

60 minutes a day

Contrary to popular belief, physical activity is for EVERYONE!!!! Moving and playing is a natural part of life for any person who wishes to live a healthy and physical lifestyle. Being able to express emotion, create relationships, relieve stress and being involved is an important aspect of all children participating in sports and games. At home, parents & family members have an opportunity to reinforce the importance of play. A kid that sees physically active individuals sets the stage for them to become active. As their PE teacher, I work to be a positive role model during the school hours but I can only do so much. The home is where it starts first. Whether at the playground or park, area sports program, in the backyard or in the neighborhood, being able to find environments for students find environments to participate in physical activity outside of school hours is necessary for them to complete the required 60 minutes of physical activity per day they need. I have learned the sometimes the simplest things are the things that leave the biggest and longest lasting impact on our lives.

Recommendations for Physical Activity:

National Association for Sport and Physical Education

- Guideline 1: Children should accumulate at least 60 minutes of age appropriate, moderate (walking) to vigorous (running) physical activity on all, or most days of the week.
- Guideline 3: Children should participate each day in a variety of age-appropriate activities designed to achieve optimal health, wellness, fitness, and performance.
- Guideline 4: Extended periods of inactivity are discouraged for ALL children, especially those periods during the daytime hours.