

IMAH

Pittsfield School District

DAILY PHYSICAL ACTIVITY

The 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 Board recommends that students and staff participate in developmentally appropriate physical activity and exercise each day as a way to minimize these health risks. The Board recommends the following practices:

- 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;
- Support special programs, such as student and staff walking programs, family fitness events, and events that emphasize lifelong physical activity;
- Integrate health and physical activity across the school curriculum;
- Encourage student-initiated activities that promote inclusive physical activity on a school-wide basis;
- Commit adequate resources that include program funding, personnel, safe equipment, and facilities;
- Provide professional development opportunities for 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 lifestyles;
- Establish relationships with community recreation and youth sports programs and agencies to coordinate and complement physical activity programs; and
- Encourage physically active recess periods.

Reading: November 9, 2010

Adopted: November 30, 2010

Reviewed: December 4, 2014

Reviewed: October 18, 2018

Reviewed: November 3, 2022