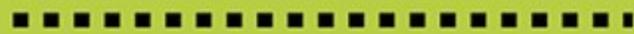




Mandatory Physical Activity in Moose Kerr School



POWER UP! Policy Stories

www.powerupforhealth.ca



POWER UP



**Mandatory Physical Activity
in Moose Kerr School**
.....
POWER UP! Policy Stories

Moose Kerr School mandates thirty minutes of physical activity every day. However, the school is now finding that 30 minutes is too short for skill building and playing. For this reason, the school has begun to rotate the physical activity schedule so that every second day, physical education is for one hour.

This shift in the Physical Education schedule has been immense and it has helped students be more engaged in learning valuable sports skills, leadership, and sportsmanship. Both teachers and students alike get to gain more from a longer time period. Whereas with the shorter thirty minute delivery, concerns from students were always ‘We just get started and then gym is over. We should have more time!’ So this was looked at seriously and has been implemented for the past three years with better success and happier students.

*Participant
Moose Kerr School*

Flexibility and Discretion

At the school level, there is no written policy per se, but teachers are aware that they are responsible for delivery of a physical education program. The teachers set their own classroom schedules, but the Physical Education schedule for the school year is set for them based on the one hour gym period allotted.

However, with the implementation of the schedule, there is some flexibility and discretion built into the curriculum for teacher’s consideration.



Moose Kerr School

Everybody likes it. And each teacher has their own discretion with their class as we do not have a gym teacher. So if I'm saying to myself, well, it's a little too much for my Grade 2s. Forty five minutes is good but an hour is too long, I'll take my 15 extra minutes and I'll continue with my literacy and that's not going to impact the students negatively, and it affords an extra 15 minutes of literacy. But 45 minutes of gym is just right for them. Whereas junior high, they are going to maximize that hour because those kids are just ready for that hour. They have lots of time to learn skill sets, practice through a really engaged game. So they learn the skills on how to play basketball and then actually engage in the game.

*Participant
Moose Kerr School*

In combination with the physical education curriculum, Moose Kerr School was part of a *Little Buddies* program that was initiated by the Inuvialuit Regional Corporation through their Health Promotion department. Schools in the Beaufort Delta Region were provided with kits for teachers to use. The kits gave low mobile activities that teachers could incorporate into their daily class schedule to help rejuvenate and re-attain student attention through physical activity. These low-key activities included movements at student desks, stretches, with use of light activity tools like exercise bands and squeegee balls similar to stress balls that engage students with short intervals of physical movement. This has been used over the years at teachers' discretion to implement in their daily class schedule, as they know their students learning needs best.

Beyond School Hours

Moose Kerr School, like many of the other schools in the Beaufort Delta region have access to funds through the NWT government for sports and healthy activities that will engage students in physical activity participation.

Funding has been secured for active after-school programming. Every day, on top of the 30 minutes to one hour, students also have 45 minutes to an hour of after-school activities. This program is based on application on a yearly basis. The school's vice principal is responsible for yearly submissions. The program is well received and a highlight for the students over the school year. This provides more options for extracurricular activities as teaching staff who are not physically inclined can offer more events/activities and leave this program to an organized staff of community hires and older senior high students to operate.

The school has successfully implemented this program for a number of years and it is one of the mainstays of their yearly extracurricular activities.

At the community level, the Hamlet Recreation department provides many recreational and sports opportunities for to the students as well. The Recreation committee and Recreation director are a significant part of highlighting sport activities. Both the school and the Recreation coordinator work together to promote positive student effort with attendance and attitude, which is vital to strong sportsmanship. Students are afforded many opportunities across the school year.



Moose Kerr School

Beyond Students

It is not just the students that have to be physically active at the school. Staff also have the opportunity to be physically active. Depending on the teachers' background and interest, various different physical activities have been offered to staff over the course of a school year, such as yoga and dance. By taking part in physical activity, teachers act as positive role models for the students.

For More Information:

To learn more about Moose Kerr School, please visit: http://www.bdec.nt.ca/?page_id=58.