

**Environmental Scan:  
Physical Education, Mandated Physical Activity, Non-mandated  
Physical Activity, Sport and Surveillance and Monitoring Activities  
in Canada**

**Prepared for:  
The Canadian Association for Health, Physical Education,  
Recreation and Dance**



THE CANADIAN ASSOCIATION FOR HEALTH, PHYSICAL EDUCATION, RECREATION AND DANCE  
L'ASSOCIATION CANADIENNE POUR LA SANTÉ, L'ÉDUCATION PHYSIQUE, LE LOISIR ET LA DANSE

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## Introduction

This Pan-Canadian environmental scan attempts to capture information related to national and provincial and territorial activities in the following key areas:

- Physical Education (Note – in some situations health curriculum has been included, although this is primarily when total time allocated, or delivery, is integrated with PE delivery)
- Mandated Physical Activity
- Non-mandated Physical Activity
- Sport
- Monitoring and Surveillance

Although not the focus of this scan, a few international examples have also been provided.

This environmental scan is **a work in progress** that overviews the relevant past, current and planned activities that the provincial, territorial and federal governments as well as national and PT non-governmental organizations and agencies are undertaking. The information was collected primarily from a Web-based search, existing relevant sources of data (e.g. other environmental scans that have been done by different jurisdictions) and through a review process involving provincial, territorial and federal government representatives for education, health/health promotion and sport.

This document is updated quarterly in March, June, September, and December as required.

A special thank you to those who have contributed to this scan.

# Physical Education and Health

## British Columbia

In British Columbia, *Physical Education* and *Health and Career Education* are separate subject areas.

Ministry of Education recommended time allotments for addressing the prescribed learning outcomes in Physical Education and Health and Career Education curricula:

Gr	Physical Education						Health					
	required	% of instr. time per year	hrs/yr	min/wk	min/day	specialist	required	% of instr. time	hrs/yr	min/wk		
K	Y	10%	Determined by school districts and schools	Determined by school districts and schools			Y	5%	Determined by school districts and schools	Determined by school districts and schools		
1	Y	10%					Y	5%				
2	Y	10%					Y	5%				
3	Y	10%					Y	5%				
4	Y	10%					Y	5%				
5	Y	10%					Y	5%				
6	Y	10%					Y	5%				
7	Y	10%					Y	5%				
8	Y	10%				75*	Y	Y			5%	
9	Y	10%				75*	Y	Y			5%	
10	Y	10%				75*	Y	Y			4 credit course	
11	N							Addressed in graduation portfolio				
12	N											

\*Most students get an average of 75 minutes per day of PE for half a school year in a semestered timetable.

### Physical Education

Physical Education is a required area of study from Kindergarten to grade 10. It is an elective subject area in grades 11 and 12. All grades from Kindergarten to 12 have prescribed learning outcomes (PLOs) contained in curriculum documents called Integrated Resource Packages (IRPs).

The Physical Education K to 7 IRP has been revised and is available on the Ministry of Education web site. Optional implementation of the revised Physical Education Kindergarten to grade 7 IRP will begin in September 2007 and full implementation will take place in September 2009. The revision process of the grade 8-10 and 11/12 IRPs will begin May 2008.

Daily Physical Activity has been mandated for student K to 7. This Daily Physical Activity must be moderate to vigorous activity levels. Recommended time allotments and percentages of curriculum have not been included in the mandate.

### Health and Career Education

In British Columbia, Health and Career Education is a required area of study from Kindergarten to grade 10. Curriculum documents (Integrated Resource Packages) are available for Health and Career Education from Kindergarten to grade nine. In grade 10, Health is address as part of the Planning 10 curriculum. In grades 11 and 12 Health is addressed as part of the Graduation Portfolio.

IRPs: <http://www.bced.gov.bc.ca/irp/irp.htm>,

PLOs: <http://www.bced.gov.bc.ca/irp/lo.html>

### Alberta

Ministry of Education recommends the following:

Gr	Physical Education						Health			
	required	% of instr. time	hrs/yr	min/wk	min/day	Specialist	required	% of instr. time	hrs/yr	min/wk
K							Integrated with Physical Education.			
1	Y	10%		150	30					
2	Y	10%		150	30					
3	Y	10%		150	30					
4	Y	10%		150	30					
5	Y	10%		150	30					
6	Y	10%		150	30				50	100
7	Y		75	150	30				50	100
8	Y		75	150	30				50	100
9	Y		75	150	30				50	100
10	Y		75-125	150-200	30				75	150
11	N		75	150						
12	N		75	150						

Only PE 10 and CALM are required for graduation. Note that most courses in Alberta are semester based and run for half a school year. Therefore estimated weekly time allocations would typically be doubled and last half a school year in duration.

