



Re: Daily Physical Activity Requirements

The benefits of an active, healthy lifestyle are well researched and show that students who are physically active everyday are healthier and more successful in school than youth who are inactive. At Terry Fox Secondary we understand the importance of physical fitness and realize that many students are active all year round, at school, in the community and on vacation and with their friends and family.

In accordance with the Ministry of Education requirements for Daily Physical Activity (DPA) students need to partake in 150 minutes of physical activity a week. DPA includes activities that help develop endurance, strength and flexibility.

DPA is a socially responsible program shared by the school, family and community, aimed at student health and learning. Schools encourage and offer a variety of opportunities for students to meet the DPA requirement, although opportunities and responsibilities for many other activities reside with the family and community. Participation in Physical Education accounts for half or more of the required minutes, but it is the responsibility of students to ensure they are fully meeting expectations of DPA.

At Terry Fox, students have traditionally completed their DPA logging in homeroom. This letter of intent is an effort to streamline student completion of DPA. As a result, this signed letter of intent will fulfill their requirements for each school year. By signing this letter, you as a parent/guardian are acknowledging that your son/daughter is meeting the weekly 150 minute requirements.

When your son/daughter is registered in Physical Education or Fitness Classes your DPA is taken care of for that semester.

**Please return this signed letter listing the activities your son/daughter engages in to meet the DPA requirements for this school year.**

For example, you could include involvement in: soccer team, martial arts, P.E. 9, swim lessons, dance class, Fitness 11, walks to school daily, etc.

**Activities include:**

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Please have your son/daughter return to their Homeroom teacher by **September 7th, 2017.**

Student name \_\_\_\_\_ Grade \_\_\_\_\_ Student Number \_\_\_\_\_  
(please print full name)

Parent Name \_\_\_\_\_  
(please print full name)

Parent Signature \_\_\_\_\_