



PHYSICAL EDUCATION/HEALTH EDUCATION

It is the intent of the Portage la Prairie School Division to provide an appropriate Physical Education/Health Education program in each school in the Division. This program is to include a basic instructional program plus complimentary intramural, and interscholastic activities designed to meet the needs of the students.

The primary aim of the Physical Education/Health Education program from Kindergarten to grade Twelve is:

“To provide students with planned and balanced programming to develop the knowledge, skills, and attitudes for physically active and healthy lifestyles.”

K-12 Physical Education/Health Education, 2000

Kindergarten to Grade Twelve Learning Goals:

The Physical Education program is intended to be developmental in nature so that each student will be able to demonstrate an increasing ability to:

- Develop a physical well-being.
- Develop desired movement patterns through the neuromuscular system.
- Express ideas, thoughts and feelings with confidence throughout life.
- Express ideas, thoughts and feelings with confidence through physical activity.
- Develop safety and survival practices.
- Develop positive social interactions, through a variety of physical activities.

Physical Education for the Atypical Student:

It is expected that, as much as possible, alternative or modified programs will be provided for the atypical students at all grade levels. The term atypical is used to describe various kinds of impairments which may interfere with normal involvement in physical activity.



Time Allocations

Time allocations, as prescribed by Manitoba Education, shall be the minimum requirement for all grades. Where practical and possible, schools shall strive to achieve *a minimum of 180 minutes per six day cycle* of scheduled Physical Education activities.

Teacher Instruction and Supervision

Physical Education Teachers must follow the objectives of the curriculum as outlined by Manitoba Education. Teachers are encouraged to become involved in curriculum development activities and to utilize innovative instructional techniques, providing such techniques are consistent with the objectives of the curriculum and have received the prior approval of the Principal.

Medical Exemption

Teachers are expected to use good judgement in dealing with requests from students or parents for temporary exemption from class. A doctor's certificate shall automatically exclude the student for the time specified.

Principals, Teachers, and Physical Education instructors should do everything possible to motivate excused students to use their class time meaningfully and to help them achieve educational objectives.

Physical Education Clothing

Suitable clothing must be worn by all students involved in Physical Education activities. Clothing that falls within the following guidelines will be acceptable.

- a) non-restrictive clothing that allows freedom of movement;
- b) light and absorbent clothing to permit the body to be ventilated during exercise;
- c) proper footwear is required for all Physical Education activities;
- d) a change of clothing for Physical Education activities is expected where facilities allow.

Reporting

Physical Education is to be reported upon according to the guidelines for reporting student progress. The evaluation is to be based upon the degree of achievement of the objectives of the Physical Education program.



File IFO

Weather Conditions

Weather conditions, especially temperature, humidity, and wind chill factor, must be given serious consideration before undertaking outdoor activities. In the event that weather conditions are such as to be potentially harmful or dangerous, all outdoor activities are to be cancelled or postponed.

See also: EBB, IEE