

Ministry of Education

Deputy Minister

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Ministère de l'Éducation

Sous-ministre

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Memorandum To: Directors of Education

From: Bruce Rodrigues
Deputy Minister

Date: October 5, 2017

Subject: Revised Daily Physical Activity Policy
in Elementary Schools, Grades 1-8 (P/PM 138)

Please find enclosed the revised Policy/Program Memorandum No. 138: Daily Physical Activity (DPA) in Elementary Schools, Grades 1 to 8 (P/PM 138).

As you know, the current P/PM requires all school boards in the province to ensure that students in grades 1 to 8, including students with special education needs, have a minimum of twenty minutes of sustained moderate to vigorous physical activity each school day during instructional time.

The 2017 revised P/PM provides flexibility by allowing these twenty minutes of physical activity to be divided into smaller time allocations throughout the instructional day (i.e. 5 and 10 minutes blocks).

Participating in physical activity and reducing sedentary behaviour is known to enhance well-being and contribute to overall student success. Providing students with opportunities to be physically active supports *Achieving Excellence: A Renewed Vision for Education in Ontario, 2014*. Engaging students in daily physical activity also helps build a culture of physical activity in schools, which can instill the value of physical activity for life and help to improve health and learning outcomes for all children and youth.

To enhance their well-being and achievement, all students should strive to achieve high levels of physical activity and limit sedentary behaviour every day. To support them in reaching this goal, educators may want to consider breaking up longer periods of sedentary time during the school day by building movement opportunities into instructional time. DPA is one of the Ministry of Education's commitments to providing children and youth with access and opportunity to 60 minutes of physical activity connected to their school day.

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The ministry recognizes that building capacity at the board and school level is an essential component of sustaining daily physical activity in schools. As such, the Ministry of Education is providing funding for one educator per school board, to attend the Ontario Physical and Health Education Association (Ophea) Conference from October 12-13, 2017, in Niagara Falls, Ontario. They will receive training and have the opportunity to network with educators across the province to support the implementation of the revised DPA policy. For more information on the Ophea Conference, please visit <http://conference.ophea.net>

Ophea is a credible Ontario voice on the subject of physical activity to support boards and schools to implement daily physical activity. In addition to the existing DPA resources available, Ophea will be facilitating webinars, regional opportunities and distributing posters and a video in the 2017-18 school year to help plan and implement the DPA.

Thank you for your on-going efforts to help Ontario's student's lead healthy, active lives.

Sincerely,

A handwritten signature in black ink that reads "Bruce Rodrigues". The signature is written in a cursive style with a large, sweeping "B" and "R".

Bruce Rodrigues
Deputy Minister

Attachment

Encl.: Daily Physical Activity in Elementary Schools, Grades 1-8 (P/PM 138)