

# Daily Physical Activity

South Central Interior Distance Education School



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# Daily Physical Activity

**D**aily **P**hysical **A**ctivity is a requirement for every BC school-aged student from Kindergarten to Grade 12. **DPA** refers to physical activity that people do on a daily basis. DPA includes activities that help develop endurance, strength and flexibility. Being physically active on a daily basis is crucial to the health and wellness of all people, especially children.

## Rationale:

Strong evidence exists that physical activity contributes to the overall well being of all individuals. People of all ages can substantially improve their health and quality of life by including a moderate amount of physical activity in their daily routines. Participation in physical activity contributes to physical, mental, and social well being, providing benefits to the individual and the community.

## Requirements:

Grades Kindergarten – Grade 9	Grades 10 - 12
Students must participate and record a minimum of 30 minutes of <b>Daily Physical Activity</b> during each school day. Blocks of time for <b>DPA</b> should be at least 10 minutes at a time, totaling a minimum of 30 minutes.	Students will document and participate in moderate to vigorous physical activity for a minimum of 150 minutes a week for each grade from 10 to 12. Students will indicate how their chosen activities align with their personal activity goals.

## Reporting DPA on Report Cards:

Students who successfully meet the minimum requirement for their grade level will receive a comment of ***“Meeting requirement”*** on term and final report cards.

Students who do not meet the minimum requirement will receive a comment of ***“Not meeting requirement”***, and will be given a plan, developed by the teacher, for meeting the requirement.

Upon successful attainment of the Graduation Transitions Program, ***“Requirement Met (RM)”*** will be recorded on a student’s transcript.

**Active participation in DPA is a commitment by you to be a healthy active individual in our society.**

## Kindergarten to Grade 9

### Recording DPA:

We have provided a convenient calendar that you may place on your fridge or similarly prominent position for you to record your child’s daily activities. Parents should verify the form with their signature.

**We require the calendar to be mailed in on a monthly basis.**

We are committed to supplying parents with resources to supplement and direct DPA. To that end, our school and teachers have been registered and trained through Action Schools BC. We have a variety of multimedia and physical resources available for you. Please contact your teacher about resource availability or if you have any questions about DPA.

In grades Kindergarten to Grade 9, DPA should involve activities from each of the following categories:

<b>Endurance</b>	<b>Strength</b>	<b>Flexibility</b>
Activities that develop cardiovascular endurance <ul style="list-style-type: none"> <li>➤ Brisk walking</li> <li>➤ Swimming</li> <li>➤ Cycling</li> <li>➤ Jogging</li> <li>➤ Group games</li> <li>➤ Aerobics</li> <li>➤ Dancing</li> <li>➤ Cross-country skiing</li> <li>➤ Tag games</li> <li>Etc.</li> </ul>	Activities that develop strength of different muscle groups <ul style="list-style-type: none"> <li>➤ Rope climbing</li> <li>➤ Pushups</li> <li>➤ Core strength training</li> <li>➤ Use of light weights</li> <li>➤ Stair climbing</li> <li>Etc.</li> </ul>	Activities that develop flexibility <ul style="list-style-type: none"> <li>➤ Pilates</li> <li>➤ Yoga</li> <li>➤ Lunges</li> <li>➤ Strides</li> <li>➤ Stretches</li> <li>➤ Dancing</li> <li>Etc.</li> </ul>

### Frequently Asked Questions:

***Do I still have to record DPA if I am participating in PE?***

Yes, students are required to record 30 minutes of DPA regardless of their PE program. Time spent in PE may be reported as DPA. On days when a student does not participate in a PE program, 30 minutes of DPA is required.

***Can I be exempted from DPA?***

Yes, students may be exempted for reasons such as physical disabilities, medical conditions or personal circumstances. Please contact your homeroom teacher to verify exemptions when mailing in your monthly calendar.

***Does DPA apply to students with special needs?***

Yes, DPA applies for all students. Please call our special education staff to address your individual needs.

