

Students who are active on a daily basis are healthier and perform better academically.

### **Endurance**

- activities that make you breathe deeper, make your heart beat faster, make you feel warm

### **Strength**

- activities that build your muscles and bones

### **Flexibility**

- activities like bending, stretching, and reaching that keep your joints moving

## **Daily Physical Activity**

DPA is defined as activities done on a daily basis of:

### **Endurance**

### **Strength**

### **Flexibility**

Activities may be instructional or non-instructional.

Grades 8 / 9 - schools must provide 30 minutes of DPA

Grades 10 / 11 / 12 - students must document and report a minimum of 150 minutes per week of physical activity at a moderate to vigorous intensity as part of their graduation requirements.

### **Moderate Intensity**

- brisk walking
- skating
- bike riding

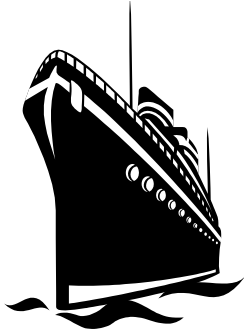
### **Vigorous Intensity**

- running
- basketball
- soccer

### **Activities**

- get moving
- play sports
- walk to school, store, park, friend's house
- walk, run, bike instead of getting a ride
- take the dog for a walk
- run, skateboard, bike
- snowboard, ski, skate, toboggan
- build a snow fort
- go swimming, bowling
- rake leaves, shovel snow
- attend yoga, aerobics, gymnastics, dance class
- put on some music and move
- stretch your muscles daily

# Main Inside Heading



Caption describing picture or graphic.

The most important information is included here on the inside panels. Use these panels to introduce your organization and describe specific products or services. This text should be as brief as possible and should entice the reader to want to know more about the product or service.

You can use secondary headings to organize your text and to make it more scannable for the reader.

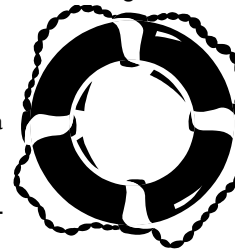
## Secondary Heading

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