



## **The Birches Academy of Academics and Art Daily Physical Activity Policy**

The Birches Academy of Academics and Art recommends that all students participate in developmentally appropriate physical activity and exercise for a minimum of 30 to 60 minutes each day. Through this recommendation, The Birches Academy seeks to minimize the health risks created by chronic inactivity, childhood obesity, and other health problems.

The Birches Academy of Academics and Art specifically recommends practices which:

1. Encourage parents and guardians to support their children's participation in enjoyable physical activities, and recognize that parents and 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 life-long physical activity
3. Encourage the integration of health and physical activity across the school curriculum
4. Encourage student-initiated activities that promote inclusive physical activity on a school-wide basis
5. Support committing adequate resources that include program funding, personnel, safe equipment, and facilities
6. Encourage professional development opportunities for all school staff that will assist them to effectively promote enjoyable and life-long physical activity among youth, and that will assist school staff to 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
9. Encourage a tracking and evaluation process to ensure that all students are engaging in developmentally appropriate daily physical activity

*This policy's recommendations are not intended to replace formal physical education programs required by Ed 310. State Standards Compliance Ed. 306.04 (a-15), (1)*