

STUDENT NAME: \_\_\_\_\_ GRADE: \_\_\_\_\_

**DAILY PHYSICAL ACTIVITY VERIFICATION FORM**  
**Grade 8 - 12 Students – Mackenzie Secondary School**

- 1) This Physical Activity Verification form must be signed by a parent, guardian or coach to confirm participation in 150 minutes per week of physical activity during one week in each semester
- 2) You must complete the *Physical Activity Log* or a signed printout of a physical activity log that documents **one sample week** of 150 minutes per week of physical activity **in each semester**.
- 3) **Signed Physical Activity Logs and Verification Forms should be submitted:**
  - a. **In term two of semester one, before January 6, 2017**
  - b. **In term four of semester two, before June 2, 2017**

\* Students that do not submit the required signed Physical Activity Logs and Verification Forms by the end of the semester(s) that they do not have a PE class will receive ***“Requirement Not Met”*** on their final report card.

\* Students that are meeting the Daily Physical Activity requirement of the Graduation Transitions Program will receive ***“Meeting requirement”*** on final reports.

\* Completion of 150 minutes per week of Daily Physical Activity is a graduation requirement in Grades 10 to 12. Failure to complete the required logs and verification forms could affect graduation.

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**Daily Physical Activity Defined:**

Daily physical activity (DPA) refers to physical activity that people do on a daily basis. DPA includes activities that help develop endurance, strength, and flexibility.

**Why Daily Physical Activity?**

Students who engage in daily physical activity are happier and demonstrate improved academic performance at school. Being active will help students reach their full intellectual, emotional, and physical potential. Being active now will also help to prevent chronic diseases in the future.

Regular participation in physical activity can

- increase your energy levels;
- increases self esteem;
- helps maintain a healthy weight;
- give you the opportunities to spend time with and make friends;
- helps you relax and reduce stress; and more

**What Counts as Daily Physical Activity?**

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. For example:

- getting to and from school (e.g. walking or cycling);
- physical activity during the school day such as Physical Education class;
- playing games or sports during lunch time;
- playing on a school sports team or community sports team;
- part time jobs that involve physical activity (e.g. delivering newspapers, stocking shelves, walking your dog);
- playing games with your family or friends (e.g. hockey, soccer, road hockey);
- doing active chores at home (e.g. shovelling, window washing, raking, chopping wood)
- community recreation activities (e.g. swimming, skating, snowboarding, dance, skateboarding)

