

Physically Active and Healthy Lifestyles for All Learners



**A Parent's/Caregiver's Guide for Grades 11 and 12
Physical Education/Health Education**

Manitoba Education and Early Childhood Learning Cataloguing in Publication Data

613.071 Physically active and healthy lifestyles for all learners :
a parent's / caregiver's guide for grades 11 and 12 physical
education / health education

ISBN: 978-0-7711-6742-3

1. Physical education and training—Study and teaching
(Secondary)—Parent participation—Manitoba. 2. Physical education
and training—Study and teaching (Secondary)—Manitoba. 3. Health
education (Secondary)—Parent participation—Manitoba. 4. Health
education (Secondary)—Manitoba. I. Manitoba. Manitoba
Education and Early Childhood Learning.

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Manitoba Education and Early Childhood Learning
Winnipeg, Manitoba, Canada

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Dear Parent(s)/Caregiver(s),

Being physically active has many benefits from improving physical fitness to other health benefits such as increased self-esteem. The type of physical activity required to realize these benefits is up to the participant. These activities may range from daily living (e.g., walking, shoveling) to recreational pursuits (e.g., bike riding, jogging and cross-country skiing) to competitive sports (e.g., school and community programs).

Manitoba learners are in a unique situation in that **all learners (Kindergarten to Grade 12) are required to take physical education/health education classes (PHE)**. In order to assist learners and schools, a different approach is taken for Grades 11 and 12. The approach includes several concepts that act as a transition to assist your child with taking responsibility for an active healthy lifestyle – today and tomorrow – by:

- encouraging your child to take more ownership of their physical activity
- offering a variety and choice of activities suited to the interests and abilities of your child
- focusing on your child's health and personal planning for an active healthy lifestyle
- providing flexibility for schools regarding the delivery of the course
- involving you as a parent/caregiver, as well as your community, in a supportive and complementary role

The Grades 11 and 12 Physical Education/Health Education (PHE) curriculum promotes home, school and community involvement. Schools choose their own delivery model for these courses, depending on local needs, priorities and preferences. Please contact your school/division/district to obtain further information about the delivery model adopted in your child's school.

This guide includes a number of answers to questions that you and your child may have regarding the Grades 11 and 12 courses.



Physical activity means all forms of large-muscle movement, including sports, dance, games, walking and exercise for fitness and physical well-being. It may also include physical therapy or mobility training for learners with special needs.



All learners (Kindergarten to Grade 12) are required to take physical education/health education (PHE) classes.

1 What is the Grades 11 and 12 Active Healthy Lifestyles curriculum based on?

This curriculum has the same vision and aim as Kindergarten to Grade 10. It encourages “physically active and healthy lifestyles for all learners” by providing planned and balanced programming to develop the knowledge, skills and attitudes for physically active and healthy lifestyles.

2 How many credits are required for my child to graduate?

Learners require 30 credits to graduate. This allows them to continue to have optional courses, especially with regard to technical-vocational programming and other specialized programming.

For learners with exceptional learning and/or health care needs, teachers will continue to make modifications, adaptations and accommodations as necessary.

3 How will my child be assessed?

Your child will receive a Complete or Incomplete designation at the end of the Grades 11 and 12 courses, rather than a percentage grade. This will not be used in calculating the grade point average.

As part of the criteria to receive a Complete designation, learners must submit a personal fitness portfolio as evidence of their completion of a physical activity practicum. This portfolio will contain elements such as a fitness plan, a physical activity log, sign-off forms and journal entries. For the assessment of the other parts of the course, a variety of assessment tools/strategies may be used such as portfolios, teacher observations, peer assessments and tests.

A Complete designation indicates the learner has demonstrated achievement of the learning outcomes of the course based on the selected criteria and expectations determined locally by the school and teacher.

If a learner receives an Incomplete, they will be required to repeat the course, or some components of the course as determined by the school.

4 How are these courses going to be delivered?

Schools will choose different implementation models, depending on their local needs, priorities and preferences. All courses will have a minimum of 25% of the content (see #7) delivered through an IN-class model. The remainder of the course could be offered IN-class, OUT-of-class or a combination of the two.



Moderate activities are physical activities that cause breathing and heart rate to increase. People engaging in moderate activities can hear themselves breathe but they can still talk. Examples of moderate activities include brisk walking, bicycling, skateboarding, shooting baskets and recreational cross-country skiing.



Schools will choose different implementation models, depending on their local needs, priorities and preferences.

5 What is IN-class and OUT-of-class?

The IN-class component involves teacher-directed instructional time.

The OUT-of-class component, when part of the delivery model chosen, is learner-directed and focuses on physical activities. The OUT-of-class component can be school-based or non-school-based.

School-based activities are organized by the school/division/district. These activities include those related to sports teams, intramurals, clubs, field trips, as well as others.

Non-school-based activities are home-, community- or independently-based activities that are not directly organized by the school/division/district, such as community sports, classes and clubs and exercising at home. Learners may at times be involved in these activities during regular school hours.

