

4255 Daily Physical Activity (DPA)

Policy 4255

STATUS: APPROVED

DAILY PHYSICAL ACTIVITY

Approved: October 15, 2008

Last Revised: June 19, 2013

Description:

The Board of Education, School District 59 (Peace River South) recognizes the benefits to students participating in daily physical activity, and a healthy lifestyle. Schools have a shared responsibility with parents, guardians, and the community to ensure that students develop healthy lifestyles that include daily physical activity.

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Description:

A) Kindergarten to Grade 9:

Schools will offer 30 minutes of daily physical activity as part of each student's educational program.

B) Grades 8 to 12:

Students must document and report a minimum of 150 minutes per week of physical activity at a moderate to vigorous intensity as part of their Graduation Transition program.

- Schools will provide options to students for how they will meet the daily physical activity requirements at school, home and/or in the community.
- Schools may use instructional and/or non-instructional school time as they see fit to implement school based DPA.
- Schools will provide strategies for students to record their minutes of DPA.
- Schools are responsible for tracking the DPA of all registered students.
- Schools will ensure parents remain informed on the attainment of the DPA requirement, using report cards and other methods.
- Schools are responsible for decisions regarding students who may be exempt from DPA based on Ministry criteria.

Students in grades 8 or 9 have the option of participating in either A or B above.