools through state laws. It was developed by the research team, with input from the advisory board, to provide a starting point for advocates and policymakers seeking to improve recess legislation. A score of “0” indicates that the law requires further development. We recommend first incorporating all essential best practices, followed by any enhanced best practices that are appropriate for your state.

Colorado has a physical activity law that may include recess to meet the minimum monthly amount required.

BEST PRACTICE	LANGUAGE IN LAW	SCORE
ESSENTIAL BEST PRACTICES		
A. Mandates a time requirement of at least 20 minutes of daily recess	<p>A minimum of six hundred minutes of physical activity per month if the classes at the school meet five days per week and the student attends school for a full day.</p> <p>A minimum of three hundred minutes of physical activity per month if the classes at the school meet five days per week and the student attends school for a half day.</p> <p>A minimum of thirty minutes of physical activity per day if the classes at the school meet fewer than five days per week and the student attends school for a full day.</p> <p>A minimum of fifteen minutes of physical activity per day if the classes at the school meet fewer than five days per week and the student attends school for a half day.</p> <p><i>Note: For a 4-week month, with 5 school days, this is equivalent to 30 minutes/day, however activity is not required daily, and the law is focused on physical activity</i></p>	1
B. Inclusive of all students in grades kindergarten-8	<p>Each school district board of education shall adopt a physical activity policy that incorporates into the schedule of <u>each student attending an elementary school.</u></p> <p><i>Note: The law does not include middle school</i></p>	1
C. Prohibits schools from withholding recess	N/A	0
D. Prohibits schools from using recess to fulfil state mandated physical education requirements	A school <u>shall not substitute noninstructional physical activity for standards-based physical education instruction</u>	2
E. Includes specific language on compliance	<p>Each school district board of education <u>may require the person or committee in each school designated to ensure that the school complies with the local wellness policy,</u> or the school district accountability committee and school accountability committees created pursuant to article 11 of this title review to advise the school district or an individual school regarding the school district’s or the individual school’s physical activity policy and compliance with this section.</p> <p><i>Note: Weak language</i></p>	1

BEST PRACTICE	LANGUAGE IN LAW	SCORE
ENHANCED BEST PRACTICES		
F. Transition time does not count toward minimum time	N/A	0
G. Requires recess be provided on shortened school days	<p>The physical activity policy may include an exception for any month that includes a planned or unplanned full-day or half-day school closure.</p> <p><i>Note: Allows for an exemption on shortened school days</i></p>	0
H. Requires recess to be inclusive for all students	N/A	0
I. Requires recess to be held outdoors	N/A	0
J. If recess is indoors, the law requires there to be adequate space for students to be physically active	N/A	0
K. Prohibits the use of personal electronic devices during recess	N/A	0
L. Requires schools to provide annual professional development opportunities for staff members who lead or supervise recess	N/A	0
M. Requires schools to schedule recess before lunch	N/A	0
N. Requires schools to provide age-appropriate equipment	N/A	0
O. Requires all recess equipment and facilities to meet or exceed safety standards	N/A	0