



# GRAD TRANSITIONS PLAN 2016-2017

## Condensed Daily Physical Activity (DPA) Verification Form

*This form is for Grade 12 students enrolled in Graduation Transitions 12.*

<b>Name:</b> _____	<b>Pupil #:</b> _____
	<b>Homeroom #:</b> _____
	<b>Grade:</b> _____

Every student in BC must participate in Daily Physical Activity (DPA) as a mandatory graduation requirement by the Ministry of Education and is documented on the report card. **GRADES 8-12 students are responsible for participating in DPA for a minimum of 150 minutes per week.**

**NOTE: DPA is a component of the 4 credit Graduation Transitions Plan and must be completed and verified in order for students to graduate.**

Grade 12 students will need to track their minutes all year. Students are responsible for completing and documenting their weekly minutes. Parents are responsible for verifying that their children have met this requirement. To assist students with documentation, a log for recording the DPA information is available from the Palmer website or GT bulletin board.

DPA may include many activities – brisk walking, stretching, swimming, biking, skateboarding, formal exercise programs (i.e. yoga, weight training, aerobics, dance etc.) or playing sports. Participating on school teams, intramurals or other sports activities and even walking to school all count towards weekly minutes. The key is to be active daily!

**STUDENTS MUST COMPLETE THE APPLICABLE SECTIONS OF THE FORM BELOW AND HAVE IT VERIFIED BY PARENTS.**

Please check all applicable boxes and describe.

<input type="checkbox"/>	During the school year (Sep 2016 to April 2017), I took these courses to partially meet the DPA requirements (e.g. PE or other): _____
<input type="checkbox"/>	During the school year (Sep 2016 to April 2017), I participated in these school sports programs: _____
<input type="checkbox"/>	During the school year (Sep 2016 to April 2017), I participated in these extra-curricular activities (e.g. intramurals, school outings) _____
<input type="checkbox"/>	During the school year (Sep 2016 to April 2017), I participated in these community organized programs: _____
<input type="checkbox"/>	Other (please describe) _____
<b>I acknowledge my responsibility to record/document my involvement in daily physical activity and have the support of my family to ensure the completion of this Ministry of Education graduation requirement.</b>	
Student Signature: _____	Date: _____
<b>As Parent/Guardian of the above student, I verify that he/she will complete the above graduation requirement as stated.</b>	
Parent/Guardian Signature: _____	Date: _____

*This form must be completed and returned to the GT Coordinator by  
**April 26<sup>th</sup>, 2017***