

Daily Physical Education in Alberta Schools

Catholic Elementary School: Grades K–6

30 minutes of Physical Education every day

School Demographics

Enrollment: 150

Special Programs: Educational Support 1, Observation Room

School Facilities

- Single Station Gym
- Sports Fields
- Tarmac
- Playground

Community Facilities

Busing Distance

- Ski Hill

Walking Distance

- Pool
- Inline Skating

Snapshots

Prior to Daily Physical Education

- Daily Physical Education since 2003

Implementation of Daily Physical Education

- Initially, many teachers had little familiarity with implementation of physical education. The school provides both time and money for teachers to attend in-services and workshops.
- Teachers are supplied with unit and lesson plans as well as other print resources.
- Staff are involved in a mentoring program that allows time for observation and discussion about evaluation and instruction in PE.

Observations of Impact

- Students have become calmer in their academic classes and less aggressive in the hallways.
- Students and staff have become more conscious of their overall health.
- Parents are more aware of the benefits of activity for themselves and their family.

Scheduling Demographics

5 day schedule

1550 minutes of instructional time per week

188 instructional days per year

GRADE 6

Subject	Percentage Time Allocation by Subject	Percentage Time Allocations Recommended by Alberta Education (2005-06 Guide to Education)
Language Arts	23%	25%
Math	15%	15%
Social	10%	10%
Science	15%	15%
Physical Education	10%	10%
Health	2%	
Art & Music	10%	10%
French	5%	
Religion	10%	
Flex Time	(allocated to French and Religion)	15%
Total Hours per Year	971 hours	950 hours

SAMPLE GRADE 6 TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday
Block 1 30 minutes	French	Language Arts	Language Arts	French	Language Arts
Block 2 30 minutes	Language Arts	Language Arts	Language Arts	Language Arts	Language Arts
Block 3 30 minutes	Physical Education	Physical Education	Physical Education	Physical Education	Physical Education
Recess – 15 minutes					
Block 4 30 minutes	Language Arts	Language Arts	Math	Language Arts	Language Arts
Block 5 30 minutes	Math	Math	Math	Math	Social Studies
Block 6 30 minutes	Math	Math	Hymn Sing	Math	Social Studies
Lunch – 50 minutes					
Block 7 30 minutes	Religion	Religion	Health	Religion	Religion
Block 8 30 minutes	Science	Science	Science	Science	Art
Block 9 30 minutes	Science	Science	Science	Science	Art
Block 10 40 minutes	Social Studies	Music	Social Studies	Social Studies	Computers