

What Might you Expect to See & Hear in a Physical Education Class?

In General

- A safe and healthy learning environment
- All students, regardless of gender, race, religion, culture, physical and mental ability, and economic status participating to the best of their ability
- Students demonstrating positive social interactions (respect, cooperation, good sportsmanship, fair play)
- A teacher who is qualified, enthusiastic; a good role model
- Ongoing assessment by teacher, student, peers

In a Physical Education Setting

gymnasiums, playground, school field, community skating rink, etc.

- Students showing their self-confidence, leadership and independence through physical movement
- An emphasis on fair play, enjoyment, socialization, and active living
- A wide variety and balance of physical activities being offered which focus on successful participation and involvement, including skill development
- Cardiovascular activities such as running, skipping, dancing, swimming
- Muscular endurance and strength activities such as resistance training, track and field
- Flexibility movements such as yoga, gymnastics, stretching
- Individual, partner, group, team games and sports
- Heart rate monitors, sports equipment, referees and their whistles



What Might you Expect to See & Hear in a Health Education Class?

In a Health Education Setting

classroom, field trip, community facility, etc.

- Books, magazines, newspapers
- Computers, overhead projectors, television
- Interactive bulletin boards
- Research projects
- Integrated projects
- Student work on display
- Guest speakers
- Discussions groups
- Cooperative learning activities
- Physically active learning strategies
- Statistics
- Problem solving activities
- Information on Canada's Food Guide and Physical Activity Guide

Going Beyond the Classroom

- Field trips to sporting events, tournaments
- Wellness Centres
- Outdoor Education Camps

Special Events

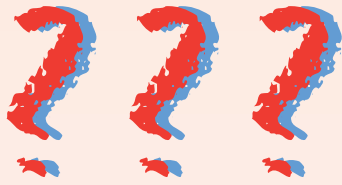
- Tournaments
- Intra-Murals
- Health Fair
- Dance Clubs
- Self-Defense Classes
- Aerobics classes
- Physical Activity Days
- Sports teams or clubs
- Inter-School leagues



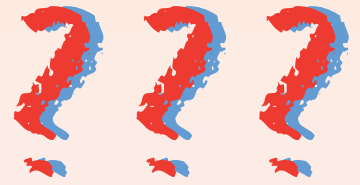
Over 80% of children are driven to school by bus or private automobile and although 91% of school age children have a bicycle, fewer than 5% ride them to school

80% 91% 5%





Did You Know? Physical Activity



We need to encourage children to choose physically active and healthy lifestyles

The majority of Canadian school-aged children – two-thirds – are not active enough for optimal health – and they become less active as they get older (Childhood Obesity: an alarming trend. " Canadian Health Network, www.canadianhealthnetwork.ca/html/newnotable/may1_20_01e.html; 11/12/02).

76% of Canadian children watch TV, read or play computer games after school (Canadian Medical Association Journal, November 2000).

By the time children reach their teen years, only 1 in 10 girls and only 1 in 5 boys are active enough to meet international standards for optimal growth and development (Canadian Fitness and Lifestyle Research Institute).

The prevalence of obesity in children has tripled from 1981-1996 (Canadian Medical Association Journal, November 2000).

Children and youth need daily physical activity for healthy growth and development which means at least 60 minutes of moderate physical activity and 30 minutes vigorous physical activity (activity that makes their hearts beat faster, makes them breathe deeper and their bodies sweat/perspire) each day (Canada's Physical Activity Guide for Children and for Youth, 2002).

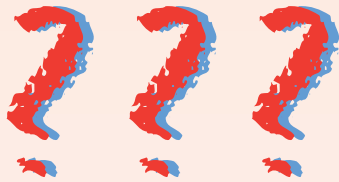
Since 1981, the prevalence of overweight boys increased from 15% in 1981 to 35.4% in 1996 and among girls from 15% to 29.2% (Canadian Medical Association Journal, November 2000).

Girls are less active than boys:
30% vs 50% at 5-12 years and
25% vs 40% at 13-17 years
(Physical Activity Monitor 2000, CFLRI).

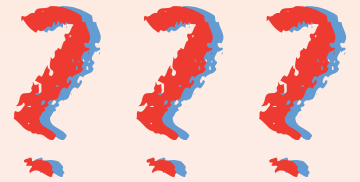
1 in 5 children receive daily physical education (Canadian Fitness and Lifestyle Research Institute).

The recommended minimum time allotments for PE/HE in schools are 11% of the instructional time with a 75%/25% time allotment for Grades K-6 (e.g., 150 min. PE and 48 minutes of HE per 6 day cycle) and 9 % for Grades 7 and 8 (e.g., 134 min. PE and 44 minutes of HE per 6 day cycle). Students require 2 credits of PE/HE to graduate in a 4 year high school program (K-14 Physical Education/Health Education: Manitoba Curriculum Framework of Outcomes for Active Healthy Lifestyles 2000).





