

DAILY PHYSICAL ACTIVITY

At Lionheart, we recognize that our students are not merely minds to educate but whole beings— mind, body, and spirit—who flourish when all aspects of their humanity are nurtured. Physical activity is not a break from learning, but a vital part of it. Classical education seeks to cultivate a love of what is true, good, and beautiful, and we believe these ideals can and must be pursued through the body as well as the mind. Daily movement—whether in physical education classes, structured play, or informal activity—builds physical competence, moral character, and joyful engagement. It teaches courage in the face of fatigue, prudence in competition, justice in teamwork, and leadership in action.

Classical educators have long recognized that physical training is essential to the formation of the whole person—preparing both body and mind for the pursuit of virtue and wisdom. Our approach blends the wisdom of classical tradition with current understandings of child development and health. Daily physical activity, whether through formal physical education or active movement integrated throughout the school day, supports not only physical well-being, but readiness to learn, emotional regulation, and the cultivation of virtue. We aim for every student to delight in physical movement, to grow in strength and discipline, and to experience the dignity of embodied learning.

To that end, Lionheart supports daily physical activity for students and staff—ideally 30 to 60 minutes per day, outside whenever possible—through the following practices:

1. Encourage families to promote active lifestyles and model healthy habits
2. Reinforce the role of physical activity as an essential and established part of the school curriculum
3. Provide developmentally appropriate opportunities—accessible and engaging for students of varying interests, abilities, and experience levels—such as recess, walking programs, and school-wide events that foster joyful movement, perseverance, and teamwork.
4. Ensure the provision and effective use of resources--including safe equipment, trained staff, and adequate facilities—to support meaningful physical activity.
5. Offer professional development that supports staff in promoting lifelong physical

activity

6. Collaborate with community programs to expand access and participation.

Legal References:

RSA 189:11-a, Food and Nutrition Programs

NH Code of Administrative Rules, Section Ed 306.04(a)(15), Daily Physical

Activity NH Code of Administrative Rules, Section Ed 306.04(l), Daily Physical

Activity NH Code of Administrative Rules, Section Ed 310, Daily Physical Activity

LCA Policy Committee Approved

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