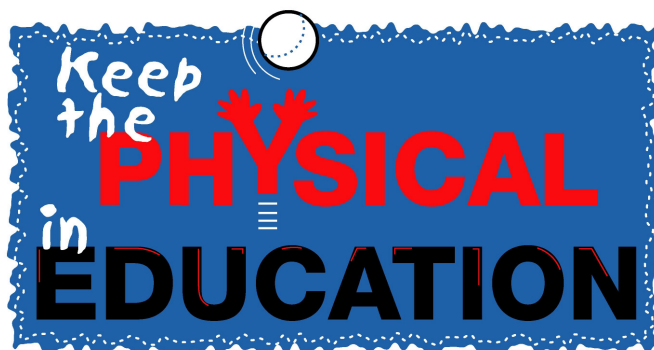


Quality Daily Physical Education is an Integral Part of Education



Today, there is mounting evidence to show that we are facing a physical inactivity and obesity crisis in Canada. For a variety of reasons (changing lifestyles, more sedentary pastimes, lack of skills or habits), children and youth are more inactive than ever before. Regardless of the reason, it is imperative that these disturbing trends are reversed.

Physical and Health Education Canada (PHE Canada) is the national voice that advocates for the need for quality health and physical education programs for all children. Quality physical education is essential to ensuring that every child, regardless of ability, gender, culture or socioeconomic background has the opportunity to develop the skills, acquire the knowledge and establish the habits that are essential to leading healthy, physically active lives. As the voice for health and physical education in Canada, PHE Canada has developed a series of tools and resources to support schools in delivering quality health and physical education programs.

PHE Canada's **Quality Daily Physical Education (QDPE)** initiative is one of our four key pillars that guide the work of our organization. QDPE represents PHE Canada's term for defining what a quality physical education program is, and how it is delivered. PHE Canada believes that QDPE in every school and for every child is an essential intervention to the inactivity epidemic that is currently plaguing this country's children.

WHAT is QDPE?

PHE Canada launched the term Quality Daily Physical Education (QDPE) in 1988 as a way to define a program that is well-planned, taught by qualified and enthusiastic professionals, and offers a variety of learning opportunities to all students on a daily basis throughout the entire school year. PHE Canada developed a definition for QDPE that describes the "**minimum**" standards required for a school QDPE program.

QDPE is a well-planned school program of compulsory physical education provided for a minimum of 30 minutes each day to all students (Kindergarten to grade 12) throughout the school year. A QDPE program includes:

- Daily curricular instruction for all students (K-12) for a minimum of 30 minutes.
- Well planned lessons incorporating a wide range of activities.
- A high level of participation by all students in each class.
- An emphasis on fun, enjoyment, success, fair play, self-fulfillment and personal health.
- Appropriate activities for the age and stage of each student.
- Activities which enhance cardiovascular systems, muscular strength, endurance and flexibility.
- A participation based intramural program.
- Qualified, enthusiastic teachers.
- Creative and safe use of facilities and equipment

WHY do students need QDPE?

Quality Physical Education programs provide an important opportunity for students to develop knowledge and skills, and form habits that will enable them to be active now and for life. Considering that schools are the only institution with the ability to reach every child in Canada, this opportunity is significant. In many cases, Physical Education classes are the only opportunity for children to engage in moderate to vigorous physical activity.

PHE Canada will continue to advocate for QDPE in every school, ensuring that recommended PE time becomes mandated by each Ministry of Education, and that all schools are supported in helping all children to achieve Physical Education Curricular Outcomes. This will help every one of our children lead healthy, active lives today and in the future.

Making the Grade:

To support schools in developing QDPE programs, a number of resources and tools are available at www.phecanada.ca. A detailed, interactive QDPE assessment tool is available to assist educators in identifying their programs highlights and areas where support is needed. http://www.phecanada.ca/eng/physicaleducation/qdpe_resources.cfm

In addition, a QDPE Report Card has been developed for use by parents, administrators, teachers or anyone else interested in assessing the school program.

Complete the QDPE Report Card.
1. Does the school provide a minimum of 150 minutes of physical education class instruction and activity per week per student?
<input type="checkbox"/> Yes <input type="checkbox"/> No
2. Are physical education lessons well planned, incorporating a wide range of activities?

<input type="checkbox"/> Yes <input type="checkbox"/> No
3. Does the physical education program encourage participation of all students in each class, regardless of ability?
<input type="checkbox"/> Yes <input type="checkbox"/> No
4. Is there an emphasis on enjoyment, safety, success, fair play, self-fulfillment and personal health?
<input type="checkbox"/> Yes <input type="checkbox"/> No
5. Are physical education lessons and activities appropriate for the age and stage of development of each student?
<input type="checkbox"/> Yes <input type="checkbox"/> No
6. Do physical education lessons and activities include opportunities to enhance cardiovascular systems, muscular strength, endurance and flexibility?
<input type="checkbox"/> Yes <input type="checkbox"/> No
7. Does the physical education program provide opportunities for all students to participate in school intramural activities and student leadership opportunities?
<input type="checkbox"/> Yes <input type="checkbox"/> No
8. Are the teachers responsible for teaching physical education qualified to teach the subject?
<input type="checkbox"/> Yes <input type="checkbox"/> No
9. Are the teachers responsible for teaching physical education positive role models for students?
<input type="checkbox"/> Yes <input type="checkbox"/> No
10. Does your child look forward to physical education classes and intramural activities?
<input type="checkbox"/> Yes <input type="checkbox"/> No

The QDPE School Recognition Award Program (RAP)

The Quality Daily Physical Education (QDPE) Recognition Award Program (RAP) identifies, recognizes and encourages excellence in school physical education programs. Schools that are committed to the QDPE philosophy and who meet the official QDPE standards and criteria are eligible for this prestigious award. RAP winning schools receive national recognition for the QDPE programs and earn the official title "QDPE School" or "QPE School". In addition, all QDPE and QPE RAP schools receive an award banner and a free one-year PHE Canada membership.

The QDPE RAP requires schools to assess their physical education programs based on the criteria identified in the RAP application form. Any Canadian K-12 school can apply for either of the RAP awards.

Diamond Award:

The Diamond Award is the highest level QDPE award presented to schools. Diamond Award schools provide all students with an exceptional program of physical education instruction "every day" of the school week, for the entire school year. A Diamond school provides a minimum of 150 minutes of class instruction each week and meets all criteria set out in the award application form.

Platinum Award:

The Platinum Award is presented to schools that provide all students with a well-planned program of physical education instruction 3-4 times a week for the entire school year. Platinum Award schools provide a minimum of 150 minutes of class instruction each week and meet all criteria set out in the award application form.

Gold Award:

The Gold Award recognizes the same level of quality programs as the Diamond and Platinum Award; however students receive less than the PHE Canada recommended physical education class time (150 minutes per week). Gold Award schools provide a minimum of 100 minutes, 3 times per week for the entire school year and meet all criteria set out in the award application form. The Gold Award is considered as a "stepping stone" to the Platinum and Diamond Award.

Last year, more than 1100 schools received this national award and each year the numbers continue to rise.

For more information, please visit: www.phecanada.ca

2008 marks 75 years of history for PHE Canada since launching in 1933 as the Canadian Physical Education Association (CPEA). We are happy to be celebrating our 75th year as a charitable, voluntary-sector organization whose primary concern is to influence the healthy development of children and youth by advocating for quality, school-based physical and health education.