PHYSICAL ACTIVITY

The Salem School Board recognizes that developmentally appropriate daily physical activity, exercise, and physical education can 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 for at least 30 to 60 minutes each day as a way to minimize these health risks.

The Board recommends that schools:

(1) Encourage parents or guardians to support their children's participation in enjoyable physical activities;
(2) Support programs that emphasize life-long physical activity;
(3) Integrate health and physical activity across the school curriculum to the extent practical;
(4) Encourage student-initiated activities that promote inclusive physical activity on a school-wide basis;
(5) Provide professional development opportunities for staff that will assist them to effectively promote enjoyable and lifelong physical activity among youth, and that will assist them to recognize their influence as role models for active lifestyles; and
(6) Encourage physical activity recess periods

Reference: RSA 189:11-a; Ed 310

Approved 8/14/07