

“DPA Welcome Video”

Video Transcript

The Daily Physical Activity (or DPA) policy requires that students participate in at least 20 minutes of physical activity each day during regular classroom time. Research has shown that classroom physical activity can improve students' physical and mental health, mood, concentration, motivation, academic performance, and their ability to build positive relationships.

However, research also shows that many teachers struggle to implement DPA because of a lack of accessible resources. And that's why we, a team of researchers at the Western University, created this one-stop shop DPA toolkit to support teachers in incorporating physical activity into their classrooms. This website contains over 100 videos, activities, and posters to help facilitate DPA. The resources are just a few clicks away and are organized by grade (K-3, 4-6, and 7-8), subject matter (such as language or math) and physical activity intensity (low or moderate) to suit your classroom's needs.

These DPA resources are great to use before or after recess, during transitions between activities, or whenever it seems like students could benefit from getting up and moving around. Teachers can do the full 20 minutes of DPA all at once or break it up into short chunks throughout the school day. Any type and intensity of physical activity can be beneficial for students.

So, what are we waiting for? Let's get moving!