



IMAH - DAILY PHYSICAL ACTIVITY

The Board recommends that all scholars of the Academy participate in developmentally appropriate physical activity and exercise for a minimum of 30 to 60 minutes each day as a way to minimize the health risks created by chronic inactivity and other related health problems. This policy is in addition to, and shall not be a replacement for, the physical education curriculum. The administration shall communicate this policy to staff and to enrolled families.

The Board recommends the following practices:

- (1) 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;
- (2) Encourage the integration of health and physical activity across the school curriculum;
- (3) Support committing adequate resources that include program funding, personnel, safe equipment, and facilities;
- (4) Establish relationships with community recreation and youth sports programs and agencies to coordinate and complement physical activity programs;
- (5) Encourage physical activity recess periods.

References:

- Ed 318.16(c) and Ed 310
- RSA 189:11-a,V-VI

Date of First Adoption: 10 October 2023

Date of Last Revision: None

Date of Last Review: None