

NEW HAMPSHIRE

N.H. Code Admin. R. Ed § 310.03 Developmentally Appropriate Daily Physical Activity Policy.
N.H. Code Admin. R. Ed § 310.04 Components of Developmentally Appropriate Daily Physical Activity Policy.

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.

New Hampshire’s Board of Education adopted a regulation that recommends all students in elementary through high school participate in physical activity.

BEST PRACTICE	LANGUAGE IN LAW	SCORE
ESSENTIAL BEST PRACTICES		
A. Mandates a time requirement of at least 20 minutes of daily recess	<p>Each local school board shall adopt a written policy relative to developmentally appropriate physical activities and exercise.</p> <p>The policy <u>shall recommend</u> that all students in elementary school through high school participate in developmentally appropriate physical activity and exercise <u>for a minimum of 30 to 60 minutes each day</u> as a way to minimize the health risks created by chronic inactivity and other related health problems.</p> <p>The developmentally appropriate daily physical activity policy adopted by each local school board shall include at a minimum the following recommended practices: Encourage physical activity recess periods</p> <p><i>Note: Weak language</i></p>	1
B. Inclusive of all students in grades kindergarten–8	<p>The policy <u>shall recommend that all students in elementary school through high school</u> participate in developmentally appropriate physical activity and exercise for a minimum of 30 to 60 minutes each day as a way to minimize the health risks created by chronic inactivity and other related health problems.</p> <p><i>Note: Weak language</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	<p>The developmentally appropriate daily <u>physical activity policy in (a) above shall be in addition to, and shall not be a replacement for, the physical education</u> program requirement in Ed 306.</p>	2
E. Includes specific language on compliance	<p>The developmentally appropriate daily physical activity policy adopted by each local school board <u>shall include</u> at a minimum the following recommended practices: <u>Support a tracking and evaluation method to ensure that all students are engaging in developmentally appropriate daily physical activity.</u></p>	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	<p>Encourage professional development opportunities for all school staff that shall:</p> <p>a. Assist them to effectively promote enjoyable and lifelong physical activity among youth; and</p> <p>b. Assist them in recognizing their influence as role models for active lifestyles</p> <p><i>Note: Weak language</i></p>	1
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	<p>The developmentally appropriate daily physical activity policy adopted by each local school board shall include at a minimum the following recommended practices:</p> <p>Support committing adequate resources that include: (a) Program funding (b) Personnel (c) Safe equipment and (d) Facilities</p> <p><i>Note: Ensuring resources for equipment not specifically equipment</i></p>	1