

Physical Activity Letter to Parents

Dear Parent/Guardian;

Physical activity is essential for normal, healthy growth and development. Growing bones and muscles require not only good nutrition, but also the stimulation of vigorous physical activity to increase the strength and endurance necessary for a physically active lifestyle. Active participation in **physical education** classes, which includes games, fundamental movement skills, body awareness and movement, and outdoor pursuits, provides opportunities for students to develop the skills and confidence necessary to play and work cooperatively with their peers.

Physical Education Curriculum:

Students will participate in a variety of activities as an integral part of the Physical Education curriculum. These activities **may include but are not limited to:**

Primary School: Tag games, fitness building activities and fundamental movement skills (circuits and relays), body awareness and movement/gymnastics, target games.

Middle School: Low Organizational and Team Building games, body awareness and movement/gymnastics, Lead up Volleyball and Soccer, Target Games, Track and Field and Fitness Activities

High School: Low Organizational and Team Building games, body awareness and movement/gymnastics, Badminton, Basketball, Soccer, Target Games, Track and Field and Fitness Activities;

Daily Physical Activity:

Every student in our schools will be participating daily in moderate-to-vigorous physical activity. Research has shown that daily sustained physical activity has a positive impact on students' readiness to learn, behaviour, self-esteem, level of physical fitness and academic achievement. This daily physical activity will take place in physical education classes and in other areas of the school on non-physical education class days. Aerobic routines, fitness circuits, and power walks are some examples of daily physical activity sessions.

Intramurals/ Clubs:

Throughout the year students will also have an opportunity to participate in intramural and club activities that **may include but are not limited to:** Ball Hockey; Basketball; Badminton; Volleyball; Dodgeball; Terry Fox Run; running clubs; Track and Field days, Play days and Fun Fairs.

In the interest of safety, students must:

1. For physical education classes and intramural activities: wear appropriate attire for safe participation (e.g., T-shirt, shorts or track pants). Running shoes that provide good support and traction are a minimum requirement.
2. Hanging jewelry (e.g., necklaces, hoop earrings) must not be worn. In many activities (e.g., tag games, climbing, etc.) no jewelry can be worn. Jewelry which cannot be removed and which presents a safety concern (e.g., medical alert identification, religious requirement jewelry) must be taped or securely covered.

3. For the daily physical activities: wear appropriate running shoes and loose-fitting clothing that will not inhibit movement.

In the interest of safety, we strongly recommend:

1. Students have an annual medical examination.
2. Students bring emergency medications (e.g., asthma inhalers, epinephrine pen) to all curricular and co-curricular physical activities.
3. Students remove eyeglasses during daily physical activity, physical education classes and intramurals. If eyeglasses cannot be removed, the students must wear an eyeglass strap or shatterproof lenses.
4. Students wear/apply environmental protection for all outdoor activities (e.g., sunscreen, hat, insect repellent).
5. A safety inspection is carried out at home of any equipment brought to school for personal use in class, or in intramural/club activities (e.g., skis, skates, helmets).

Should your son/daughter/ward sustain an injury where a concussion is suspected then the Peace River School Division Concussion Protocol must be followed. If your son/daughter/ward is diagnosed with a concussion, the "Monitoring/Medical Examination Form" must be completed and the Peace River School Division Concussion Protocol must be followed before the student returns to physical education classes and intramural/ club activities. The school administrator or schools lead will provide further information should it be required.

Student Accident Insurance:

For insurance coverage of injuries, parents/guardians are encouraged to consider a Student Accident Insurance Plan from an insurance company of their choice.