

Daily Physical Activity

Did You Know

Three out of five Canadian children/youth (aged 5-17) are not active enough for optimal growth and development.

(Canadian Fitness and Lifestyle Research Institute)

What is Daily Physical Activity?

Daily Physical Activity (DPA) is daily, moderate to vigorous activities for endurance, strength or flexibility.

Many schools already have daily physical activity programs. Beginning September 1, 2008 all B.C. students will participate in DPA.

What Are the Requirements?

Kindergarten to Grade 9	Grades 10 to 12
30 minutes per day as part of a student's education program	150 minutes per week documented, moderate to vigorous physical activity

What's Working in Schools?

<p>In class Sitting aerobics, stretches, Games e.g. "Simon Says" Songs e.g. "Head and Shoulders, Knees and Toes"</p> <p>In school Activity-focussed PE classes Activity rooms with exercise DVDs for students Older students as activity buddies, Intramurals</p> <p>Outdoors Walking/running challenges, Playground circuits, orienteering</p>	<p>In school Activity-focussed PE classes, Intramural sports Athletics teams</p> <p>In the community Exercise classes at community rec. centers, Clubs/Programs at dance studios, swimming pools, track clubs, judo studios</p> <p>On your own Biking and walking to and from school Biking, running, horseback riding, Cross-country or downhill skiing or skating</p>
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Get connected with DPA!

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