<http://www.education.gov.ab.ca/physicaleducationonline/>

### Saskatchewan

Ministry of Education recommends the following:

Gr	Physical Education						Health			
	required	% of instr. time	hrs/yr	min/wk	min/day	specialist	required	% of instr. time	hrs/yr	min/wk
K										
1	Y			150			Y			80
2	Y			150			Y			80
3	Y			150			Y			80
4	Y			150			Y			80
5	Y			150			Y			80
6	Y			150			Y			80
7	Y			150			Y			80
8	Y			150			Y			80

9	Y			150			Y			80
10	1 elective required for graduation		100	150			Integrated with PE			
11			100	150			N			
12			100	150			N			

A minimum of 1 PE or HE credit is required for graduation. Students can take one of three electives including Wellness 10 or PE 20 or PE 30. For all physical education and health education classes - including Wellness 10 – that are taught in French (French Immersion and Fransaskois schools), the instructional time is reduced by approximately 20%. For example, the requirements for Physical Education in grades 1-9 in French Immersion and Fransaskois schools are 120 minutes/week (not 150 minutes). Similarly, the requirements for Health Education in grades 1-9 is 60 minutes/week, not 80 minutes. This 20% reduction in instructional time is to make up for the additional instructional time devoted to French language/culture in these schools.

<http://www.sasked.gov.sk.ca>; <http://www.sasked.gov.sk.ca/docs/physed/physed1-5/index.html>; <http://www.sasked.gov.sk.ca/docs/physed6-9/index.html>

## Manitoba

Ministry of Education mandates the following time allotments:

Physical Education							Health Education			
Gr	required	% of instr. time	hrs/yr	min/wk	min/day*	specialist	required	% of instr. time	hrs/yr	min/day
K	Y	11% (75/25 PE/HE)			25	Some divisional policies require PE to be taught by PE specialists.	Y	11% (75/25 PE/HE)		8
1	Y	11% (75/25 PE/HE)			25		Y	11% (75/25 PE/HE)		8
2	Y	11% (75/25 PE/HE)			25		Y	11% (75/25 PE/HE)		8
3	Y	11% (75/25 PE/HE)			25		Y	11% (75/25 PE/HE)		8
4	Y	11% (75/25 PE/HE)			25		Y	11% (75/25 PE/HE)		8
5	Y	11% (75/25 PE/HE)			25		Y	11% (75/25 PE/HE)		8
6	Y	11% (75/25 PE/HE)			25		Y	11% (75/25 PE/HE)		8
7	Y	11% (75/25 PE/HE)			22		Y	9% (75/25 PE/HE)		8
8	Y	11% (75/25 PE/HE)			22		Y	9% (75/25 PE/HE)		8
9	Y	1 credit (50/50 PE/HE)	110 hrs (55/55)				Y	1 credit (50/50 PE/HE)	110 hrs (55/55)	
10	Y	1 credit (50/50 PE/HE)	110 hrs (55/55)				Y	1 credit (50/50 PE/HE)	110 hrs (55/55)	
11	Y	1 credit PE/HE**	110 hrs***				Y	1 credit (50/50 PE/HE)	Part of PE/HE credit	
12	Y	1 credit PE/HE**	110 hrs***				Y	1 credit (50/50 PE/HE)	Part of PE/HE credit	

\* Instructional day is 300 minutes (or 330 when recess breaks are included)

\*\* System wide implementation is effective September 2008

\*\* \*This includes a minimum of 50% (i.e., 55 hours) for a required Physical Activity Practicum that focuses on participation in physical activity. This may be achieved through in-class, out-of-class, or a combination of in and out-of-class time to fulfil the required PE/HE credit.

