



Physical Activity Coalition of Manitoba

*"Our mission is to support increased physical activity among Manitobans through collaboration, promotion, and education."*

**A POSITION STATEMENT FOR QUALITY DAILY PHYSICAL ACTIVITY  
AND DAILY PHYSICAL EDUCATION IN SCHOOLS**

**Beliefs:**

The Physical Activity Coalition of Manitoba believes that:

- it is well accepted and evidenced that increasing physical activity will decrease lifestyle related disease and conditions, as well as providing people with numerous other health benefits.
- an effective school based and integrated physical activity and physical education program contributes to the health and well-being of our children and youth.
- all children, with varying levels of ability, in all grades, in all schools have the right to a quality physical activity and physical education experience.
- physical activity is an integral part of, but not solely limited to, a quality physical education program.
- an effective physical education program should:
  - promote physical activity of children consistent with the new HE/PE curriculum
  - result in students embracing and practicing a physically active lifestyle
  - promote positive attitudes and social responsibility
  - be equitable in all respects
  - be taught by a qualified physical educator

We believe that regular physical activity provides positive effects on student performance and academic achievement in terms of memory, observation skills, problem-solving and decision-making, as well as significant improvements in enhancing positive attitudes and behaviours, self-discipline and creativity.

We also believe that local school boards, school officials, and Department of Education have a responsibility to provide physical education leadership and appropriate support services to teachers in physical education as well as adequate facilities, resource supplies and equipment.

We further believe that health-enhancing physical activity is:

- physical movement performed at an amount and level of intensity that enhances health and well-being;
- integral to a quality daily program as a requirement and valued outcome.

And, we believe that it is the responsibility of both schools and the community at large to promote and provide quality physical activity opportunities on a daily/regular basis that is separate from, but compliments, the delivery of the curricular physical education-health program.

### **Therefore:**

It is first and foremost the position of the Physical Activity Coalition of Manitoba that schools and communities should provide daily opportunities for every child to receive and benefit from health-enhancing physical activities as recommended by Canada's *Physical Activity Guide for Children and Youth: i.e.: 90 minutes per day of which 30 minutes should be moderate to vigorous.*

To achieve this, the Physical Activity Coalition of Manitoba encourages the Government of Manitoba to move toward adopting a policy that every child in every grade in every school has the right to receive quality physical education instruction for a minimum of 150 minutes per five day school cycle week or 180 minutes per six day school cycle week

### **Recommendations:**

The Physical Activity Coalition of Manitoba advocates for the adoption of provincial legislation that will make physical education mandatory in all schools and all grades from Kindergarten to Senior 4.

In doing so the Coalition recommends that the province's Manitoba Education, Citizenship and Youth mandates that:

- every child in every grade from Kindergarten to Grade 8 receive mandatory daily physical education instruction for a minimum of 150 minutes per week.
- the graduation requirements for Senior 1 to Senior 4 include four (4) compulsory credits of physical education; possibly including student initiated physical activity portfolios.

The Physical Activity Coalition of Manitoba also recommends that schools, school divisions, recreation commissions-boards and other community based organizations collaborate to offer daily physical activity opportunities in school facilities including before and after school; as well on evenings and weekends.