

## Daily Physical Activity

What is DPA and why is it on the report card?

DPA stands for Daily Physical Activity. This is a Ministry of Education expectation that all students in high school get 150 minutes a week of physical activity. The school is required to report on the completion of the activity.

Students in PE classes, and passing, automatically get their DPA recorded as complete.

Students who do not have PE in their schedule must report on their activity and submit the report to the principal every reporting period.

Data is kept on a week-by-week basis.

The data should include what the activity was, how long it lasted and how many times it was done over the week.

Examples of what the record sheet should look like:

2 x 90 minutes hockey practice = 180 min

Walking to/from school each day 5 days x 2 x 15 minutes = 150 min

Walking the dog 7 days x 15 minutes = 105 min