

# Characteristics of a Super Active School

## Scheduled Physical Education

□ Our school meets or exceeds Dept. of Education guidelines for Physical Education - 6% of instructional time for K - 9.

(This 6% does not include intramurals.)

	<u>5 day cycle</u>	<u>6 day</u>	<u>7 day</u>	<u>14 day</u>
Phys. Ed.	90 minutes	108 min.	126 min.	252 min.

## In the Classroom

□ Teachers in our school have integrated physical activity into classroom instruction.

## At Recess and Lunch

□ Our school has students going outside for active play at recess and lunch on all nice days. Playground resources are available for active play.

## Before and After School

□ Our school has a variety of opportunities for students to engage in active living before and after school. This could include intramurals, clubs, and other activities that are fun for all students (outdoor pursuits, walking program, aerobics, dance). Parents and other community members could be helpful with these activities.

## In the Community

□ Our school works with members of the community to increase activity-based opportunities for students (i.e. pools, rinks, ski clubs, Winter Carnivals).

## Special Events with Activity Focus

□ Our school participates regularly in district-sponsored Stepping Out events with an activity focus (i.e. Terry Fox Run, Living Healthy Commotions, Olympic Torch Relay Challenge, Wonder + Fitness Challenge, Jump Rope for Heart).