System-wide implementation of a new combined K-10 PE/HE curriculum began in Sept 2006. Time allotments for grades K-8 are shared between PE and HE using a 75%/25% split and 50%/50% PE/HE split for grades 9 and 10. A result of the *Healthy Kids, Healthy Futures Task Force Report* (June, 2005) the provincial government mandated the amount of time that students in K-10 spend in phys ed/health classes effective September 2007. As well, students will be required to complete 4 PE/HE credits (one for each grade 9-12) to meet graduation requirements starting with students who are in grade 11 in 2008-09 school year. During this transition year only, the grade 12 students will require 3 PE/HE credits to graduate.

<http://www.edu.gov.mb.ca/k12/cur/physhlth/index.html>

## Ontario

Ministry of Education recommends the following:

Gr	Physical Education						Health				
	required	% of instr. time	hrs/yr	min/wk	min/day	specialist	required	% of instr. time	hrs/yr	min/wk	
K	Y		110	165	20		Integrated with PE				
1	Y		110	165	20						
2	Y		110	165	20						
3	Y		110	165	20						
4	Y		110	165	20						
5	Y		110	165	20						
6	Y		110	165	20						
7	Y		110	165	20						
8	Y		110	165	20						
9	Y		110	165							
10	Y		110	165							
11	N										
12	N										

Ontario is currently updating and field testing the Kindergarten program document. The new document is to be released in September 2006. HPE curriculum includes 20 minutes of daily physical activity for all grade levels as a component of the Active Participation strand however no time requirement for the entire program (local decision). New funding for specialist teachers to cover preparation time in elementary schools has resulted in an increase in the number of schools with physical education teachers (36%, 2006). But students in smaller elementary schools continue to be much less likely to have specialist physical education teachers. Grade 9-10 and 11-12 H&PE curriculums make the recommendation for the amount of time and frequency for students to participate in vigorous physical activity for a sustained period of time in the Active Living strand of the curriculum. There is a graduation requirement of 1 mandatory credit in H&PE plus 1 additional credit from a specific grouping that includes HPE/Arts/Business. Surveys

show that on average even though more time for PE is recommended, students average about 107 minutes of PE per week.

<http://www.edu.gov.on.ca/eng/curriculum/elementary.health.html>

### Quebec

Ministry of Education recommends the following:

Gr	Physical Education						Health			
	required	% of instr. time	hrs/yr	min/wk	min/day	specialist	required	% of instr. time	hrs/yr	min/wk
K						Y				
1				120		Y				
2				120		Y				
3				120		Y				
4				120		Y				
5				120		Y				
6				120		Y				
7						Y				
8						Y				
9						Y				
10						Y				
11						Y				
12						Y				

Quebec mandates that Physical Education be taught in French schools by qualified teachers for grades K-12. On the subject selection grid, Physical Education now joins Math and First Language Education, as the only three mandatory subjects where the time allotment is specifically set.

[www.mels.gouv.qc.ca](http://www.mels.gouv.qc.ca)

### New Brunswick

Ministry of Education recommends the following:

Gr	Physical Education						Health			
	required	% of instr. time*	hrs/yr	min/wk	min/day	specialist	required	% of instr. time	hrs/yr	min/wk
K	F - Y E - Y	F - 6%*		E - 100		F - Y E - N	F - Y	*Included within the 6-7% physical education instructional time is Formation personnel et sociale (FPS)		
1	F - Y E - Y	F - 6%*		E - 100		F - Y E - N	F - Y			
2	F - Y E - Y	F - 6%*		E - 100		F - Y E - N	F - Y			
3	F - Y E - Y	F - 6%*		E - 100		F - Y E - N	F - Y			
4	F - Y E - Y	F - 6%*		E - 100		F - Y E - N	F - Y			
5	F - Y E - Y	F - 6%*		E - 100		F - Y E - N	F - Y			
6	F - Y E - Y	F - 6%*		E - 150		F - Y E - Y	F - Y			

7	F - Y E - Y	F - 7%*		E - 150		F - Y E - Y	F - Y			
8	F - Y E - Y	F - 7%*		E - 150		F - Y E - Y	F - Y			
9	F - Y E - Y			E - 37-112**		E - Y	F - Y E - Y			
10	F - Y						F - Y E - Y			
11										
12										

\* Represents the minimum % of instruction time per semester.

\*\* Adjusted to minutes/week from semestered time.

