

Daily Physical Education in Alberta Schools

Catholic School: Grades K–8

30 minutes (K–6), 30–45 minutes (7–8) of Physical Education every day

School Demographics

Enrollment: 463

Special Programs: French Immersion

School Facilities

- Large Gym
- Sports Fields
- Outdoor Rink
- Tarmac
- Playground
- Small Gym

Community Facilities

Busing Distance

- Pool (cold weather)
- Ski Hill
- Bowling

Walking Distance

- Nature Trails
- Pool
- Water Park

Snapshots

Prior to Daily Physical Education

- Daily Physical Education for all students since 2003.

Implementation of Daily Physical Education

- School staff are encouraged to attend PE in-services and workshops.
- Staff were willing to trim time from other subject areas in recognition of the benefits of daily PE to the school community.
- Professional Learning Community model used to share PE activities and resources among staff.
- The school timetable was made more flexible by splitting some 60 or 65 minutes blocks in two.

Observations of Impact

- Staff has supported the removal of unhealthy snacks from the school store.
- Students have become more aware of their personal health and in addition to increasing their activity levels, are eating nutritious snacks at school.

Scheduling Demographics

5 day schedule

1565 minutes of instructional time per week

185 instructional days per year

GRADE 4

Subject	Percentage Time Allocation by Subject	Percentage Time Allocations Recommended by Alberta Education (2005-06 Guide to Education)
Math	14%	15%
Language Arts	22%	25%
Social	12%	10%
Science	16%	15%
Physical Education	10%	10%
Health	2%	
Art & Music	9%	10%
Religion	9%	
French	6%	
Time for optional subjects	(Religion and French)	15%
Total Hours per Year	965	950

SAMPLE GRADE 4 TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday
Block 1 5 minutes	Religion	Religion	Religion	Religion	Religion
Block 2 30 minutes	French	Religion	Physical Education	Religion	Religion
Block 3 30 minutes	Language Arts	Religion	Language Arts	Language Arts	Language Arts
Block 4 30 minutes	Language Arts	French	Language Arts	Language Arts	Physical Education
Block 5 15 minutes	Language Arts	Language Arts	Language Arts	Language Arts	Language Arts
Recess – 15 minutes					
Block 6 15 minutes	Math	Math	Math	Math	Math
Block 7 30 minutes	Math	Math	French	Math	Math
Block 8 30 minutes	Physical Education	Physical Education	Math	Music	Art
Lunch – 20 minutes					Art (20 min)
Block 9 30 minutes	Music	Health	Music	Language Arts	Early dismissal on Fridays
Block 10 30 minutes	Science	Science	Social Studies	Language Arts	
Block 11 30 minutes	Science	Science	Social Studies	Social Studies	
Block 12 30 minutes	Science	Science	Social Studies	Social Studies	
Block 13 35 minutes	Science	Science	Social Studies	Physical Education	

Scheduling Demographics

5 day schedule

1570 minutes of instructional time per week

185 instructional days per year

GRADE 7/8 – FRENCH IMMERSION

Subject	Hours of Instruction per Year	Alberta Education's Recommended Hours of Instruction per Year (2005-06 Guide to Education)
Language Arts	145 hours	250 hours
Français	142 hours	
Math	130 hours	100 hours
Social	111 hours	100 hours
Science	117 hours	100 hours
Physical Education	111 hours	75 hours
Health	43 hours	50 hours
Option #1	77 hours	150 hours
Option #2	56 hours	
Religion	37 hours	
Flex Time	(allocated throughout)	125 hours
Total Hours per Year	969 hours	950 hours

SAMPLE GRADE 7/8 TIMETABLE (FRENCH IMMERSION)

	Monday	Tuesday	Wednesday	Thursday	Friday
Block 1 60 minutes	Math	Math	Math (30 minutes) Physical Education (30 minutes)	Math	Option #1
Block 2 65 minutes	Français	Français	Français (35 minutes) Health (30 minutes)	Français	Language Arts
Break – 10 minutes					
Block 3 65 minutes	Physical Education (45 minutes) Health (20 minutes)	Option #1	Science	Science	Language Arts (20 minutes)
Lunch – 40 minutes					Physical Education (45 minutes) Health (20 minutes)
Block 4 60 minutes	Option #2 & Language Arts	Science	Language Arts	Option #2	Early Dismissal Fridays
Block 5 60 minutes	Social Studies	Social Studies	Social Studies	Language Arts	
Block 6 30 minutes	Religion	Physical Education	Religion	Physical Education	