

RESEARCH LINK



SASKATCHEWANINMOTION.CA



THE RESEARCH

Physical Education survey in Saskatchewan and the impacts on Physical Activity

In 2009, Saskatchewan *in motion*, the Ministry of Education, and the University of Saskatchewan worked in partnership to develop and distribute a survey to gather information about physical education in Saskatchewan and current approaches to encouraging physical activity.

Two surveys, a Teacher Survey and a School Survey were distributed. A total of 597 teachers completed the teacher survey and 282 administrators completed the school survey.

Among the many findings from the Saskatchewan Physical Education survey, results indicate that:

- **Only 35% of students receive daily physical education in Saskatchewan**
- **Only 24% of schools in Saskatchewan report having a formal physical activity program**

The Saskatchewan Physical Education Curriculum Guide recommends 150 minutes of physical education per week. Saskatchewan *in motion* recognizes the importance of Physical Education as a critical foundation in developing the skills required to be physically active for life. There has never before been research conducted on Physical Education in Saskatchewan. The results of these surveys will be used by the Ministry of Education, the University of Saskatchewan and Regina and the Saskatchewan Physical Education Association (SPEA) to inform future actions in the development of physical education in Saskatchewan. In addition, the findings from this survey will be used to identify areas that need professional learning support for teachers and administrators.

Link to Success:

Saskatchewan in motion advocates for the minimum standard for the provision of at least 150 minutes of physical activity for k-12 students over and above the physical education curriculum.

The Regina Catholic School Division is working towards providing quality daily physical education as well as physical activity, over and above physical education time, throughout the school day. This school division has a dedicated Physical Education and Health Specialist that is responsible for supporting teachers to foster healthy active lifestyles. Having a specialist to provide ideas and resources to teachers enables teachers to feel supported and confident in their efforts to seek out more physical activity opportunities for their students throughout the school day. Find out how this school division implemented a plan to increase physical activity within their elementary schools.





Be part of the Solution- Links for Action!

Children need between 60-90 minutes of physical activity each day. Physical Education is important for the development of skills, knowledge and attitude necessary to be physically active for life.

Families

Take the time to learn about the quality of the Physical Education program at your child's school.

- Find out how often your children receive Physical Education.
- Determine whether or not your school is fulfilling the minimum mandated time for Physical Education as stated in the provincial curriculum.
- Find out if your child is receiving the opportunity to develop skills in a variety of areas within and outside of Physical Education class.
- Ask your self you as a parent providing 30 minutes of physical activity each day at home?

Schools

As a teacher take a stand and be a champion for children's health.

- Help ensure that the kids in your school receive Quality Daily Physical Education (LINK TO PHE Canada)
- Ensure that your school is an in motion school and provides a minimum of 30 minutes of physical activity each day. Here's how: www.saskatchewaninmotion.ca

Communities

- Do your part and raise awareness on the importance of physical activity for health benefits.
- Look for ways to work with your school in order to provide after-school activities for the kids in your community.



References:

Fishburne, G. J. (2005). What is the relationship between Physical Activity and Physical Education? www.phecanada.ca/eng/advocacy/action