DAILY PHYSICAL ACTIVITY: GRADES 1 TO 9

Background

Schools have the responsibility of creating and nurturing a learning environment for students that supports the development of the lifelong habit for daily physical activity and for healthy lifestyles.

Division schools provide Daily Physical Activity (DPA) to increase students' physical activity levels. DPA is based on the belief that healthy students are better able to learn and that school communities provide supportive environments for students to develop positive habits needed for a healthy, active lifestyle.

The Assistant Superintendent, Learning Services is responsible for the administration of this administrative procedure.

Procedures

1. Daily physical activities are to:
   1.1 Vary in form and intensity;
   1.2 Take into account each student's ability;
   1.3 Consider resources available within the school and the larger community;
   1.4 Allow for student choice.

2. School authorities have the flexibility to use instructional and/or non-instructional hours to implement DPA.
   2.1 Physical education classes are an appropriate strategy to meet the DPA requirement.
   2.2 DPA is be offered in as large a block of time as possible but can be offered in time segments adding up to the minimum thirty (30) minutes per day; (e.g. two (2) fifteen (15) minute blocks of time for a total of thirty (30) minutes).
   2.3 DPA can be incorporated throughout the day and integrated into other subject areas.

3. School authorities will monitor the implementation of DPA to ensure that all students are active for a minimum of thirty (30) minutes daily.

4. Exemptions from DPA may be granted by the Principal under the following conditions:
   4.1 Religious beliefs – upon written statement from the parent to the Principal.
   4.2 Medical reasons – certification provided to the Principal by a medical practitioner indicating in which activities the student is not able to participate.

Reference: Relevant Legislation & Regulations