New Brunswick's education system offers students the opportunity to learn in both French and English through two parallel but separate education systems. Each linguistic sector of the Department of Education is responsible for its own curriculum and assessment.

In the francophone sector Physical Education is required for all of our students from K-10 and is taught by PE specialists at every level. A new K-8 curriculum will be implemented province wide in the fall of 2006. At the high school level, a new curriculum for grade 9 and a new one for grade 10 have been recently implemented.

Students also have three elective programs (Grade 11 PE; Grade 12 Leadership; Grade 12 "Introduction aux sciences de l'activité physique") to select from once they have completed their grade 10 PE. New leadership curriculum to be posted fall 2006.

In the Anglophone sector, the New Grade 9-10 program is presently being piloted, and at the Grade 11-12 levels there are 2 electives, one in Outdoor Pursuits and the other is a Leadership Program. Not all schools have the Outdoor Pursuits as they may not have a properly qualified person to deliver. Physical Education is mandatory from K-9.

#### **New Brunswick Francophone Curriculum:**

<http://www.gnb.ca/0000/publications/servped/educationphysiqueM-8mai2006.pdf>

<http://www.gnb.ca/0000/publications/servped/educationphysique9e.pdf>

<http://www.gnb.ca/0000/publications/servped/educationphysique10e.pdf>

#### **New Brunswick Anglophone Curriculum:**

<http://www.gnb.ca/0000/publications/curric/elementarypysed.pdf>

<http://www.gnb.ca/0000/publications/curric/MiddlePhysEd.pdf>

#### **Nova Scotia**

Ministry of Education recommends the following:

Gr	Physical Education						Health			
	required	% of instr. time	hrs/yr	min/wk	min/day	specialist	required	% of instr. time	hrs/yr	min/wk
K	Y			150						
1	Y			150						
2	Y			150						

3	Y			150						
4	Y			150						
5	Y			150						
6	Y			150						
7	Y									
8	Y									
9	Y									
10	N*						N			
11	N						N – see discussion			
12	N						N			

\*PE 10 will become mandatory as of September 2008.

Nova Scotia has a Combined Foundation document but separate curricula. PE P-6 - 150 minutes/week and PE 7-9 are compulsory. At the moment PE 10-12 all elective PE courses; however, starting September 2008, PE 10 will be mandatory. Physically Active Lifestyles (PAL) .5 is a compulsory credit required for graduation. There are no recommendations for HE P-6 (generally 1 period per week) or HE 7-9 (generally 2 periods per week. Called Personal Development and Relationships). HE 10-12 are all elective and Gr. 11 Career and Life Management (career, financial and self-management) is a compulsory .5 credit. <http://www.ednet.ns.ca>.

### **Prince Edward Island**

Ministry of Education recommends the following:

Gr	Physical Education						Health			
	required	% of instr. time	hrs/yr	min/wk	min/day	specialist	required	% of instr. time	hrs/yr	min/wk
K										
1	Y	5%		75			Y	5%		75
2	Y	5%		75			Y	5%		75
3	Y	5%		75			Y	5%		75
4	Y	5%		75			Y	5%		75
5	Y	5%		75			Y	5%		75
6	Y	4-6%		75			Y	5%		75
7	Y	4-6%		75			Y	4-6%		60-90
8	Y	4-6%		60-90			Y	4-6%		60-90
9	Y	4-6%		60-90			Y	4-6%		60-90
10	N									
11	N									
12	N									

Prince Edward Island has mandatory Physical Education for grades 1 – 9 (4-6%) and optional for grades 10 – 12. Through participation in physical education, students will develop the skills, attitudes and knowledge necessary to incorporate physical activity into regular routines and leisure pursuits to live an active, healthy lifestyle.

<http://www.gov.pe.ca/educ/>

## Newfoundland and Labrador

Ministry of Education recommends the following:

Gr	Physical Education						Health			
	required	% of instr. time	hrs/yr	min/wk	min/day	specialist	required	% of instr. time	hrs/yr	min/wk
K	Y	6%		~90			Y	Share 40% with 5 other subjects		~90
1	Y	6%		~90			Y			~90
2	Y	6%		~90			Y			~90
3	Y	6%		~90			Y			~90
4	Y	6%		~90			Y	6%		~90
5	Y	6%		~90			Y	6%		~90
6	Y	6%		~90			Y	6%		~90
7	Y	6%		~90			Y	5%		~75
8	Y	6%		~90			Y	5%		~75
9	Y	6%		~90			Y	5%		~75
10	1 year of the 3	15% during the year PE is taken		200 during the year PE is taken			Y			
11							N			
12							N			

Primary grades (K-3) physical education is mandatory and shares a recommended 40% of instructional time between social studies, religious education, health, art and music. This generally equates to 6% recommended time be devoted to K-3 physical education (or 90 minutes in a five day week).

