

Daily Physical Activity

Things you Need to Know

Effective September 2008, all students from K to 12 will participate in regular physical activity per day. Physical activity may consist of either instructional or non-instructional activities.

Daily Physical Activity is defined as endurance, strength and/or flexibility activities done on a daily basis.

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 Program. This information collected on a monthly basis during Advisory Period which is part of first period class on Friday

You can report your Physical Activity for the month in one of two ways.

You can record it daily (weekly) on the calendar provided, or, there is a blanket form that you could have a coach or sponsor sign if you participate in an organized sport.

These forms will be distributed to you during your first Advisory Block of each month which takes place on each Friday of the week. They will be collected on that last Friday of the week during Advisory Block and Packages for the next month will be distributed to you.

If you have any questions or concerns about these requirements please ask your Advisory Teacher, a Counselor, or an Administrator.

