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 developmentally appropriate physical activity and exercise at for at least 30 to 60 minutes each day as a way to minimize these health risks. The Board recommends the following practices:

(1) Encourage parents/guardians to support their children's participation in enjoyable physical activities, and recognize that parents/guardians act as role models for active lifestyles;

(2) Support special programs such as student and staff walking programs, family fitness events, and 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 them to effectively promote enjoyable and lifelong physical activity among youth, and that will help school staff recognize their influence as role models for active lifestyles;

(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; and

(9) Periodically evaluate programs so 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