

## Daily Physical Activity (DPA)

## Information Sheet

### What is Daily Physical Activity?

Effective September 2008, all students will participate in 30 minutes of daily physical activity per day. Students will be able to meet these requirements in school during instructional or non-instructional time, as well as through daily physical activity undertaken in the community.

### What supports are being put in place to help schools, teachers, students and parents prepare for DPA?

A number of resources are being developed to support students, teachers and administrators in the implementation of Daily Physical Activity. These include a program guide with learning outcomes for grades K-9, an administrator guide for grades K-12, grade-appropriate handbooks for students and an activity resource book for classroom teachers looking for ideas on how to organize Daily Physical Activity in a variety of settings. Look for response drafts of the K-9 Program Guide and the K-9 Activity Resource to be posted on the Ministry website in December 2007.

### Supporting our children

Mandating physical activity for all K-12 students, along with the *Revised Guidelines for Food and Beverage Sales*, sets the highest school health standards in Canada and positions the Province to address the critical issues of sedentary lifestyles and childhood obesity.

For more and related information, please visit

#### ActNowBC

[http://www.actnowbc.ca/EN/actnow\\_bc\\_for\\_students/faqs/](http://www.actnowbc.ca/EN/actnow_bc_for_students/faqs/)

#### BC Healthy Schools Network

<http://www.bced.gov.bc.ca/health/hsnetwork/>



### Sample DPA Activities

#### In school

- ⊗ Intramural sports at school, such as basketball team
- ⊗ Noon hour activities, such as floor hockey
- ⊗ Recess activities such as tether ball, tag games
- ⊗ Clubs, such as dance club

#### Out of school

- ⊗ Community recreational centre activities, such as figure skating, swimming
- ⊗ Individual activities, such as walking/running, raking leaves

Do you have questions or comments on Daily Physical Activity? Call the DPA Phone line: 1-866-506-7020 or send an email to [DailyPhysicalActivity@gov.bc.ca](mailto:DailyPhysicalActivity@gov.bc.ca)