

# Daily Physical Education in Alberta Schools

## Public School: Grades K–9

30 minutes (K–6), 45 minutes (7–9) of Physical Education every day

### School Demographics

Enrollment: 580

Special Programs: none

### School Facilities

- Double Station Gym
- Sports Fields
- Fitness Centre
- Tarmac
- Playground

### Community Facilities

#### Busing Distance

- Cost prohibitive

#### Walking Distance

- none

### Snapshots

#### Prior to Daily Physical Education

- Daily Physical Education for all students since 2000.

#### Implementation of Daily Physical Education

- Daily Physical Education has been scheduled since the school opened so staff, students and parents are accustomed to the schedule.
- As student enrollment has increased, finding space to schedule daily PE has become more challenging, resulting in all blocks of gym time being shared by 3 classes.
- When multiple grades need to be scheduled in the same time block they are kept to within one grade (e.g. grade seven paired with grade eight)
- Offering outdoor activities is an important part of the program. Funds have been raised to purchase snowshoes, lacrosse sticks and other outdoor equipment.
- Community facilities are difficult to access due to busing time and cost so the focus has been on providing activity opportunities on the school grounds.

#### Observations of Impact

- More students have chosen activity-based options and are participating in extra-curricular activity clubs.
- Staff have become more aware of the benefits of physical activity and were instrumental in changing the foods offered in the school store to include healthy choices.
- Parent council has raised money so a variety of equipment could be purchased and also supported the removal of pop machines from the school facilities.

### Scheduling Demographics

5 day schedule

1575 minutes of instructional time per week

188 instructional days per year

#### GRADE 5

Subject	Percentage Time Allocation by Subject	Percentage Time Allocations Recommended by Alberta Education (2005-06 Guide to Education)
Math	16%	15%
Language Arts	28%	25%
Social	10%	10%
Science	16%	15%
Physical Education	10%	10%
Health	4%	
Art & Music	10%	10%
Language	6%	
Time for optional subjects	(allocated throughout)	15%
<b>Total Hours per Year</b>	<b>987</b>	<b>950</b>

#### SAMPLE GRADE 5 TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday
Block 1 45 minutes	Music/Math	Music/Math	Music/Math	Music/Math	Music/Math
Block 2 15 minutes	Snack & Reading	Snack & Reading	Snack & Reading	Snack & Reading	Snack & Reading
Block 3 50 minutes	Language Arts	Language Arts	Language Arts	Language Arts	Language Arts
Block 4 45 minutes	Math/French	Math/French	Math/French	Math/French	Math/French
Lunch & Recess – 45 minutes					
Block 5 30 minutes	Language Arts	Language Arts	Social Studies	Social Studies	Language Arts
Block 6 30 minutes	Physical Education	Physical Education	Physical Education	Physical Education	Physical Education
Block 7 35 minutes	Social Studies	Library	Social Studies	Social Studies	Paired Reading
Recess & Snack / Read Loud – 20 minutes					
Block 8 65 minutes	Science	Science	Science	Science	Art
Block 9 5 minutes	Agendas	Agendas	Agendas	Agendas	Agendas

### Scheduling Demographics

2 day schedule

1575 minutes of instructional time per week

188 instructional days per year

#### GRADE 9

Subject	Hours of Instruction per Year	Alberta Education Recommended Hours of Instruction per Year (2005-06 Guide to Education)
Language Arts	141 hours	150 hours
Math	141 hours	100 hours
Social	141 hours	100 hours
Science	141 hours	100 hours
Physical Education	91 hours	75 hours
Health	50 hours	50 hours
Option #1	70 hours	150 hours
Option #2	70 hours	
Option #3	70 hours	
Option #4	70 hours	
Flex Time	(allocated throughout)	225 hours
<b>Total Hours per Year</b>	<b>985 hours</b>	<b>950 hours</b>

#### SAMPLE GRADE 9 TIMETABLE

	Day One	Day Two
Block 1 45 minutes	Physical Education	Physical Education
Block 2 45 minutes	Option #1	Option #3
Block 3 45 minutes	Option #2	Option #4
Lunch – 45 minutes		
Block 4 45 minutes	Language Arts	Language Arts
Block 5 45 minutes	Social Studies	Social Studies
Block 6 45 minutes	Math	Math
Block 7 45 minutes	Science	Science

\*Health is taught within the time allocated for Physical Education