Elementary grades (4-6) and Intermediate grades (7-9) physical education is mandatory and is recommended for 6% curriculum time. The 6% curriculum time equals ~90 minutes in a five day week.

Two senior high school (Gr. 10 -12) physical education credits are required for graduation requirements. Students take the two credits of P.E. in any year of the three year program. The Newfoundland and Labrador physical education curriculum contains six different credits or courses from which students can choose.

The NL Department of Education is exploring options to review the recommended times for the physical education and health curriculum. New PE K-6 curriculum was implemented in 2001, PE 7-9 in 2005 and new senior high school(Gr 10 -12) started in 2002 with Healthy Living 1200 at grade 10, new grade 11 physical education in 2005 and new grade 12 physical education will be implemented in September 2007.

Health Curriculum Development is ongoing. A new senior high school Nutrition course will be implemented in September 2007.

Curriculum Development for Kindergarten through grade nine is underway – Grades K-2, 4-6 and then 7-9 to be developed over the next years.

<http://www.ed.gov.nl.ca/edu/k12/k12.htm>

### **Northwest Territories**

The Northwest Territories uses Alberta's Physical Education Curriculum and Guide to Implementation for grades kindergarten – 12.

### **Nunavut**

The Nunavut uses Alberta's Physical Education Curriculum and Guide to Implementation for grades kindergarten – 12.

### **Yukon**

Yukon uses British Columbia's Physical Education curriculum, but Physical Education is one area where there is some variation. The *Active Yukon Schools* program is based on the *Everactive* program out of Alberta. Schools who are registered in *AYS* are supported to follow the Alberta PE curriculum linked to *Everactive*. Most schools in Yukon are using the BC curriculum for PE, but there are some using elements of Alberta's.

Yukon is also testing the Action Schools! BC program (K-9) which is closely linked to the BC curriculum as an alternative to the Active Yukon Schools program.

### **National**

No national initiatives identified.

## **Mandated Physical Activity**

### **British Columbia**

In addition to PE10, all secondary school students are required to complete a minimum of 80 hours of moderate to vigorous physical activity in order to meet the Core requirements of their mandatory Portfolio. These hours can be logged in a variety of ways: during class time (eg., PE11 / PE12), at school during extra-curricular activities (eg., intramurals), in the community (eg., competing in or refereeing team or individual sports) or with the family (eg., hiking, skiing).

### **Alberta**

As of September 2005, Alberta Education is implementing a requirement for 30 minutes of Daily Physical Activity (DPA) for all students in grades 1-9.

The DPA Initiative is part of a broader Wellness Framework, which is currently under development to help Alberta students adopt healthy lifestyles. Schools will make individual decisions on the best way to integrate daily physical activity.

<http://www.education.gov.ab.ca/ipr/DailyPhysAct.asp>

## **Saskatchewan**

No data

## **Manitoba**

No data

## **Ontario**

Ontario's Ministry of Education provided policy direction (PPM 138 – *Daily Physical Activity in Elementary Schools, Grades 1-8*) in October 2005 to school boards/authorities and elementary school principals requiring implementation of at least 20 minutes of sustained moderate to vigorous Daily Physical Activity (DPA) each day during instruction time, in all elementary schools. All elementary schools are expected to reach this objective by the end of the 2005-06 school year. Funding for training, resources and implementation is \$10.7 million.

<http://www.edu.gov.on.ca/eng/teachers/healthyschools.html>

<http://www.edu.gov.on.ca/fre/teachers/healthyschools.html>

The Ministry of Education has developed e-learning modules for daily physical activity. The intent of these modules is to bring the DPA resource guides to life by providing videos of some of the activities that were included in the teacher resource guides. Sample video clips can be found at [www.eworkshop.on.ca/dpa](http://www.eworkshop.on.ca/dpa)

## **Quebec**

No data

## **New Brunswick**

PA is not required.

