Health and Fitness

All UPSD students are healthy and physically fit, and demonstrate the knowledge, skills, habits and attitudes of a healthy and fit lifestyle that will successfully carry them into adult life.

1. UPSD students are physically fit.

2. UPSD students demonstrate knowledge of a healthy and fit lifestyle.
   a. UPSD students know nutritional guidelines for healthy children.
   b. 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.

3. UPSD students demonstrate the habits and attitudes of a healthy and fit lifestyle.

Adopted: July 10, 2019
Monitoring Method: Internal Report
Monitoring Frequency: Annually in July