

HEALTH EDUCATION – DAILY PHYSICAL ACTIVITY

The Laconia School 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 Laconia School Board also recognizes that students and staff who participate in developmentally appropriate physical activity and exercise at least 30 to 60 minutes each day is one way to minimize these health risks. The Laconia School 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 life long 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. 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 assist school staff to recognize their influence as role models for active lifestyle.
6. Establish relationships with community recreation and youth sports programs and agencies to coordinate and complement physical activity programs.
7. Encourage physical activity recess periods.

Adopted: November 20, 2007