



REPORT TO

REGULAR BOARD

**PHYSICAL ACTIVITIES WITHIN THE PHYSICAL EDUCATION PROGRAMS POLICY**


*Or do you not know that your body is a temple[a] of the Holy Spirit within you, which you have from God, and that you are not your own? - 1 Corinthians 6:19*

Drafted	Meeting Date
March 12, 2025	April 24, 2025
Derek Luk, Senior Policy Advisor Shazia Vlahos, Chief Communications Officer, Policy, Government Relations & Strategy Cristina Fernandes, Executive Superintendent of Student Achievement, Innovation and Well-Being	

**RECOMMENDATION REPORT**


**Vision:** *IN GOD'S IMAGE: Growing in Knowledge, with Justice and Hope.*

**Mission:** *Nurturing the faith development and academic excellence of our Catholic learning community through the love of God, neighbour, and self.*



**MULTI-YEAR STRATEGIC PLAN**  
2022 - 2025

*IN GOD'S IMAGE: Growing in Knowledge, with Justice and Hope*



Brendan Browne  
Director of Education

Adrian Della Mora  
Associate Director of Academic Affairs & Chief Operating Officer

Derek Boyce  
Associate Director of Corporate Services and Chief Commercial Officer

Ryan Putnam  
Chief Financial Officer and Treasurer

## **A. EXECUTIVE SUMMARY**

To provide Board with a proposed updated Physical Activities within the Physical and Health Education Programs Policy, formerly S.P.07, (Appendix A - Tracked and Appendix B – Clean).

**The cumulative staff time required to prepare this report was 6 hours.**

## **B. PURPOSE**

The proposed updated policy addresses GAP’s direction to review “Student Facing” Curriculum and Program policies.

## **C. BACKGROUND**

1. The Physical Activities within the Physical and Health Education Programs Policy was last reviewed November 2017.
2. On October 1, 2024, GAP approved the review of this policy as part of the Curriculum and Program Policies.
3. On April 1, 2025 GAP approved the updated policy.

## **D. EVIDENCE/RESEARCH/ANALYSIS**

1. The policy has been updated to simplify language and reflect updated Ontario Physical and Health Education Association’s change from Ontario Safety Guidelines for Physical Education to the new Ontario Physical Activity Safety Standards in Education.
2. The name of the policy has been changed for clarity to Physical Activities within the Physical Education Programs policy.

## **E. METRICS AND ACCOUNTABILITY**

1. The policy will be reviewed every five years.

## **F. GAP RECOMMENDATION**

The Governance and Policy Committee recommends to Board that the proposed the Physical Activities within the Physical Education Programs Policy provided in Appendix A (tracked) and Appendix B (clean), be approved.