

Policy Type: Ends

Physical Health and Fitness

E-4

All UPSD students are healthy and physically fit.

1. UPSD students are physically fit, as measured by the FitnessGram © Standards for Healthy Fitness Zone.
2. UPSD students know the relationship between physical fitness and longevity, disease prevention and quality of life.
3. UPSD students know the American Heart Association Nutritional Guidelines for Healthy Children.
4. UPSD students know the relationship between proper nutrition and overall physical fitness, longevity, disease prevention and quality of life.
5. UPSD students know that the choices they make both at school and at home with regard to physical activity and nutrition impact their ability to learn in school, their physical fitness, longevity, disease prevention and quality of life.
6. UPSD students know that the choices they make both at school and at home with regard to physical activity and nutrition impact their ability to learn in school, their physical fitness, longevity, disease prevention and quality of life.

Adopted: *August 8, 2007*
Monitoring Method: *Internal Report*
Monitoring Frequency: *Annually in June*