

KENTUCKY

Ky. Rev. Stat. Ann § 160.345 Definitions; required adoption of school councils for school-based decision making;...wellness policy

Effective June 27, 2025

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.

Kentucky legislation requires each school council or principal to develop and implement a wellness policy that includes physical activity.

BEST PRACTICE	LANGUAGE IN LAW	SCORE
ESSENTIAL BEST PRACTICES		
A. Mandates a time requirement of at least 20 minutes of daily recess	Each school council of a school containing grades K-5 or any combination thereof, or if there is no school council, the principal, shall develop and implement <u>a wellness policy that includes moderate to vigorous physical activity each day.</u> The policy may permit physical activity to be considered part of the instruction day, not to exceed thirty (30) minutes per day, or one hundred and fifty (150) minutes per week. <i>Note: Physical activity law and not a recess-specific law</i>	1
B. Inclusive of all students in grades kindergarten-8	Each school council of a school containing <u>grades K-5 or any combination thereof,</u> or if there is no school council, the principal, shall develop and implement a wellness policy that includes moderate to vigorous physical activity each day. <i>Note: The law does not include grades 6-8</i>	1
C. Prohibits schools from withholding recess	N/A	0
D. Prohibits schools from using recess to fulfil state mandated physical education requirements	N/A	0
E. Includes specific language on compliance	The department <u>shall report to the Legislative Research Commission</u> no later than November 1 of each year <u>on how the schools are providing physical activity under this subsection and on the types of physical activity being provided.</u>	2

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	N/A	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