

Daily Physical Education in Alberta Schools

Public Elementary School: Grades K–5

30 minutes of Physical Education every day

School Demographics

Enrollment: 437

Special Programs: French Immersion

School Facilities

- Double Station Gym
- Sports Fields
- Tarmac
- Playground

Community Facilities

Busing Distance

- Pool

Walking Distance

- Outdoor rink
- Community walking trail
- Tennis courts

Snapshots

Prior to Daily Physical Education

- Daily Physical Education since 1991

Implementation of Daily Physical Education

- Changed lesson plans to accommodate 50-60 students at a time and hired a dedicated PE teacher to coordinate and deliver a quality program.
- All classes are double classes – 2 classes scheduled for PE at the same time; one classroom teacher stays to help the PE teacher while the other classroom teacher receives a prep period.
- Appropriate grade levels as well as French immersion & English classes are scheduled together to develop friendships & add to the positive school climate.
- To schedule 437 students through the gym in one day we recognized that the Physical Education/Gymnasium schedule needs to be done first, the rest of the scheduling revolves around it. This process allows the gym to be full all of the time with no wasted blocks

Observations of Impact

- Daily Physical Education has become the cornerstone of the school.
- Many district and provincial awards & commendations for the program.
- Students, parents & staff value the program.

Scheduling Demographics

5 day schedule

1570 minutes of instructional time per week

184 instructional days per year

GRADE 1 - REGULAR PROGRAM

Subject	Percentage Time Allocation by Subject	Percentage Time Allocations Recommended by Alberta Education (2005-06 Guide to Education)
Math	17%	15%
Language Arts	40%	30%
Social	9.3%	10%
Science	9.3%	10%
Physical Education	9.3%	10%
Health	2%	
Art & Music	8%	10%
Optional	4%	
Time for optional subjects	(allocated throughout)	15%
Total Hours per Year	963	950

SAMPLE GRADE 1 TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday
Block 1 25 minutes	Language Arts	Language Arts	Language Arts	Language Arts	Language Arts
Block 2 30 minutes	Language Arts	Computer	Language Arts	Language Arts	Language Arts
Block 3 31 minutes	Language Arts	Language Arts	Language Arts	Language Arts	Language Arts
Recess – 14 minutes					
Block 4 30 minutes	Math	Math	Math	Math	Health
Block 5 30 minutes	Math	Math	Math	Math	Math
Block 6 30 minutes	Physical Education	Physical Education	Physical Education	Physical Education	Physical Education
Lunch – 49 minutes					
Block 7 38 minutes	Language Arts	Language Arts	Language Arts	Language Arts	Language Arts
Block 8 30 minutes	Music	Science	Social Studies	Social Studies	Music
Block 9 30 minutes	Science	Social Studies	Science	Art	Social Studies
Block 10 30 minutes	Science	Social Studies	Science	Art	Computers
Block 11 10 minutes	Language Arts	Language Arts	Language Arts	Language Arts	Language Arts

Scheduling Demographics

5 day schedule

1570 minutes of instructional time per week

184 instructional days per year

GRADE 4 - FRENCH IMMERSION

Subject	Percentage Time Allocation by Subject	Percentage Time Allocations Recommended by Alberta Education (2005-06 Guide to Education)
Language Arts	23%	35%
French	19%	
Math	15%	15%
Social	9%	10%
Science	14%	10%
Physical Education	9%	10%
Health	3%	
Art & Music	8%	10%
Time for optional subjects	(allocated throughout)	10%
Total Hours per Year	963	950

SAMPLE GRADE 4 TIMETABLE (FRENCH IMMERSION)

	Monday	Tuesday	Wednesday	Thursday	Friday
Block 1 25 minutes	French	French	French	French	French
Block 2 30 minutes	French	French	French	French	French
Block 3 31 minutes	Science	French	Science	French	Science
Recess – 14 minutes					
Block 4 30 minutes	Science	Social Studies	Science	Social Studies	Science
Block 5 30 minutes	Math	Math	Math	Math	Science
Block 6 30 minutes	Math	Math	Math	Math	Health
Lunch – 49 minutes					
Block 7 38 minutes	Language Arts	Language Arts	Language Arts	Language Arts	Art
Block 8 30 minutes	Language Arts	Language Arts	Language Arts	Language Arts	Art
Block 9 30 minutes	Social Studies	Music	Social Studies	Music	Social Studies
Block 10 30 minutes	Physical Education	Physical Education	Physical Education	Physical Education	Physical Education
Block 11 10 minutes	Language Arts	Language Arts	Language Arts	Language Arts	Language Arts