



POLICY: IGafa
SUBJECT: PHYSICAL EDUCATION & FITNESS
APPROVAL DATE:
REVISION DATE: December 17, 1996
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1. BASIC PHILOSOPHY

Recognizing that a well-balanced physical education program develops the necessary skills, knowledge and attitudes for personal fitness and the active use of leisure time so that physical activity becomes an integral part of each student's lifestyle. The Winnipeg School Division will attempt to provide comprehensive programs that enhance the physical well-being of all students at all levels of the school system.

2. OBJECTIVES OF PHYSICAL EDUCATION

The objectives of the Physical Education Program shall include:

- 2.1** to provide opportunities for daily participation of all students in a wide range of activities which promote physical well-being so that each student can achieve his/her highest performance level;
- 2.2** to involve the whole school staff, supported by physical education teachers who will provide instructional leadership;
- 2.3** to incorporate basic principles of and differences in, child growth and development;
- 2.4** to provide opportunities integrated within the regular curriculum for development of positive attitudes to physical fitness and well-being activities;
- 2.5** to provide programs with a balance of cooperation and competition to meet the needs and interests of all children. This may require special programming for students with identified special needs, female students, and students from varied ethnic and cultural groups;
- 2.6** to work toward providing adequate and appropriate indoor and outdoor facilities and equipment reflecting the differences in size and ability of students and the specific needs of females and students from varied ethnic and cultural groups;

3. GUIDELINES FOR IMPLEMENTATION

- 3.1** Students in The Winnipeg School Division shall receive the recommended time allotment for physical education as outlined in Administrative Rule/Procedure ID-R - School Day, and teachers shall base their program on the curriculum as outlined by the Department of Education and Training.
- 3.2** Each elementary school shall attempt to have at least one teacher who has had additional training in physical education who, along with teaching duties, will act as a resource teacher to assist other teachers in developing the physical education program.
- 3.3** Professional Development programs shall be provided for physical education teachers in the Winnipeg School Division to ensure the development of a well-balanced program that is inclusive of all students.