

# SCHOOL DISTRICT NO. 48 (SEA TO SKY)

## REGULATION SERIES 500 - STUDENT PERSONNEL

### R 504            STUDENT HEALTH AND SAFETY R 504.11       Schools: Healthy Living:                      Physical Activity

Effective September 2008, schools are to provide opportunities for daily activity for all students from Kindergarten to grade 12 that meets the following requirements:

- Kindergarten: Schools will offer 15 minutes of daily physical activity as part of students' educational program
- Grade 1 to 9: Schools will offer 30 minutes of daily physical activity as part of students' education program
- Grades 10 to 12: Students document and report a minimum of 150 minutes per week of physical activity, at a moderate to vigorous intensity, as part of their Graduation Transitions Program.

Physical Activity is defined as endurance, strength, and/or flexibility activities. These opportunities may occur at school, during recess and lunch breaks, as part of Physical Education instruction time, or out of school and may incorporate a variety of team and individual activities, (i.e. volleyball games, soccer and skating). Suggestions for incorporating physical activity into the daily routines of the schools include active transportation such as walking or riding a bicycle to and from school.

The requirements of students with special needs must be accommodated for any daily physical activity program at school.

- Principals ensure their schools provide opportunities that meet the requirements of the Ministry's Daily Physical Activity Initiative. Principals can refer to Lead School implementation programs found at <http://www.actnowbc.ca/>
- Principals are to report compliance, annually in September, to the Board with respect to the Ministry Daily Physical Activity initiative.
- Schools are to become "Action Schools". See Action Schools website <http://www.actionschools.bc.ca>
- Schools are to promote daily physical activity by sharing information with families through school newsletters, school websites and through opportunities for parent involvement. The Canada Guide Physical Activity Guide is a useful resource for families [http://www.hc-sc.gc.ca/hl-vs/physactiv/index\\_e.html/](http://www.hc-sc.gc.ca/hl-vs/physactiv/index_e.html/)
- Schools are encouraged to develop partnerships with community health services, and community recreation providers to support healthy lifestyles and physical activity opportunities for its students.