

Personal Health



Daily Physical Activity (DPA)

150 minutes of Physical Activity per Week

Resource Package for grades 10, 11 & 12

What is it?

All Students in grades 10 through 12 are required by the BC Ministry of Education to participate in 150 minutes of moderate to vigorous physical activity per week.

Where can I get more information?

The BC Ministry of Education has created a website www.learnnowbc.ca to help students and parents understand the expectations as well as track their physical activity. This website has many resources as well as online tutorials to assist students in getting started. In addition, DPA information and documents are available in the Counselling Alcove and on the Mount Douglas Website at www.mtdoug.sd61.bc.ca.

How do I get my online DPA log set up?

Visit the Learn Now BC website at www.learnnowbc.ca and follow the instructions to create an account. To create your DPA log, look under "Students" on the left side menu and select "Setting up your Daily Physical Activity Log".

Where can I get help and advice?

If the online resources do not meet your needs and you still have questions about DPA then you are encouraged to book an appointment for one-on-one support from Mr. Verhagen or Mrs. Prevost in the Counselling Alcove

How do I get credit for my DPA?

Once you have completed your DPA requirements and the attached worksheet they are both to be submitted to the appropriate Graduation Transition Advisor for evaluation and recording.

Personal Health

150 Minutes of Moderate to Vigorous Physical Activity per Week

Name: _____

Grade: _____

Grad. Transition Advisor: _____

Date submitted: _____

Part I

Visit the Learn Now BC website at www.learnnow.bc.ca and follow the instructions to create an account. Please record your account information in a safe location so that you will be able to access your account in the future. Record your weekly minutes of physical activity from September to June.

Username: _____

Password: _____

Part II

Upon completion of your participation in DPA complete one paragraph in response to each of the following items. Please respond in the space provided below and on the back on this page.

- 1) Identify and describe a minimum of three benefits that you have experienced as a result of the of the DPA program.

- 2) Comment on your overall experience with the DPA program.

1) _____

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