

## **IMAH - HEALTH EDUCATION - DAILY PHYSICAL ACTIVITY**

The Board 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. Physically active students come to school more ready to learn and are more likely to achieve their academic potential. Emphasis on physical activity in school children, during school and after school hours, can help children build lifetime health, mental health, and social well-being, and prevent adverse health consequences that include childhood obesity, cardiovascular disease, stroke, osteoporosis and Type 2 Diabetes. The Board recommends that students and staff participate in developmentally appropriate physical activity and exercise at for at least 30 to 60 minutes each day as a way to minimize these health risks. “Developmentally appropriate daily physical activity” means physical activity that is suitable for the cognitive age and individual characteristics of students.

In order to achieve this level of physical activity, the Board recommends the following practices:

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

The developmentally appropriate daily physical activity shall be in addition to and shall not be a replacement for the required physical education program.

This Policy shall be communicated to students, staff, and parents.

### **Legal References:**

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

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

**Adopted: January 10, 2008**