## **Nova Scotia**

No data

## **Prince Edward Island**

Elementary 5%

Intermediate 4-6%

## **Newfoundland and Labrador**

No data

## **Northwest Territories**

No data

## **Nunavut**

No data

## **Yukon**

No data

## **Non-mandated Physical Activity**

### ***British Columbia***

In addition to a minimum of 80 hours of moderate to vigorous physical activity in order to meet the Core requirements of their mandatory Portfolio, they can earn additional marks for 80 additional hours of physical activity.

#### *Action Schools! BC*

A best practices model that helps schools promote healthy living, including integrating physical activity throughout the day. Six action zones to help increase physical activity: the school environment; scheduled physical education; classroom action; family and community; extra-curricular and school spirit. The four target outcomes are healthy heart, bones, self and school.

[www.actionschoolsbc.ca](http://www.actionschoolsbc.ca)

#### *The Action Pages!*

A user-friendly resource to link teachers, youth coaches, and community instructors with the multitude of resources available across Canada to support healthy and active school communities organized by Active Living, Movement & Games, Personal, Social & cultural Responsibility, Healthy Eating, as well as Teacher Education, Websites, Support Organizations and Just BC.

[www.actionschoolsbc.ca](http://www.actionschoolsbc.ca)

#### *BC Health Promoting Schools Framework – Healthy Schools*

Promotes policy development and practice to encourage health in school environments, including increased physical activity.

<http://www.bced.gov.bc.ca/health/welcome.htm>

#### *Education 2010*

Promotes students being the best they can be physically and mentally through curriculum-based projects, media and learning resources.

[www.education2010.ca](http://www.education2010.ca)

#### *The Active Communities™ Initiative*

Supporting communities to: enhance their capacity to develop and implement an Active Communities plan; increase local awareness of the benefits of regular physical activity; create additional opportunities for participation in recreation, sport and physical activity and strengthen community partnerships.

Programs for Active Communities include:

- Move For Health Day
- SummerActive
- Everybody gets to play
- High Five

*Examples of other non governmental Physical Activity & Active Living Programs for children currently in BC:*

- Eat Well, Play Well, Stay Well
- Way To Go! School Program
- Heartsmart Kids
- Man In Motion Foundation
- Passport To Healthy Living

## **Alberta**

### *Everactive Schools*

A program currently working with many Alberta schools. Of this number, 131 schools have submitted Game Plans of strategies to increase health behaviours in their school community. The ministries of Alberta Community Development, Health and Wellness and Learning provide funding for this project.”

<http://www.everactive.org/>

### *Schools Come Alive Project*

Coordinated by the Health and Physical Education Council of the Alberta’s Teachers’ Association and provides support, resources and workshops related to healthy living and physical education.

<http://www.schoolscomealive.org/>

### *Living Outside the Box*

An active living campaign developed by Alberta Community Development. It provides an information website for kids, parents, teachers and coaches.

No website found for this program at time preliminary research completed.

<http://www.liveoutsidethebox.ca>

### *Healthy School Communities Award*

An awards program will be developed to recognize healthy living initiatives in school communities.

<http://www.health.gov.ab.ca/key/devscreensvc.html#Fund>

### *Wellness Fund for Healthy School Communities*

The program will support innovative initiatives that promote healthy living in school communities.

<http://www.health.gov.ab.ca/key/devscreensvc.html#Fund>

#### *Regional Health Promotion Coordinators for Healthy Weights*

Funding will be available to health regions for health promotion professionals to facilitate innovative community-based approaches to promote healthy weights for children and youth.

<http://www.health.gov.ab.ca/key/devscreensvc.html#Fund>

#### *Child and Youth Nutrition Guidelines*

Guidelines will be developed to help organizations and facilities offer healthy food choices for youth and children.

<http://www.health.gov.ab.ca/key/devscreensvc.html#Fund>

#### *Healthy Weights Social Marketing Campaign*

Targeted strategies, initiatives and a campaign to increase awareness and positively influence healthy eating and active living behaviours among children and youth.

