



Physical Activity Coalition of Manitoba

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For Immediate Release



Manitoba  
Physical Education  
Teachers Association Inc.

Association Manitoabaine  
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Education Physique Inc.

## **Canada's grade for physical education in schools improving and Manitoba leads the way**

The Physical Activity Coalition of Manitoba (PACM) and the Manitoba Physical Education Teachers Association (MPETA) are pleased with the progress that Manitoba has made in the area of physical education in Manitoba schools. In 2005, Active Healthy Kids Canada's Report Card indicated that physical education in Canadian schools got a failing grade of F. The report card looks at, among other aspects of physical activity, the quantity and quality of physical education being offered in schools and the presence of physical education policies.

Things are looking up this year as the Active Healthy Kids Canada's 2009 Report Card gives physical education in schools across Canada a C-, highlighting the practices and policies in Manitoba that have improved the overall rating. "Thanks to the Province of Manitoba's Healthy Kids, Healthy Futures Task Force Report and its mandates we are way ahead of the national curve in terms of providing quality K-12 physical education to all students in all schools," says Ralph Clark, MPETA President. Physical education took a significant step forward with the mandating of physical education time taught through all grades in our Manitoba schools. K-8 students receive 150 minutes of physical education in a 6 day cycle and high school students are now required to earn 1 credit of physical/health education in each grade from 9 to 12, which includes compulsory activity hours. Our province is one of the leaders when it comes to teaching physical education. The combination of a quality curriculum taught primarily by physical education specialists is the envy of many provinces/territories across Canada. Continued Provincial Government support of physical/health education, in the form of curriculum development and funding, which needs to be applied to physical/health education courses, will only increase the success of the programs in our schools and ultimately, the health of our children.

Manitoba is the first province to mandate physical education from K-12 and PACM believes this is a great first step for developing healthy lifestyles in the youth in our province. "PACM believes that increasing physical activity will decrease lifestyle related disease and conditions and an effective school based and integrated physical activity and quality ongoing physical education

program contribute to the health and well-being of our children and youth,” says Rick Lambert, PACM Executive member.

The benefits of physical activity are far reaching and having the opportunity for children and youth to be active, to learn the skills and to develop a life-long love of physical activity is a vital role for the school. “We believe that regular physical activity provides positive effects on student performance and academic achievement, as well as significant improvements in enhancing positive attitudes and behaviours,” adds Lambert.

The 2009 Active Healthy Kids Canada full report card can be viewed on the website at <http://www.activehealthykids.ca/>

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**About PACM:**

*The Physical Activity Coalition of Manitoba (PACM) is a Coalition of organizations interested in facilitating an increase in physical activity among Manitobans of all ages. Members include: Not for profit organizations, private sector, professional associations, provincial/regional community groups, government departments/agencies, institutions (Universities, Colleges)*

**About MPETA:**

*The Manitoba Physical Education Teachers Association (MPETA) is affiliated with The Manitoba Teachers' Society as a Special Area Group. MPETA is an educational and professional organization which is dedicated to serve physical education in Manitoba schools, support its membership and to promote and advance the teaching of physical education in Manitoba schools.*