## Grades 10 - 12

### Student Responsibilities:

You are encouraged to use an electronic tracking system available at **LearnNow BC** (<http://www.learnnowbc.ca/services>) Look for the DPA student tracking tool.

- You will need your PEN number in order to create an account.  
*If you are not aware of what your PEN number is, please contact the school.*
- Indicate that **South Central Interior Distance Education School** is your school of record. (School District #58, Nicola Similkameen)

Once your account has been created, you can log in at any time and record your activities using a series of drop boxes. Your homeroom teacher will check your DPA account during reporting periods. At this time, your DPA log will be accepted. Once accepted, your log will be locked and you will not be able to change activities recorded prior to the current date. You will be able to create a new ongoing log for the next reporting period.

You should note that there is a box for **Exemptions**. Exemptions will only be given for a period of extended illness or other extenuating circumstances. ***If you think that you should be exempted from DPA for a period of time, you must contact your homeroom teacher.***

Phone: 1-800-663-3536 and ask for your homeroom teacher by grade.

**If you are unable to use the electronic system at LearnNowBC**, you may use the convenient calendar that we have developed, located on the last page of this document. This same form is available for download from our school website ([www.scides.ca](http://www.scides.ca)). Please ensure that your calendar has been verified. Verification signatures are required on the backside of your calendar. Please mail in your calendar with one of your regular course submissions.

**It is your responsibility to mail the calendar to our school on a monthly basis.** Failure to do so will result in a ***“Not meeting expectations”*** comment and a subsequent plan will be developed to ensure success.

### Categories Explained:

Moderate Physical Activity	Vigorous Physical Activity
Moderate physical activity causes some increase in your breathing, heart rate, or both, but not enough to prevent you from carrying on a comfortable conversation during the activity. Examples include brisk walking, dancing, swimming, skating, biking, and games like basketball or soccer.	Increases the breathing and heart rates enough for cardiovascular conditioning. Talking is still possible but you can't really carry on a conversation. Examples include running, jogging, aerobics, fast dancing, and fast swimming.

**Please note: DPA is a requirement for Grad Transitions. Graduation is not complete if the requirements for Daily Physical Activity have not been met in Grades 10 to 12.**

## What Counts?

*Any physical activity that you engage in at home or in the community. For example:*

- Walking or cycling
- Doing physical activity (e.g., lifting weights, running on-the-spot, stretching, riding a stationary bike) while you're watching TV or videos
- Playing organized sport in your community
- Doing active chores around the home (e.g., dog walking, raking leaves, shoveling snow, chopping wood)
- Games and recreation activities with your friends or family (e.g., frisbee, canoeing, cross country skiing, rock climbing, hockey)
- Participating in community recreation activities (e.g., swimming, skating, tennis, Pilates, dance)

**All activity counts, as long as you are moving 😊**

## Daily Physical Activity: Frequently Asked Questions

### ***Do I still have to record DPA if I'm taking PE?***

- Yes, students in grade 10 – 12 must document 150 minutes of DPA per week. Your PE program may be recorded as DPA while you are registered in the course. During a term when you are not participating in PE you must document 150 minutes a week to receive credit for DPA.

### ***Does DPA apply to students with special needs?***

- Yes, DPA applies to every student, K-12. Please call our special education staff to address your individual needs.

### ***Does the DPA requirement of 150 minutes per week for grades 10-12 students replace the 80 hours requirement in Grad Transitions?***

- Yes, as of September 2008 students in grades 10 – 12 are expected to complete and record 150 minutes per week of physical activity at the moderate to vigorous level as part of Graduation Transitions Program.

### ***Can a student be exempted from DPA?***

- The expectation is that the vast majority of students will be able to meet the DPA requirement. If students are not able to participate in daily physical activity due to physical disabilities, medical conditions, or personal circumstances students should contact their homeroom teacher. Exemptions may be granted after a consultative process.

### ***How do I record my DPA?***

- Secondary students are encouraged to use the electronic recording DPA feature at LearnNowBC. (<http://www.learnnowbc.ca/services>) or you may use the calendar located on the last page of this document.

