

Daily Physical Education in Alberta Schools

Public Junior High School: Grades 7–9

55 minutes of Physical Education every day

School Demographics

Enrollment: 520

Special Programs: Choices Program/Junior Opportunity Room/Individual Opportunity Plan 8/9 program

School Facilities

- Double Station Gym
- Indoor Courtyard
- Fitness Centre
- Sports Fields
- Stage
- Tarmac

Community Facilities

Busing Distance

- Bowling
- Pool
- Golf Course
- Curling

Walking Distance

- Arena/ Field House
- Beach Volleyball

Snapshots

Prior to Daily Physical Education

- All students received 2 x 55 minutes of PE and 2 x 55 minutes of Health every week
- 3 full year option classes (2 x 55 minutes per week) were scheduled for all students in addition to an off-campus, half day CTS class
- Very little use of community facilities
- 3 teachers taught all physical education classes

Implementation of Daily Physical Education

- Scheduled physical education before other subject areas to accommodate the school schedule, which could not be changed because of district busing schedule, as well as to alleviate the scheduling of too many classes in the same facilities. This also allowed students to be off campus during CTS classes and IOP students to be included in PE classes.
- Changed full year option schedule into 2 semesters (half year options), with the exception of French and Band.
- Dropped one option class per student to free up 2 more classes for PE.
- All PE teachers will use 30 minutes a week of 1 PE class to teach health.
- 7 different teachers (all with a PE background) are now providing PE instruction.
- All students receive 5 x 55minutes of PE a week.
- More off-campus facilities are accessed, especially for grade 9 classes.
- 2 week units are offered and a rotation is set up so all classes will participate in all activities (exception is grade 9's are off-campus at times to free up school facility space)
- Greater teamwork and collaboration was needed between all PE teachers to implement PE timetable (team teaching is often used).
- A PE teacher assistant was hired to help with classes and drive the school bus to off-campus programs.

Observations of Impact

- Students are provided with 245 minutes of PE every week, provided by teachers with PE backgrounds dedicated to implementing a quality program.
- Students are provided with a greater variety of activity opportunities.
- Collaboration among PE teachers has greatly improved.
- Less behavioral problems are experienced in other subject areas.

Scheduling Demographics

5 day schedule

1650 minutes of instructional time per week

188 instructional days per year

GRADE 9

Subject	Hours of Instruction per Year	Alberta Education's Recommended Hours of Instruction per Year (2005-06 Guide to Education)
Math	135 hours	100 hours
Language Arts	169 hours	150 hours
Social	135 hours	100 hours
Science	135 hours	100 hours
Physical Education	169 hours	75 hours
Health	50 hours	50 hours
Option #1	69 hours	150 hours
Option #2	69 hours	
CTS	103 hours	
Flex Time	(allocated throughout)	225 hours
Total Hours per Year	1034 hours	950 hours

SAMPLE GRADE 9 TIMETABLE

TERM 1					
	Day 1	Day 2	Day 3	Day 4	Day 5
Block 1 55 minutes	C	Option #1	Science	Health and Life Skills	Physical Education
Block 2 55 minutes	T	Science	Physical Education	Language Arts	Language Arts
Block 3 55 minutes	S	Social Studies	Language Arts	Science	Language Arts
Lunch – 40 minutes					
Block 4 55 minutes	Science	Physical Education	Option #2	Math	Option #2
Block 5 55 minutes	Physical Education	Language Arts	Social Studies	Social Studies	Option #1
Block 6 55 minutes	Social Studies	Math	Math	Physical Education	Math

TERM 2					
	Day 1	Day 2	Day 3	Day 4	Day 5
Block 1 55 minutes	C	Option #1	Science	Option #2	Social Studies
Block 2 55 minutes	T	Science	Physical Education	Social Studies	Language Arts
Block 3 55 minutes	S	Social Studies	Social Studies	Math	Language Arts
Lunch – 40 minutes					
Block 4 55 minutes	Health and Life Skills	Physical Education	Option #2	Science	Option #1
Block 5 55 minutes	Physical Education	Language Arts	Language Arts	Physical Education	Math
Block 6 55 minutes	Science	Math	Math	Language Arts	Physical Education