

Burnaby Central Secondary Daily Physical Activity



Information for Grade 8 and 9 Students:

What is DPA? 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. Your DPA choices can represent your likes and interests. All activity counts, as long as you are moving.

How much do I need to do? Each Student in Grade 8 and 9 will need to participate in physical activity for at least 30 minutes per day. Each activity must last at least 10 minutes or more and be of moderate to vigorous level of intensity. Students in grade 10-12 will need 150 minutes per week.

What does “moderate to vigorous intensity” mean? Moderate intensity is when the activity you are doing causes your heart rate and breathing to increase (“I am feeling warmer”). Vigorous intensity is when your heart rate is faster and you are slightly breathless, but, you can still talk (“I’m huffing and puffing”).

Does taking PE satisfy the requirement? On days that you are taking PE, you are getting more than 30 minutes of activity per day. On the days that you do not have PE you will need to do some other sort of activity.

What activities can I do?

Endurance Activities: activities that help develop your cardiovascular endurance such as brisk walking (with your dog or to school), swimming, cycling, jogging, sports (such as soccer, basketball, and rugby), aerobics, dancing, cross-country skiing, tag games.

Strength Activities: activities that help develop the strength of different muscle groups such as push-ups, racquet and ball games, core training, skating, house chores, martial arts. This can be done in the community or with friends and family.

Flexibility Activities: activities that help develop the flexibility of different parts of the body such as yoga, gymnastics, dancing, Pilates.

What activities does Burnaby Central provide? You can join one of Central’s many extra-curricular sport teams (see your planner or see the Athletic Director Mr. Kuhn), sign up for the school walking club or weigh training club, participate in open gym activities at lunch, join an intramural league (see schedule posted in foyer or gym), or any other activity in class (drama, dance).

Why is DPA important? It can help you increase your energy levels, reduce the risk of heart disease, diabetes, osteoporosis, build stronger muscles and bones, maintain optimum weight, enhance your concentration and academic performance, increase self-esteem, give you an opportunity to make new friends and spend time with family, reduce stress, and develop leadership skills you can use throughout life.

How will I keep track of my DPA? Your PE 8/9 teacher will give you information about how you can track your DPA. Grads need to see Ms. MacDonald or Mrs. Neves in the Grad Transitions office.



Most importantly, have fun and get fit!!