

Adopted: 2012- 10- 15
Amended: 2019-02-25

Students

DAILY PHYSICAL ACTIVITY POLICY FOR STUDENTS

Preamble

Since September 2008, all students from K to 12 have been required to participate in Physical Activity. Physical activity may consist of either instructional or non-instructional activities. Physical activity has a positive impact on students' health and achievement. It also helps them develop good habits that can contribute to longer, healthier lives.

Policy

All students from Kindergarten to Grade 12 are required to participate in physical activity.

Kindergarten to Grade 10: For students enrolled In Grades K - 10, physical activity is included in the learning standards of the Physical and Health Education Curriculum.

Grades 11 to 12: 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 Transition program. The school administration will determine what method to track the activities.

Policy Objectives

1. To ensure that all students are following Ministry procedures in engaging in Physical Activity and documenting the activities in Grades 11 and 12.
2. Exemptions from physical activity
 - a. School staff should consider each student's request to be excused from physical activity. If the student is not able to participate in physical activity due to physical disabilities, medical conditions or personal circumstances, exemptions can be granted by the school principal (or designate).
 - b. Whenever possible, adaptations to physical activity should be considered rather than exemptions, as many students with disabilities can benefit from physical activity.
 - c. The principal should make the final decision about granting exemptions through consultation with the student, parent and staff members.