Physical Activity Guidelines

Type of Activity for qualification:

* Moderate physical activity **two** times per day.
* Vigorous physical activity **one** time per day.

Time Frame per Activity:

* Each activity needs to last at least **ten minutes**.

Safety of Activity:

* Students should always perform safe activities.
* Any activities that are not safe will not be counted in the point system.
* **Safety First!**

Location of Activity:

* Students have to use after school hours for **two** of their physical activity time slots (**Home**).
* Students have to use physical activity time at school for **one** of their time slots (**Physical Activity Time**).

Sign Off:

* Students will need to receive a signature from their **parent or guardian** for the **two** at home activities.
* *One extra point* will be given to students who get their parents involved in the activity.
* Students will need to receive **one** signature from their **teacher** for their activity during physical activity time.
* This should not be a distraction to instruction time in class.
* Schedule a time with the teacher for sign offs.

Twitter Rules:

* One extra point will be given to students that take a picture of the activity and tag @minthillhpe.
* One extra point will be given to students that video their activity and tag @minthillhpe.
* You have to pick either a picture or video per activity. NOT both. You can only receive one extra point per activity when you tag @minthillhpe.