

DAILY PHYSICAL ACTIVITY LOG



Name _____
Please Print

Grade: _____

2010 / 2011



Daily Physical Activity (DPA)

Getting physically active might be easier than you think. Any moderate to vigorous physical activity that you engage in at home, at school or in the community for at least 10 minutes at a time counts as DPA.

Taking part in daily physical activity (DPA) is an excellent way to:

- stay in shape
- feel good about yourself
- have more energy
- spend quality time with friends
- meet new people
- control weight
- reduce stress
- help prevent chronic diseases
- perform better academically
- sleep better
- increase your circulation
- increase your self-esteem
- increase strength
- increase bone density
- gain better posture and balance
- have fun



By integrating physical activity, physical education and healthy eating habits into your daily life, you are well on your way towards life-long healthy living. Way to go!

The DPA Requirement

Effective September 2008, all British Columbia students from Kindergarten to Grade 12 will participate in 30 minutes of physical activity per day. Physical activity may consist of either instructional or non-instructional activities.

Daily Physical Activity is defined as endurance(E), strength(S) and/or flexibility(F) activities done on a daily basis.

Grades 8-9: Students are asked to participate in a minimum of 30 minutes a day of physical activity. You will record your activities in this log book. You will also be asked to reflect on your physical activities and set realistic activity goals. Each school will determine how the information is tracked and monitored. *This process is the beginning of fully implementing the Ministry of Education's DPA mandate.

Grades 10-12: Students must document and report a minimum of 150 minutes per week of physical activity, at a moderate to vigorous intensity, as part of their Graduation Transitions Program. You will record your activities in this log book. You will also be asked to reflect on your physical activities and set realistic activity goals. Each school will determine how the information is tracked and monitored.

Types of Physical Activity

Endurance (E) activities help your heart, lungs and circulatory system stay healthy and provide increased energy.

Moderate physical activity causes some increase in your breathing, heart rate, or both, but not enough to prevent you from carrying on a conversation comfortably during the activity. Examples include brisk walking, dancing, swimming, skating, biking and games like soccer, basketball, volleyball or ultimate.



Vigorous activities cause cardiovascular conditioning. Talking is still possible but you can't really carry on a conversation. Examples include running, jogging, aerobics, fast dancing and fast swimming.

Strength (S) activities help strengthen your muscles and bones, improve your posture and help prevent future diseases. Examples include weight training, core strength training, rowing, cycling and shovelling snow.

Flexibility (F) activities help your body to move easily, keep muscles relaxed and joints mobile. Activities include stretching, yoga, pilates, gymnastics, dancing and swimming.



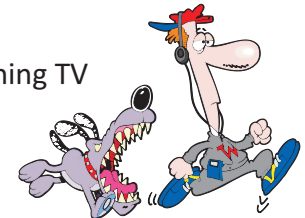
School Opportunities

- actively engage in Physical Education classes
- join intramurals
- workout in the weight room
- join or create your own activity club – walking, jogging, yoga, juggling...
- join a school team



Home and Community Opportunities

- hiking or cycling
- cross country skiing
- cut the grass
- skate boarding
- take a walk in your community (see Active Comox Valley)
- swimming
- wall climbing
- kayaking or canoeing
- stretch or work out while watching TV
- try out Wii fitness
- chop wood or rake leaves
- play on a community team or with friends
- walking with friends, family and/or dog
- vacuum



Be creative and have fun

Grade 8-9

Student Physical Activity Goals and Reflections

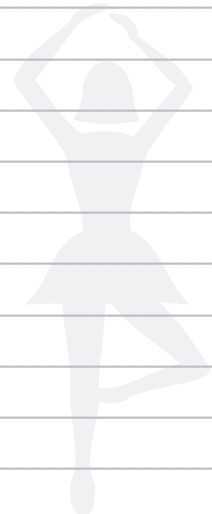
Set one or more short and long term activity goals and work towards achieving them. Good luck!

Each term, take time to reflect on your goals and physical activity. Here are a few ideas to help you.

When I take part in regular physically active, I feel . . .

Research shows active kids are healthier and perform better academically. Explain how taking part in regular physical activity helps you in school.





Grade 10-12

Graduation Transitions - Personal Health

It is expected that students will demonstrate the knowledge, attitudes, and positive habits needed to be healthy individuals, responsible for their own physical and emotional well-being.

Develop a long-term personal healthy living plan appropriate to your lifestyle. Make sure you describe:

- 1) sound nutritional habits
- 2) regular exercise routines
- 3) emotional health management (e.g., ways to handle stress)
- 4) positive health choices



Weekly Activity Log



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