

# Daily Physical Activity

## **Is your child meeting their Daily Physical Activity (DPA) requirements?**

We know that active, healthy students are happier and learn better. They also develop good habits that can contribute to longer, healthier lives. To help students achieve their best, the Ministry of Education implemented Daily Physical Activity, for all schools and students in B.C. The British Columbia Ministry of Education (MOE) requires students in grades 8 through 12 to complete 150 minutes per week of physical activity, at a moderate to vigorous intensity. The requirement to report Daily Physical Activity is meant to help promote a healthy and active lifestyle.

## **What Students need to know about the Daily Physical Requirement:**

Students' DPA achievement is reported on the school report cards during the school year (stating that a student is "meeting" or "not meeting" the DPA requirement set by the MOE). Those students who are active in a school PE or dance class receive their DPA comments in these courses.

Students **not** registered in a Handsworth PE or dance class must submit a DPA form (found under forms on the HSS website) to the school office signed by their parent/guardian. This DPA form acknowledges that the parent/guardian and the student are taking the responsibility to log the DPA hours at home. Only one DPA form needs to be submitted per year. This form acknowledges that "DPA requirements are being met" for all 3 reporting terms.

Distributed Learning PE students, Sports Academy students, and Peak Performance students not registered in an enrolling PE or dance at Handsworth are required to complete this DPA form.

Grade 12 students will report DPA by submitting the DPA form to their Planning 12 teacher

## **Guiding Principles:**

This is a socially responsible program, shared by the school, family and community, aimed at student health and learning

Schools will encourage and offer a variety of opportunities for students to meet the DPA requirement, but opportunities and responsibilities for many other activities reside with the family and community

Participation in PE Classes is one way to meet the required minutes, but it is still recommended for students to engage in DPA on non PE days.

## **Some Suggestions to Assist Your Child in Meeting the DPA Requirement:**

If you need to complete the DPA form, it is highly recommended that the student creates and keeps a daily log of activity. Logs help increase personal accountability.

Discuss with your child why he/she is completing and documenting DPA activities.

Reinforce the importance of physical activity through discussion and example  
Consider the time your child spends with technology including: TV, computers, electronic devices and video games

Encourage him or her to be physically active

Take advantage of opportunities for DPA available at the school outside of PE  
students can participate in extracurricular teams and clubs and intramural sports.

Develop a plan to increase your child's activity, including such things as school and community facilities, walking or cycling to and from school, individual or family recreational pursuits, dance, household chores requiring physical activity (mowing, shovelling snow, etc.) structured and unstructured sports and activities, etc.

External Links:

**Ministry of Education DPA Website:**

<https://www2.gov.bc.ca/gov/content/education-training/administration/legislation-policy/public-schools/daily-physical-activity>