

DAILY PHYSICAL ACTIVITY: PILOT SCHOOLS REQUEST FOR PROPOSALS: DEADLINE: DEC. 7, 2007

Active Living Committee: Western, a group of individuals in Corner Brook concerned about the health of our youth, has received funding from Provincial Wellness to implement a Daily Physical Activity pilot program in primary/ elementary schools in the Western School District. This program has been successfully initiated in other school districts, and the Committee wishes to begin the D.P.A. pilot in the Western School District in March, 2008. Participation is voluntary, and those schools that are selected will agree to provide 180 minutes of physical activity for students in a six-day cycle. This typically amounts to 20 minutes of activity on non-gym days and must be overseen by the classroom teacher.

Using physical activity to help teach learning outcomes is just one way to help meet the learning goals of the District. Advocacy by the District for this Daily Physical Activity program is offered within the context of these student learning outcomes. As an example, hopscotch could be used to help teach counting and patterns in primary Mathematics. A predator/ prey game of tag could be used to teach food chain concepts in Science. The physical activity does not have to be done the same way every day. A field trip could help with a science outcome one day while a music class doing a dance activity might provide the activity another day. Establishing connections between physical activity and curriculum outcomes will be a major focus of the inservice training session provided for teachers prior to the start of the program.

Teachers may choose to begin the physical activity in subject areas where such links are easily made. In Health, for example, *Active Living* is an integral component of the curriculum. Initially, the 20 minutes of physical activity could be part of the regularly scheduled Health course. Some provincial Grade Level Outcomes for Health that could easily be met with the 20 minutes of daily physical activity include:

- Grade 1* Identify daily activities which affect personal health and well-being.
- Grade 2* Recognize the need for daily physical activity.
 - Appreciate that physical activity helps to keep the body fit and healthy.
- Grade 3* Identify daily physical activities which have contributed to their health.
- Grade 4* Understand how physical exercise relieves stress.
 - Propose ways to make active living a part of daily life.
- Grade 5* Recognize the importance of daily physical activity for general well-being.
- Grade 6* Set personal goals for daily physical activity.

In addition to these outcomes, the Provincial School Development Model also has at least one criteria statement which highlights the importance of activity and wellness. (Statement C12: Our school community fosters a culture of wellness and active living.)

Principals with Kindergarten to Grade 6 classes are asked to bring this information to their staffs to determine the level of interest. Interested primary and elementary schools are asked to **submit the attached *Expression of Interest Form* to me by Friday, December 7, 2007.** Preference will be given to schools that have entire staff or full division participation, i.e. K – 3, 4 – 6, or K - 6. We look forward to the schools' response to this exciting pilot.

Bill Allan, School Health Promotion Consultant