

SAU 24

DAILY PHYSICAL ACTIVITY POLICY

The School Boards in SAU 24 recommend 30 to 60 minutes a day of physical activity for students. The Boards encourage parents and guardians to support their children's participation in enjoyable physical activities, and recognize that parents and guardians act as role models for active lifestyles.

The School Boards are supportive of:

1. Family fitness events and events that emphasize life-long physical activity.
The integration of health and physical activity across the school curricula.
2. Adequate resources for safe equipment and facilities.
3. Opportunities for all school staff that will assist in effectively promoting enjoyable and lifelong physical activity among youth.
4. School staff members that recognize their influence as role models for active lifestyles.
5. Relationships with community recreation and youth sports programs that coordinate and complement physical activity programs for students.

Legal References:

RSA [189:11-a](#), Food and Nutrition Programs

NH Code of Administrative Rules, Section Ed [306.04\(a\)\(15\)](#), Daily Physical Activity

NH Code of Administrative Rules, Section Ed [306.04\(l\)](#), Daily Physical Activity

NH Code of Administrative Rules, Section Ed [310](#), Daily Physical Activity

Adopted: 11/29/2010 SAU 24 Board

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