If a school has decided to offer the entire course IN-class, you as a parent/caregiver, may request that your child be allowed to complete 25% of the course with the OUT-of-class option as part of a personalized physical activity practicum.

6 How will the Active Healthy Lifestyles course be organized?

The course consists of two major areas of focus: the Core content and the Physical Activity (PA) Practicum.

The Core content of the Grades 11 and 12 PHE curriculum consists of a minimum of 25% of the course. This content must be delivered IN-class and is teacher-directed.

In Grade 11, the content includes learning outcomes related to Fitness Management, Social Impact of Sport, Mental-Emotional Health and Substance Use and Abuse Prevention. In Grade 12, the core content is related to Fitness Management, Nutrition, Personal Development and Healthy Relationships. Delivery of potentially sensitive content will be based on local policies and procedures.

The PA Practicum is the portion of the course that focuses on physical activity participation. Your child will be required to create a personal physical activity plan with teacher guidance. The time required for the PA Practicum may be acquired through IN-class, and/or OUT-of-class activities depending on the delivery model the school has chosen.

The minimum requirements for the PA Practicum include:

- a minimum of 50% of the course (approximately 55 hours during one school year) of moderate to vigorous physical activity that contributes to cardiorespiratory endurance (heart, lungs, circulatory system) plus one or more of the health-related fitness components
- physical activities that are safe, ethical and age/developmentally appropriate
- parental/caregiver sign-off for non-school-based OUT-of-class activities (when applicable)

In the case of a school choosing a delivery model which includes OUT-of-class activities, the local school/division/district will make a decision as to which activities are eligible for the practicum based on various factors such as safety, risk assessments and practicality.

Schools will expand the Core content and/or the PA Practicum to meet local needs.



Vigorous activities are physical activities that cause breathing and heart rate to increase to a higher level whereby it would be difficult to talk. Examples include swimming, prolonged rope jumping, walking through deep snow and sports that involve running.



Your child plays a critical role in the development and implementation of Grades 11 and 12 PHE experiences.

7 What responsibilities do I and my child have when the delivery model includes non-school-based OUT-of-class activities?

Learner Responsibilities

Your child plays a critical role in the development and implementation of their Grades 11 and 12 PHE experiences.

As part of the preparation for a PA Practicum which includes non-school-based OUT-of-class activities, learners will be asked to choose physical activities that they would like to participate in and keep a record of using a personal physical activity plan. They will also be asked to identify the safety considerations and risks associated with their selected activities and how they plan to address these risks (e.g., wearing a helmet when skateboarding or bicycling). Safety Checklists have been developed to assist learners with this task and are available from your child's teacher.

Once your child's plan has been accepted by the teacher and then approved by you, they will implement the personal physical activity plan and log the activity time as they participate.

Learners are responsible for achieving the identified learning outcomes and providing the evidence of their learning and participation as outlined by their teacher.

Parent/Caregiver Responsibilities

As a parent/caregiver of a learner under the age of 18 completing the Grades 11 and 12 PHE courses, you will be expected to review your child's plan as well as review and be aware of the safety issues of the activities your child has chosen.

Specifically, you are expected to:

- approve your child's personal physical activity plan by signing the Parent/Caregiver Declaration and Consent form
- assume responsibility for ensuring safety and supervision of your child's participation in the chosen activities of the personal physical activity plan
- monitor your child's progress in the plan and complete the appropriate forms as proof of participation in and completion of the PA Practicum.

Learners 18 years and older are expected to manage their own physical activity plan with respect to choice of activities and to ensure safe participation. These learners will be required to have an authorized adult (which may be their parent/caregiver) verify their participation in physical activities as part of their PA Practicum.



It is the intention of the Grades 11 and 12 Active Healthy Lifestyles curriculum to promote the discovery of activities suited to learners' individual interests and abilities, which will enable and empower them to adopt active lifestyles that persist into their futures.



Learners will not only learn how to engage in healthy physical activities, but they will also learn how to engage in them safely.

8 What about safety when the delivery model includes non-school-based OUT-of-class activities?

For the non-school-based OUT-of-class activities, it is the responsibility of the learners/parents/caregivers who are choosing physical activities to ensure that they are safe and appropriate. Schools will provide safety information to assist in identifying safety considerations that should be taken into account when participating in an activity (e.g., wearing a helmet when skateboarding or bicycling).

However, it should be noted that a school/division/district may prohibit high-risk activities that are inherently dangerous, and might also require that certain activities (e.g., trampolining, water sports) which are known to be associated with a higher rate of injury when unsupervised, be directly supervised by a qualified instructor or coach to be eligible for inclusion in the PA Practicum.

9 Where can I get more information?

Contact your child's school to find out how the Grades 11 and 12 PHE courses will be delivered to your child and what your specific role will be.

For more information on the Active Healthy Lifestyles curriculum, go to the Manitoba Education and Early Childhood Learning PHE website www.edu.gov.mb.ca/k12/cur/physlth/.



