



Background

Schools have the responsibility of creating and nurturing a learning environment for students that supports the development of a lifelong habit for daily physical activity and for healthy lifestyles.

Calgary Girls Charter School will provide Daily Physical Activity (DPA) to increase student physical activity levels. DPA is based on the belief that healthy students are better able to learn and that school communities provide supportive environments for students to develop positive habits needed for a healthy, active lifestyle.

Procedures

1. The Principal has the flexibility to use instructional and/or non-instructional hours to implement DPA.
 - 1.1 Physical education classes are an appropriate strategy to meet the DPA requirement.
 - 1.2 DPA is to be offered in as large a block of time as possible but can be offered in time segments adding up to the minimum thirty (30) minutes per day; (e.g. two (2) fifteen (15) minute blocks of time for a total of thirty (30) minutes).
 - 1.3 DPA can be incorporated throughout the day and integrated into other subject areas.
2. The Superintendent will monitor the implementation of DPA to ensure that all students are active for a minimum of thirty minutes daily.
3. Exemptions from DPA, or program components of DPA, may be granted by the Principal under the following conditions:
 - 3.1 Medical reasons – upon written notice from the child’s physician to the Principal
 - 3.2 Religious beliefs – upon written statement from the parent to the Principal a student may be exempted from a component of DPA (e.g., yoga).

Reference:

Education Act, s. 18, 27, 52, 53, 54, 197, 222
Guide to Education ECS to Grade 12