

APPENDIX 1: HEALTHY KIDS, HEALTHY FUTURES TASK FORCE RECOMMENDATIONS: PHYSICAL ACTIVITY IN SCHOOLS

Manitoba Education, Citizenship, and Youth is responsible for implementing the Physical Activity in Schools portion of the task force recommendations. The text below is excerpted from the *Healthy Kids, Healthy Futures Task Force Report* (24–25).

Find the report online at <www.gov.mb.ca/healthykids/docs/finalreport.pdf>.

Physical Activity in Schools

The task force recommends that the government mandate physical education/health education (phys ed/health) from kindergarten to Senior 4. Implementation will vary according to grade to provide maximum flexibility to involve parents, students and schools in the promotion of physical activity for children and youth. Therefore, the task force recommends that:

- the provincial government not just recommend, but mandate the amount of time that students in kindergarten to grade 8 should spend in phys ed/health classes. This should be implemented before the fall of 2007.
- the provincial government not just recommend, but mandate the current amount of time that Senior 1 and Senior 2 students should spend in phys ed/health classes. Schools can choose to meet the mandated times within the timetable, or use an out-of-classroom model for up to 20 hours of the mandated 110 hours. This should be implemented before the fall of 2007.
- the provincial government develop a phys ed/health curriculum for Senior 3 and Senior 4 students. This should be implemented before the fall of 2008.
- the provincial government require all Senior 3 and Senior 4 students to complete two phys ed/health credits for graduation, in addition to the two credits required in Senior 1 and Senior 2. Schools may choose to include the phys ed/health credits in the timetable or use an out-of-classroom model. Parents, students and schools should work together to determine what will work best in their community to help youth take greater ownership of their own physical fitness, promote the discovery of activities suited to their own individual interests, and encourage active lifestyles that persist into their futures. This will help minimize the time students spend away from academic studies and give families, students and schools more choices about how to include more physical activity into the lives of our young people.

Source: Healthy Kids, Healthy Futures All-Party Task Force. *Healthy Kids, Healthy Futures Task Force Report*. Winnipeg, MB: Manitoba Health and Healthy Living, 2005.