

DAILY PHYSICAL ACTIVITY

The Board recognizes that developmentally appropriate daily physical activity, exercise, and physical education help minimize the health risks posed by chronic inactivity, childhood obesity, and related health problems. The Board recommends that students and staff engage in developmentally appropriate physical activity and exercise for 30 to 60 minutes each day to minimize these health risks.

The Board recommends the following practices:

1. Encourage families to promote active lifestyles and model healthy habits
2. Reinforce the role of physical activity as an essential and established part of the school curriculum
3. Provide developmentally appropriate opportunities -- accessible and engaging for students of varying interests, abilities, and experience levels—such as recess, walking programs, and school-wide events that foster joyful movement, perseverance, and teamwork.
4. Ensure the provision and effective use of resources--including safe equipment, trained staff, and adequate facilities-- to support meaningful physical activity.
5. Offer professional development that supports staff in promoting lifelong physical activity
6. Collaborate with community programs to expand access and participation.

BACS Board of Trustees Approved: 1-15-2026

Legal References: RSA 189:11-a, Food and Nutrition Programs NH Code of Administrative Rules, Section Ed 306.04(a)(15), Daily Physical Activity NH Code of Administrative Rules, Section Ed 306.04(l), Daily Physical Activity NH Code of Administrative Rules, Section Ed 310, Daily Physical Activity