

DAILY PHYSICAL ACTIVITY

IMAH

VLACS 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. VLACS recommends that students participate in developmentally appropriate physical activity and exercise for at least 30 to 60 minutes each day as a way to minimize these health risks.

VLACS recommends and supports the following practices:

- 1) Encouraging parents and guardians to support their children's participation in enjoyable physical activities, and recognizing that parents and guardians act as role models for active lifestyles;
- 2) Supporting special programs such as student and staff walking programs, family fitness events, and events that emphasize life-long physical activity;
- 3) Integrating health and physical activity across the school curriculum;
- 4) Encouraging student-initiated activities that promote inclusive physical activity on a school-wide basis;
- 5) Committing adequate resources that include program funding, personnel, safe equipment, and facilities;
- 6) Providing professional development opportunities for all school staff that will assist them to effectively promote enjoyable and lifelong physical activity among youth, and that will assist school staff to recognize their influence as role models for active lifestyles;
- 7) Establishing relationships with community recreation and youth sports programs and agencies to coordinate and complement physical activity programs;
- 8) Encouraging physical activity recess periods; and
- 9) Periodically evaluating programs to ensure that all students are engaging in developmentally appropriate daily physical activity

Legal 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

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