

IMAH – 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. The Board recommends that students and staff participate in daily, developmentally appropriate physical activity. The Board recommends the following practices:

1. Encourage parents/guardians to support their children's participation in physical activities
2. Support special programs such as student and staff walking programs and family events that emphasize lifelong 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 with the implementation of this policy
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
9. Evaluate annually co-curricular and extra-curricular activity offerings that support developmentally appropriate daily physical activity.

Statutory/Regulatory/Policy/Handbook Cross References

RSA 189:11-a, Food and Nutrition Programs

NH Code of Administrative Rules, Section Ed 306.04 (a) (15), Daily Physical Activity

NH Code of Administrative Rules, Section Ed 306.04 (l), Daily Physical Activity

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

Handbook (None)

APPROVED: November 3, 2011

PREVIOUS POLICY: None