

Dear Parents

The purpose of this Parent Report is to share with you our vision for physically active and healthy lifestyles for all students as shown in the new combined Physical Education/Health Education (PE/HE) curriculum. In general, today “Gym Classes” and “Health Classes” are not what they used to be!

Much has appeared in the media on the poor state of fitness and food choices of our students. The curriculum encourages active living and intertwines nutrition information and healthy food choices in an interesting and practical manner to entice students to improve their lifestyle. It also encourages students to be safety conscious and to make wise decisions on issues including those related to potentially sensitive content. Learning to get along with others and building self-confidence goes a long way in improving well being and is an important part of this curriculum.

The PE/HE curriculum builds on a foundation that unites the two subject areas of physical education and health education. The combined curriculum provides a connected approach to learning about the mind and body that promotes active healthy lifestyles.

An integrated approach provides a stronger message to students about the importance of lifelong physical activity and fitness to reduce health risks. Health content is integrated into the physical education class and visa versa to help students understand the connection between physical activity and health. As well, health content can be integrated in other subject areas to make curricular connections, where applicable. For example, if a teacher chooses a nutrition theme, the students could be doing math problems or calculations related to healthy eating; in English language arts they could be developing a presentation



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on healthy eating; or in science, they could be learning more about how food maintains a healthy body. This type of integration or interdisciplinary approach makes learning more meaningful and relevant rather than when taught separately.

Parents play an important role in helping their children/students choose active and healthy lifestyles. By working together, we can help our students understand the importance of healthy choices and active living to reach the best possible health and well-being. Throughout their school years, students will build a healthy foundation for the future.

In this document, the term "parents" refers to both parents and guardians and is used in recognition that, in some cases, only one parent may be involved in a student's education.

All schools will be expected to implement the new combined PE/HE curriculum in the following corresponding years:

Kindergarten-Grade 4 — 2003 - 04

Grades 5-8 — 2004 - 05

Senior 1-Senior 2 — 2005 - 06

The recommended minimum time for Grades K-6 students is 150 minutes of PE and 45 minutes of HE in a 6 day cycle.

Grades 7 and 8 students should be receiving 134 minutes of PE and 44 minutes of HE in a 6 day cycle.

Kindergarten students in half-time settings receive half the time.

Completion of 110 credit hours at Senior 1 and Senior 2 PE/HE is a requirement for graduation.

Visit the Manitoba Education, Citizenship and Youth web site

<http://www.edu.gov.mb.ca/ks4/cur/physlth/>

for regular updates and curriculum information for parents on physical education/health education. You may also be interested in referring to the web sites in the references on pages 12 – 14.

