



ROCKRIDGE SECONDARY SCHOOL

5350 Headland Drive, West Vancouver, BC V7W 3H2
Telephone (604) 981-1300 FAX (604) 981-1301

GRADE 11 & 12 - DAILY PHYSICAL ACTIVITY (DPA) FORM **CONFIRMATION OF STUDENT PARTICIPATION**

Family Name: _____ Given Name: _____

Date of Birth: _____

DAILY PHYSICAL ACTIVITY REQUIREMENT

The British Columbia Ministry of Education (MOE) requires students in Grades 8-12 to complete 150 minutes (2.5 hours) per week of physical activity, at a moderate to vigorous intensity. In Grades 10, 11, and 12, DPA is considered part of a students' *Graduation Transitions Program*.

REPORTING

All grade 11 & 12 students **MUST** complete this form **each** term. Students exempt from this form are: enrolled in a PE class, super achievers, or sport academy.

School report cards during the year will state whether a student is '*meeting*' or '*not meeting*' the DPA requirement as outlined by the MOE.

Please indicate which term this form applies to: (one form is submitted for each term)

TERM 1 _____

TERM 2 _____

TERM 3 _____

PHYSICAL ACTIVITIES

For a complete list of activities considered as *physical activity* visit: www.gov.bc.ca/bced

In the boxes below, list the types of physical activities you participated in this term:

SIGNATURES

By signing below, I am verifying that the requirement described above has been completed for this term.

Student Signature: _____ Phone: _____

Parent Signature: _____ Phone: _____