

Statement of Policy

Greater Saskatoon Catholic Schools is committed to providing students with the opportunity to participate in the equivalent of 30 minutes of moderate to vigorous physical activity in school activities every day.

Rationale

Research has shown that daily physical activity helps promote healthy growth and healthy living, while contributing academic success. (AHKC 2009).

Authority

- *The Education Act (1995), Section 188*

Procedures

- a. Administrators and school staff are responsible to promote activities that encourage students to participate in 30 minutes of moderate to vigorous physical activity every day through:
 - i. instructional time
 - ii. intramural activities
 - iii. body breaks
 - iv. school procedures and routines
 - v. recess, breaks and noon hours
 - vi. open gym access outside of instructional time
 - vii. fitness centre access outside of instructional time
- b. Educators are encouraged to incorporate physical activity into teaching and learning in all subject areas, in addition to what is expected in the physical education curriculum.
- c. Appropriate accommodations are made to ensure every student participates in physical activity.
- d. All physical activity will adhere to current Greater Saskatoon Catholic Schools Physical Education Safety Guidelines (2017).

References

- Inspiring Movement - Play Well · Learn Well · Live Well - Towards Comprehensive School Community Health: Guidelines for Physical Activity in Saskatchewan Schools, February 2010
- Saskatchewan School Boards Association That's A Good Idea! Promising Practices for Promoting Student Wellness - Research Report #07-07, 2007

- Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth, 2009
- Greater Saskatoon Catholic Schools Physical Education Safety Guidelines (2017)

Forms

Appendices outlined in Inspiring Movement - Play Well · Learn Well · Live Well

Date Approved

February 9, 2017

Amended