Did You Know? Physical Activity



Over 80% of children are driven to school by bus or private automobile and although 91% of school age children have a bicycle, fewer than 5% ride them to school (Taken from information presented at the National Roundtable on Active School Communities, 2001).

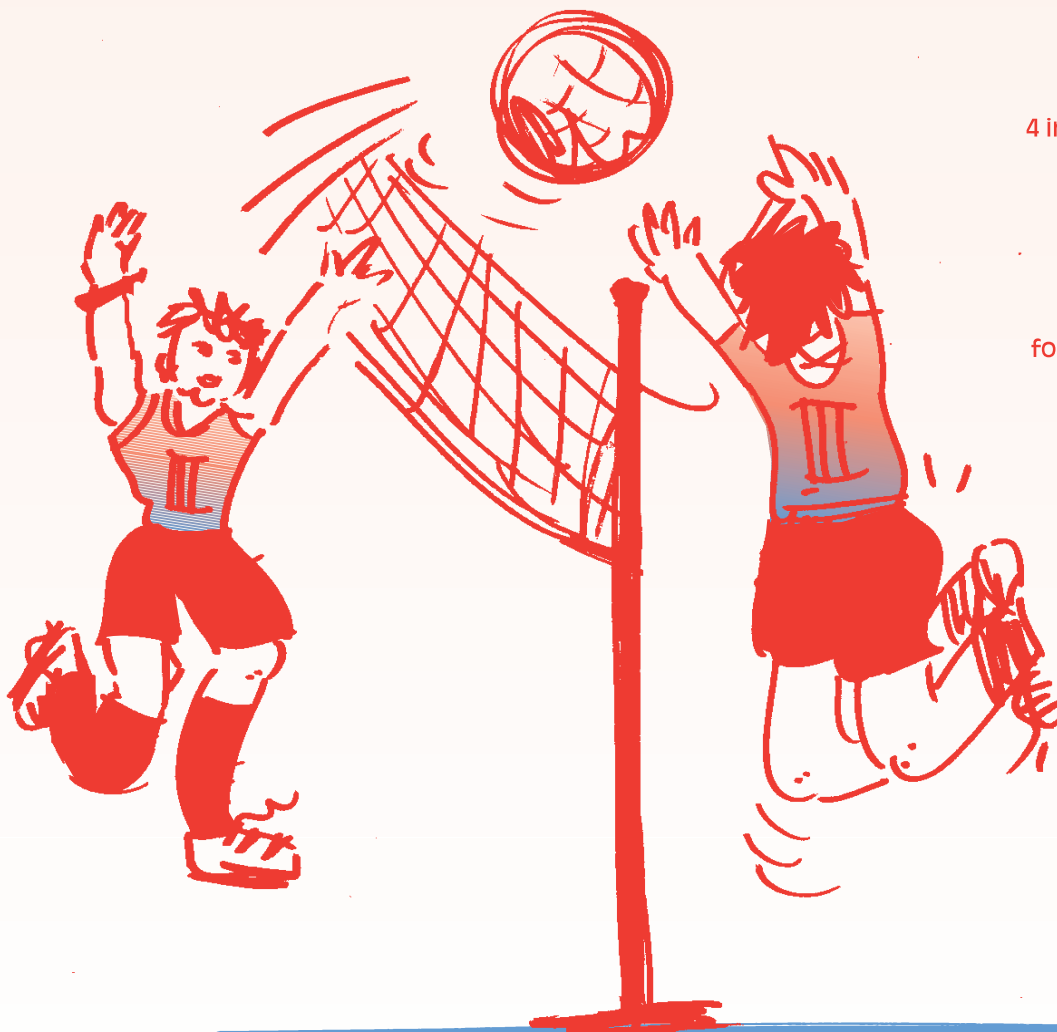
Children today spend four times less energy than did children 40 years ago (Taken from information presented at the National Roundtable on Active School Communities, 2001).

Only 10% of Canadian youth are active enough to receive any heart health benefits (Taken from information presented at the National Roundtable on Active School Communities, 2001).

The proportion of students in grades 6, 8, and 10 who watch TV more than 4 hours/day is increasing (Trends in the Health of Canadian Youth. Ottawa: Ministry of Public Works and Government Services. Health Canada 2000).

The proportion of students in grades 6, 8, and 10 who play video games more than 4 hours/week is increasing (mostly males). Time spent playing video games by Canadian children is amongst the highest in the world (Trends in the Health of Canadian Youth. Ottawa: Ministry of Public Works and Government Services. Health Canada 2000).

The Health Canada web site at www.healthcanada.ca contains current health statistics and helpful information related to all health issues.



4 in 10 Canadian children
have at least
one risk factor
for heart disease due to
inactive lifestyle
(CAHPERD 1998)