<http://www.health.gov.ab.ca/key/devscreensvc.html#Fund>

#### *Pre-school Developmental Screening*

The program will fund at least three demonstration projects to encourage innovative approaches to screen, assess and provide intervention to preschool children with learning and developmental delays.

<http://www.health.gov.ab.ca/key/devscreensvc.html#Fund>

### **Saskatchewan**

#### *Saskatchewan in Motion Children's Strategy*

Targets children 6-12 years of age in the school setting and their home setting. The objectives are to improve children's ability to access a wide variety of physical activities, their ability to support a physically active lifestyle within their learning, living and play environments and improve their skills, confidence and knowledge to access community based physical activity opportunities.

<http://www.saskatchewaninmotion.ca>

#### *Saskatchewan in Motion Youth Strategy*

Targets youth aged 13 – 19 in a high school setting. The objectives are to improve youth's ability to access a wide variety of physical activities that suit their interests and needs, improve their ability to support a physically active learning environment and improve their skills, confidence and knowledge to access community based physical activity opportunities.

[www.saskatchewaninmotion.ca](http://www.saskatchewaninmotion.ca)

#### *Community School Based Physical Activity Program Guidelines*

Developed in Saskatchewan by the Northern Diabetes Prevention Coalition (now the Northern Healthy Communities Partnership) in 2003, provides information and resources

to schools to better understand physical inactivity and to provide tools to increase physical activity in the school setting.

No website was found for this program at time preliminary research completed.

#### *Northern Physical Activity Week (NPAW)*

Held yearly during the first week of May, it is open participation to organizations and communities in northern Saskatchewan. There is high participation rate from schools. No website found for this program at time preliminary research completed.

#### *School<sup>PLUS</sup>*

Gives Saskatchewan's children and youth tools to be successful in school and in life and focuses on schools as centres of learning, support and community for all children, youth and their families. The role of the school has changed -- schools today have two primary functions: to educate children and youth -- through a responsive learning program that enhances student outcomes; and, to serve as centres for social, health, recreation, culture, justice and other services for children, youth and their families.

[http://www.sasked.gov.sk.ca/branches/policy\\_eval/school\\_plus/unit/index.shtml](http://www.sasked.gov.sk.ca/branches/policy_eval/school_plus/unit/index.shtml)

#### *Healthier Places to Live, Work and Play: a Population Health Promotion Strategy for Saskatchewan*

A framework introduced by Saskatchewan Health in 2004. One of the four priority areas for action by regional health authorities is “Active Communities”. The goals are:

1. to increase opportunities for regular, enjoyable physical activity in communities, schools and workplaces;
2. To reduce the economic, environmental, social and cultural barriers that limit participation in physical activity; and,
3. To create safer environments that encourage/support physical activity.

[http://www.health.gov.sk.ca/ic\\_phb\\_hlthbook.pdf](http://www.health.gov.sk.ca/ic_phb_hlthbook.pdf)

## **Manitoba**

#### *In Motion*

An “in motion” promotional program was launched in the fall of 2005 for all Manitobans to get active.

#### *Healthy Schools in motion*

A strategy to promote non mandated time in schools. To become an in motion school as one part of the program, all kids must agree to do 30 minutes of physical activity five days a week, which can include walking to school and lunch-time activities. To date, 330 Schools have registered to become a Healthy School in motion. HS provided a teacher resource and activity bin to all registered schools.

#### *Healthy Schools - One hundred dollar grants*

Healthy Schools provides “One hundred dollar” grants to schools to support initiatives that address the health issues of children and youth including physical activity initiatives.

This initiative is a partnership between Manitoba Health/Healthy Living, Manitoba Education, Citizenship, and Youth, and Healthy Child Manitoba (which is a partnership of all departments connected to children).

#### *Schools Physical Activity Coordinator*

A Schools Physical Activity Coordinator to support physical education initiatives in schools led by Manitoba PE Teacher Association and Agencies for School Health (ASH) is funded by Manitoba Health/Healthy Child and Manitoba Education.

#### *Healthy Living Challenge*

A “game” that encourages families to adopt healthier lifestyles. It covers a range of topics areas including physical, nutritional, mental, and emotional health. The challenge consists of two components: an in-school kit for teachers and a take-home activity calendar for students and families.

