



REPORT TO

STUDENT ACHIEVEMENT AND WELL BEING, CATHOLIC EDUCATION AND HUMAN RESOURCES COMMITTEE

DAILY PHYSICAL ACTIVITY ACTION PLAN IN TCDSB ELEMENTARY SCHOOLS

“The Lord will guide you continually, watering your life when you are dry and keeping you healthy, too. You will be like a well-watered garden like an ever-flowing spring.”

Isaiah 58:11

Created, Draft	First Tabling	Review
May 25, 2015	June 4, 2015	Click here to enter a date.
N. Biagini, Program Coordinator Health/Physical/Outdoor/Arts Education D. Koenig, Superintendent of Education, Curriculum and Accountability		
INFORMATION REPORT		

Vision:

At Toronto Catholic we transform the world through witness, faith, innovation and action.

Mission:

The Toronto Catholic District School Board is an inclusive learning community rooted in the love of Christ. We educate students to grow in grace and knowledge and to lead lives of faith, hope and charity.



G. Poole
Associate Director of Academic Affairs

A. Sangiorgio
Associate Director of Planning and
Facilities

Angela Gauthier
Director of Education

A. EXECUTIVE SUMMARY

The report Daily Physical Activity (DPA) in our Elementary Schools was received and presented on Thursday, January 15, 2015. This report outlines an action plan to support schools with implementing the Ministry required daily physical activity. The report also includes student feedback on ways to improve DPA delivery in schools.

B. PURPOSE

1. The purpose of this report is to present a plan of action that will help staff implement 20 minutes of daily physical education in our elementary schools.

C. BACKGROUND

1. Policy Program Memorandum 138 mandated all Ontario School Boards to implement daily physical activity for 20 minutes in all elementary schools. Consequently, school boards must ensure that all elementary students, including students with special needs, have a minimum of twenty minutes of sustained moderate to vigorous physical activity each school day during instructional time. The goal of daily physical activity is to enable all elementary students to improve or maintain their physical fitness and their overall health and wellness, and to enhance their learning opportunities. Daily physical activity may include walking, active games, dance, aquatics, sports, and fitness and recreational activities, where facilities permit. (Appendix A)

D. EVIDENCE/RESEARCH/ANALYSIS

1. Ministry supports have been provided to elementary schools by the Health/Physical/Outdoor/Arts Department for the implementation of daily physical activity (Appendix B). There are numerous additional files and presentations that have been provided to the schools since the inception of the Ministry PPM 138 in 2005. The curriculum resource documents for all elementary grades include lessons for implementing DPA into the regular classroom. An effective resource being used by schools, On Your Way with DPA, written by TCDSB Health and Physical Education staff has also been provided to each elementary school. In addition to this, all teachers have

access to the DPA curriculum support resources electronically for Kindergarten to Grade 8.

2. The Physical Education department released a survey for a sample of three junior and three intermediate students at the elementary level in order to identify student preferences regarding the implementation of DPA (Appendix C).

E. ACTION PLAN

- 1) At the end of May all Supervisory Officers will have presented a Powerpoint presentation to their Principals outlining an implementation plan for Daily Physical Activity in their schools. The plan will also include a variety of scheduling options for the implementation of DPA (Appendix D).
- 2) In September, Supervisory Officers will meet with their Principals to discuss their school's action plan on how DPA will be implemented in their school.
- 3) The Supervisory Officer will monitor the implementation of daily physical activity in their schools at intervals established by the Supervisory Officer and the school Principal.
- 4) Principals will check each teacher's timetable to ensure that DPA is scheduled for all students each day.
- 5) Principals will communicate information about DPA to their stakeholders at the start of the school year and include information in their school agendas.
- 6) The Health and Physical Education resource teacher will work with the HPE specialist teacher to share effective strategies to champion DPA in an elementary school.
- 7) Literacy and numeracy resource staff will provide direction to teachers on ways of effectively integrating DPA with literacy and numeracy instruction during professional development sessions.

- 8) The partnership development department will continue to focus on school initiatives that support a healthy schools framework. Currently programs such as Reebok – Boks program, Wellbeats, MLSE Partnership, Healthy Kids Community Challenge Grant, etc., are all programs that help support an active and healthy lifestyle for youth.
- 9) Communications will explore opportunities to highlight and celebrate DPA activities within our elementary schools, as well as develop an online tool hosting DPA best practices for access by principals and teachers.
- 10) A survey will be sent to elementary schools near the end of the school year for input in regards to the success and challenges associated with the implementation of DPA.

F. METRICS AND ACCOUNTABILITY

1. The implementation of DPA at the school level will be monitored by the area Supervisory Officer and the Principal of the school.
2. Survey results will be analysed by program staff and changes required will be integrated into the action plan.

G. CONCLUDING STATEMENT

This report is for the consideration of the Board.