

MASON SCHOOL DISTRICT

Policy IMAH: Daily Physical Activity

Category: Priority/Required

The Board recognizes that developmentally appropriate daily physical activity, exercise and physical education are ways to minimize health risks created by chronic inactivity, childhood obesity, and other related health problems. The Board recommends that students and staff participate in developmentally appropriate physical activity and exercise at for at least 30 to 60 minutes each day as a way to minimize these health risks. The Board recommends the following practices:

- a. Encourage parents/guardians to support their children's participation in enjoyable physical activities, and recognize that parents/guardians act as role models for active lifestyles;
- b. Support special programs such as student and staff walking programs, family fitness events, and events that emphasize lifelong physical activity;
- c. Integrate health and physical activity across the school curriculum;
- d. Encourage student-initiated activities that promote inclusive physical activity on a school-wide basis;
- e. Commit adequate resources that include program funding, personnel, safe equipment, and facilities;
- f. Provide professional development opportunities for all school staff that will assist them to effectively promote enjoyable and lifelong physical activity among youth, and that will assist school staff to recognize their influence as role models for active lifestyles;
- g. Establish relationships with community recreation and youth sports programs and agencies to coordinate and complement physical activity programs;
- h. Encourage physical activity recess periods; and
- i. Institute a tracking and evaluation method to ensure that all students are engaging in developmentally appropriate daily physical activity.

The District's Wellness Committee (formed pursuant to Board policy JLCF - Wellness) is charged with monitoring the implementation of this policy. At least as frequently as the Triennial Assessment required under Section II.C of JLCF, the Wellness Committee will report to the Superintendent with recommendations for how to advance the objectives stated above. The Superintendent will review the recommendations.

District Policy History:

First reading: August 20, 2018

Second reading/adopted: September 17, 2018

District revision history:

August 18, 2025

NH Dept of Ed Regulation

Description

N.H. Code Admin. Rules Ed 306.04(b)(23) [Meeting the Special Physical Health Needs of Students](#)

N.H. Code Admin. Rules Ed 310 [Daily Physical Activity](#)

Cross References

Code

Description

JLCF [Wellness](#)

JLCI [Coordinated School Health Program](#)

JLCK [Physical and Emotional Well-Being of Students](#)