

Daily Physical Activity

Questions and Answers

Q: Does the DPA requirement of 150 minutes per week replace the 80 hours requirement in Grad Transitions?

A: Yes. As of September 2008 students in grades 10 to 12 are expected to complete and record 150 minutes per week of physical activity at the moderate to vigorous level weekly in each of grades 10, 11, and 12 as part of Graduation Transitions Program

Q: How do students document and report the 150 minutes per week requirement that is part of the Grad Transitions?

A: School District 27 has developed "tracking sheets" that will be completed weekly during assigned class time. These sheets will be collected at the end of each term, recorded and reported as "Meeting Requirement" on term reports.

Q: Does Physical Education 11 and 12 fulfill the DPA requirement?

A: Yes, provided students are physically active during class time for at least 150 minutes of per week.

Physical Activities Categories

Endurance Activities

Cardiovascular endurance activities help the heart, lungs, and circulatory system stay healthy and provide increased energy. Activities that increase endurance should be moderate to vigorous:

- Moderate physical activity causes some increase in breathing and/or heart rate, but not enough to prevent an individual from carrying on a conversation comfortably during the activity. Examples of moderate physical activities include brisk walking, dancing, swimming, and biking.
- Vigorous physical activity is aerobic activity, which increases the breathing and heart rates enough for cardio-respiratory conditioning. This type of activity may, depending on fitness level, cause "huffing and puffing," so that talking is possible but the ability to carry on a conversation is limited. Examples of vigorous physical activities include jogging, basketball, aerobics, fast dancing, and fast swimming.

Strength Activities

Strength activities help muscles and bones stay strong, improve posture, and help to prevent diseases like osteoporosis. Strength activities are those that make us work our muscles against some kind of resistance, like pushing or pulling hard to open a heavy door. To ensure good overall strength, include a combination of activities that exercise the different muscle groups – in the arms, mid-section, and legs. Strive for a balance of upper body and lower body, right and left sides, and opposing muscle groups (e.g., both the front and back of the upper arm). Examples of activities that build strength are rope or stair climbing, bat and racquet games, push-ups, weight training, rowing, and skating.

Flexibility Activities

Flexibility activities help bodies to move easily, keeping muscles relaxed and joints mobile, and reducing the risk of injury. Regular flexibility activities can help us to live better, longer, so that quality of life and independence are maintained as we get older. Flexibility activities include gentle reaching, bending, and stretching of all muscle groups. Activities that help increase flexibility include stretches, Pilates, dancing, gymnastics, and swimming.