

DAILY PHYSICAL ACTIVITY

The district recognizes that developmentally appropriate daily physical activity, exercise and physical education are ways to minimize health risks created by chronic inactivity, childhood obesity, and other related health problems. The board recommends that students, and suggests that staff, participate in developmentally appropriate physical activity and exercise for at least 30 to 60 minutes each day as a way to minimize these health risks. The board recommends the following practices:

- Encourage teachers and staff to support students' participation in enjoyable physical activities, and recognize that teachers and staff act as role models for active lifestyles
- Support special programs such as student and staff walking programs, family fitness events, and events that emphasize life-long physical activity
- Integrate health and physical activity across the school curriculum
- Encourage student-initiated activities that promote inclusive physical activity on a school-wide basis
- Commit adequate resources that include program funding, personnel, safe equipment, and facilities
- Provide professional development opportunities for all school staff that will assist them in effectively promoting enjoyable and lifelong physical activity among youth, and that will assist school staff in recognizing their influence as role models for active lifestyles
- Establish relationships with community recreation and youth sports programs and agencies to coordinate and complement physical activity programs
- Encourage physical activity during recess periods
- Use a tracking and evaluation method (health records, fitness evaluations, etc.) to ensure all students are engaging in developmentally appropriate daily physical activity.

Legal References:

RSA 189:11-a, *Food and Nutrition Programs*

NH Code of Administrative Rules, Section Ed. 310, *Developmentally Appropriate Daily Physical Activity Program*

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Reviewed 2017

