

Daily physical activity (DPA) of 30 minutes per day is a mandatory requirement for all grades. For students in **grades 8 & 9**, PE class provides you with half of the required activity. Each student is responsible to complete 30 minutes per day of activity on non-PE days and have that activity documented. The additional time needed to fulfill the requirement may be met through participation in a variety of activities such as school sports programs, extra-curricular school activities (dance squad, show choir, etc.), community teams or individual pursuits at school or in the community (working out in the weight room, swimming, jogging, tennis lessons, etc.). Please print off and fill in the Daily Physical Activity Form provided below.

This completed form must be handed in to your PE teacher before the following dates: January 15 and May 28, 2014. Parents: the comment "DPA requirement met" will appear on your child's report card in February and June if the student has handed in a completed form.

Grade 10 students taking PE automatically fulfill the 150 minutes per week, therefore no form is needed. Any grade 10 student not participating in PE will be required to fill in the form used by the grade 8 & 9 students.

Grade 11 & 12 students are required to fill in the Physical Activity Log (click on "Academics", "Academic and Career Planning", "Graduation Requirements") in order to fulfill the physical activity portion of graduation transitions.

For more information please visit: <http://bced.gov.bc.ca/dpa/faq.htm>