

Daily Physical Education in Alberta Schools

Elementary Charter School: Grades K–4

35 minutes of Physical Education every day

School Demographics

Enrollment: 438

Special Programs: Charter School

School Facilities

- Single Station Gym
- Sports Fields
- Classroom
- Tarmac
- Playground
- Atrium

Community Facilities

Busing Distance

- No regular busing for PE

Walking Distance

- Pool

Snapshots

Prior to Daily Physical Education

- Prior to Daily Physical Education (offered since 2004), students received 3 X 45 minutes of PE per week.

Implementation of Daily Physical Education

- In order to schedule all classes within the school timetable, periods were changed from 45 minutes to 35 minutes.
- Teachers are supportive of daily PE and realize the benefits to the school community.
- In order to ensure all classes had PE each day, some classes share gym space with up to two other classes. Ensured that each class had some gym time alone and some with other classes. Opportunities for team teaching and staff mentoring are provided and encouraged.
- Allocated another teacher for part-time PE.

Observations of Impact

- Students excited to have PE everyday.

Scheduling Demographics

5 day schedule

1575 minutes of instructional time per week

179.5 instructional days per year

GRADE 3

Subject	Percentage Time Allocation by Subject	Percentage Time Allocations Recommended by Alberta Education (2005-06 Guide to Education)
Math	23%	15%
Language Arts	36%	25%
Social	9%	10%
Science	9%	15%
Physical Education	9%	10%
Health	2%	
Art & Music	10%	10%
Time for optional subjects	(allocated throughout)	15%
Total Minutes per Week	942 hours	950 hours

SAMPLE GRADE 3 TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday
Block 1 35 minutes	Physical Education	Music	WRTR	Physical Education	Physical Education
Block 2 35 minutes	LSA (Skills for Success)	WRTR	Open Court 2 nd Read	WRTR	WRTR Open Court 3 rd Read
Block 3 35 minutes	Writing LST	Writing LST	Writing LST	Writing LST	McCall Crabbs LSA OC Testing
Recess – 20 minutes					
Block 4 35 minutes	Math	Math	Math	Math	Math
Block 5 35 minutes	Math	Math	Math	Math	Math
Block 6 35 minutes	OC blending vocab	Social/OC	Social	Science/OC	Science
Lunch – 45 minutes					
Block 7 35 minutes	OC blending vocab 1 st read WRTR	Physical Education	Physical Education	Science	Character Education/ Health
Block 8 35 minutes	Writing LST	Science	OC/LST Comm. Skills	Science	Art
Block 9 35 minutes	LIB Social	Science	Music	LIB Social	Art