

Daily Physical Education in Alberta Schools

Catholic Junior High School: Grades 7–9

46 minutes of Physical Education every day

School Demographics

Enrollment: 660

Special Programs: French/Italian/Spanish/IOP/ASP

School Facilities

- Large Gym
- Small Gym
- Fitness Centre
- Sports Fields
- Drama Room
- Wrestling Room
- Tarmac
- Foyer

Community Facilities

Busing Distance

- No regular busing to available facilities

Walking Distance

- Arena
- Pool
- Tennis Courts

Snapshots

Prior to Daily Physical Education

- PE was offered 3 times in a 6 day rotation.
- Daily PE offered in 2005-2006 in response to Alberta Education's DPA Initiative.

Implementation of Daily Physical Education

- Space was a concern when trying to accommodate daily PE for 660 students. A 7 block, 6 day rotation week was created with every student having 46 minutes of daily PE. Every available space was utilized as well as community resources.
- Parent Advisory Committee provided financial support to renovate our fitness center.
- Arranged for 4 classes to be scheduled in four different spaces at one time. Created a communication chart with pockets listing teacher's names. The locations for PE classes were communicated with students through a long range schedule.
- To accommodate the variety of expertise on staff the 6 PE teachers were scheduled to team-teach.
- A professional learning community was established for the PE teachers to meet and plan on an ongoing basis.
- The PE budget was increased, and DPA funding was accessed to purchase additional print resources and equipment.
- Messages were included in the newsletter to educate parents about the importance of physical activity.

Observations of Impact

- Staff and students are supportive of daily PE and are working together to solve issues like locker room crowding.
- Positive reactions from staff, students and parents.

Scheduling Demographics

6 day schedule

2208 minutes of instructional time per week (6 days)

192 instructional days per year

GRADE 8

Subject	Hours of Instruction per Year	Alberta Education's Recommended Hours of Instruction per Year (2005-06 Guide to Education)
Math	147 hours	100 hours
Language Arts	147 hours	150 hours
Social	147 hours	100 hours
Science	147 hours	100 hours
Physical Education	147 hours	75 hours
Health	24.5 hours	50 hours
Option #1	74 hours	150 hours
Option #2	74 hours	
Religion	74 hours	Included in flex time
Flex Time	(allocated throughout)	225 hours
Total Hours per Year	981.5 hours	950 hours

SAMPLE GRADE 8 TIMETABLE

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Block 1 46 minutes	Math	Physical Education	Math	Physical Education	Physical Education	Science
Block 2 46 minutes	Social Studies	Social Studies	Language Arts	Math	Science	Physical Education
Block 3 46 minutes	Language Arts	Religion	Social Studies	Science	Math	Language Arts
Block 4 46 minutes	Physical Education	Language Arts	Physical Education	Language Arts	Health	Social Studies
Lunch – 40 minutes						
Block 5 46 minutes	Science	Math	Science	Social Studies	Option 8-1	Math
Block 6 46 minutes	Option 8-1	Option 8-2	Language Arts	Religion	Social Studies	Option 8-2
Block 7 46 minutes	Math	Science	Option 8-1	Option 8-2	Language Arts	Religion