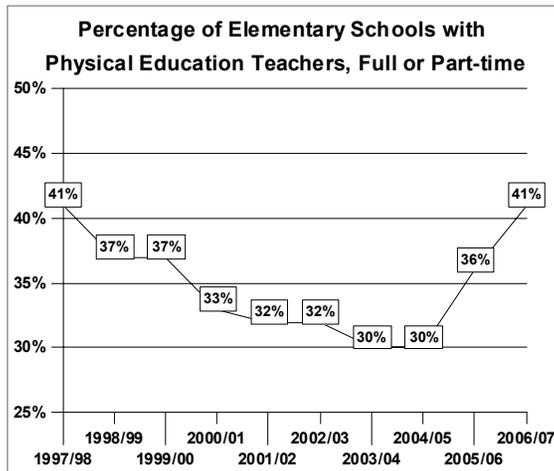
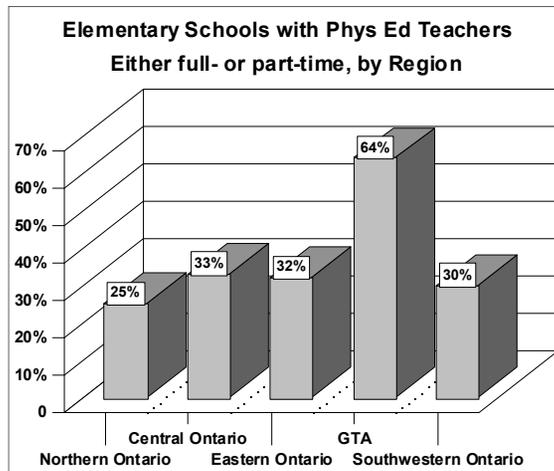


what schools told us...

"Our school is overpopulated for the amount of space available. And because we have more classes, it has reduced the availability of the gymnasium to each class. So while having health and phys ed everyday, the gym is utilized by every class not more than twice a week. Many phys ed classes are being held outdoors, but this is not viable in the winter."

An elementary school in Thunder Bay CDSB



The full report is available at www.peopleforeducation.com.

People for Education is a registered charity working to support public education in Ontario's English, French and Catholic schools.

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healthy schools

*from The Annual Report on
Ontario's Public Schools 2007*

people for
Education
BECAUSE EDUCATION MATTERS MOST

healthy schools

More elementary schools have physical education teachers this year.

But only half of those teachers are full-time, which means that even in schools with physical education teachers, not all students benefit from them.

2007 survey results:

- ❑ 41% of elementary schools have a physical education teacher either full- or part-time. This represents the first time the numbers have returned to the percentage recorded in 1997. But only half of those are part-time.
- ❑ 46% of secondary schools charge fees for physical education classes and 77% charge athletic fees – ranging from \$2 to \$500.
- ❑ The overall average number of minutes per week of physical education in elementary schools has declined by 6% from 2004 levels.

Areas with a high number of smaller schools are much less likely to have specialist physical education teachers. In the GTA, 64% of elementary schools have physical education teachers, compared to 25% of Northern elementary schools.

Physical education teachers and physical health

Research shows that obesity in children has tripled over the

past 20 years. In addition, as many as 82% of Canadian young people may not be active enough to meet international guidelines for optimal growth and development. Researchers have found that where regular classroom teachers must deliver the physical education curriculum, gym periods may be missed, and many classroom teachers do not have the knowledge or skills to deliver a program of vigorous physical activity.

Fees and fundraising for sports

Sports programs and extra-curricular activities are important components of a “healthy school.” But many schools rely on fundraising and fees to support their sports programs. This can exclude some students, or create situations where schools in prosperous communities can pay for better sports programs.

Fundraising for sports

In secondary schools in 2007:

- 46% charge fees for physical education classes, a percentage that has remained fairly steady since 2001.
- 77% charge fees for extra-curricular athletics, a 26%

increase since 2001.

- fees range from a low of \$2 to a high of \$500 (the high end has increased fairly steadily since 2001).

In elementary schools:

- 59% report fundraising for sports activities, up 5% since 2005.

The difference between physical activity and physical education

Physical education classes follow a proscribed curriculum in each grade, and teach students about physical and social health, as well as physical skills.

According to the Ontario Physical Health and Education Association (OPHEA), “Physical activity is one piece of a complete, quality health and physical education program that all children need. Our students also need to learn physical skills and strategies, and health-promoting behaviours that will provide them with confidence and competence to lead active, healthy lives.”

For the second year in a row, there has been a slight drop in the average number of min-

utes spent in physical education classes, and some worry those classes are being reduced as Daily Physical Activity minutes are being added to regular class time.

Daily Physical Activity is a provincially mandated program introduced last year, which mandates 20 minutes of activity per day for students in elementary school. This activity is part of the regular classroom day and was not meant to replace physical education classes.

The funding formula and phys ed

One full-time physical education teacher is needed to provide physical education classes for all the students in an average-sized Ontario elementary school. But, because funding for physical education teachers is dependent on preparation time, only schools well above the Ontario average size tend to have full-time physical education teachers.

 How can Ontario's schools promote greater physical health among all students?