



CHRISTIAN ALLIANCE  
INTERNATIONAL SCHOOL  
宣道國際學校

## Daily Physical Activity Policy

Governance Policy		Date Approved	March 2022
Management Policy	√	Date Next Review	March 2026

### Rationale

The Daily Physical Activity initiative is based on the following beliefs:

- healthy students learn better
- students' physical activity levels need to increase
- teachers, schools and school authorities can support students in developing positive habits for a healthy, active lifestyle

### Requirement of Alberta Education

CAIS will ensure all students in grades 1 to 9 are physically active for at least 30 minutes each day through activities organized by the school.

### Principles

Daily physical activities should:

- vary in form and intensity
- consider each student's ability
- consider resources available within the school and community
- allow for student choice



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## **Procedures**

CAIS will offer daily physical activity:

- through instructional hours, non-instructional hours, or a combination of both
- during the day in a 30-minute period, or in/through blocks of time that add up to 30 minutes a day
- within physical education classes or other subject areas