

Scheduling Kindergarten to Grade 8 Physical Education/Health Education: A Resource for School Administrators

Overview

In response to the [Healthy Kids, Healthy Futures Task Force Report \(2005\)](#), which contains four recommendations related to physical activity in schools, the Province of Manitoba has chosen to make PE/HE time allocations for the PE/HE curriculum for students in Kindergarten through Grade 8 mandatory rather than recommended.

The purpose of *Scheduling Kindergarten to Grade 8 Physical Education/Health Education: A Resource for School Administrators* is to serve as an idea bank or collection of strategies for meeting class time specifications that administrators may find useful when planning to implement the new requirements. Many of these suggestions have already been implemented in schools.

The resource includes a checklist that can be used to track decisions on the implementation of suggested strategies and procedures.

Safety is paramount when planning or scheduling any learning activities. Since school divisions and their employees are primarily responsible and legally liable for developing safe practices, schools must develop safe routines and procedures. Refer to [Safety Guidelines for Physical Activity in Manitoba Schools \(1997\)](#) and contact your local school division office for *YouthSafe Manitoba: School Field Trip Resource (2004)*. A sample safety checklist has also been provided.

The resource is organized into the following three sections:

Timetabling

- Challenges
- Strategies

1. *Instructional Period and Instructional Day Adjustments*
2. *Integration*
3. *Strategic Timetabling*
4. *Occasional Combination of Classes*
5. *Flexible Timetabling*
6. *Occasional Block Timetabling*
7. *Alternative Programming Using Sport Options*
8. *Other*

Facilities/Instructional Spaces/Equipment

- Challenges
- Strategies

1. *Gymnasium Use*
2. *Classroom Use*
3. *Outdoor Teaching Spaces on the School Grounds*
4. *Planning for Additional Teaching Spaces*
5. *Away-from-School Facilities/Instructional Spaces*
6. *Equipment Use*

Instruction and Supervision

- Challenges
- Strategies

1. *Teacher Collaboration*
2. *External Experts*
3. *Itinerant Teachers*
4. *Specialty Skills*
5. *Limited Teaching Permits*
6. *Volunteers*
7. *Coaches and Instructors*
8. *Public Health Professionals*
9. *Post-secondary Education Institutions*
10. *Leadership*

For additional information, refer to the Bibliography and Websites provided.