#### *I Love to Run Month*

Part of the *Healthy Kids, Healthy Futures* educational health promotion initiatives recommendations. The initiative promotes running but also encourages other moderate and vigorous physical activities. Resources have been developed for grade 5 and 6 teachers, students and their families. Students are encouraged to log their moderate and vigorous activities for the month of October and work toward an individual goal for that month. Upon completion of **I Love to Run**, students receive a certificate of participation signed by the Ministers of Healthy Living and Education, Citizenship and Youth acknowledging their participation.

#### *Get Moving Manitoba*

An initiative of the PACM and the CBC to increase awareness of the importance of physical activity and assist in getting more Manitobans regularly active. The campaign kicked off with the introduction of a web site on December 4, 2004 (link through [www.winnipeg.cbc.ca](http://www.winnipeg.cbc.ca))

### **Ontario**

An initiative, led by the Ontario Physical and Health Education Association, addresses health issues facing Ontario’s children and youth by using a four phase process to address four primary chronic disease risk factors within four key areas. The Living Schools pilot was supported by the Ministry of Health and Long-Term Care.

<http://www.livingschool.ca/Ophea/LivingSchool.ca/livingschoolinitiative.cfm>

*ACT NOW...*”the best you can be!”

A multi-risk factor school-based health risk prevention program for students in grades 4-8 that has been operating in 8 public and separate school boards in the Greater Toronto Area since 2002/03. It enlists Olympic Athletes, student, parents and a range of health professionals, leaders, teachers, to deliver and support the program throughout the school year. It is designed to produce knowledge, attitude and behaviour changes in the areas of healthy eating, physical activity, self esteem, substance use and tobacco use. The program

has received funding from the Ministry of Health and Long-Term Care from 2002/03 – 2005/06.

[www.actnowprogram.com](http://www.actnowprogram.com)

*Healthy Weights, Healthy Lives Report*

Made a number of school health recommendations in Ontario including ways to increase physical activity of children while in school as well as in the community and at home. No website found for this report at time preliminary research completed.

*Community Use of Schools*

This program encourages increased use of schools by not-for-profit groups at reduced rates. Supported by the Ministry of Education.

<http://www.edu.gov.on.ca/eng/general/elemsec/community/index.html>

*Active and Safe Routes to Schools*

Active & Safe Routes to School is a national program that encourages the use of active modes of transportation to and from school. Many fun and easy to use tools are provided for teachers, students, parents and community partners. Supported by the Ministry of Health Promotion.

[http://www.goforgreen.ca/asrts/home\\_e.html](http://www.goforgreen.ca/asrts/home_e.html)

*Communities In Action Fund*

Eligible program applicants can receive CIA funding for non-capital projects focused on increasing physical activity in communities through planning, implementation, and/or development. Supported by the Ministry of Health Promotion

<http://www.mhp.gov.on.ca/english/sportandrec/fund.asp>

*“Not Gonna Kill You”*

A campaign that speaks directly to young people aged 12-15 about the importance of healthy eating and active living. The campaign features an interactive website for youth seeking information on how to eat healthy and become and stay active. Supported by the Ministry of Health Promotion

[www.notgonnakillyou.ca](http://www.notgonnakillyou.ca)

*Pause to Play*

A web-guide for kids who want to be active, including inter-active tools. Supported by the Ministry of Health Promotion

<http://www.pausetoplay.ca/index.asp>

*Power4Bones*

Targeted to help Grade 5 students learn about bone health, this program offers tools for teacher and students. Supported by the Ministry of Health Promotion.

<http://www.power4bones.com/>

### *Active Schools*

A program for Kindergarten to Grade 8, designed to motivate and recognize school communities for getting up, moving and making the commitment to leading active, healthy lives. Supported by the Ministry of Health Promotion

<http://www.ophea.net/activeschools.cfm>

### *The Ontario Institute for Studies in Education of the University of Toronto*

Comprehensive School Health Website: <http://tortoise.oise.utoronto.ca/~aanderson/csh/>

This site provides excellent links to health promoting schools provincially, nationally and internationally.

### *Ontario Healthy Schools Coalition*

[Secretariat: Ontario Public Health Association]

[www.opha.on.ca/ohsc](http://www.opha.on.ca/ohsc)

This coalition consists of many groups across Ontario that is working towards developing healthier children. This coalition promotes policy development and practices to encourage health in school environments, including increased physical activity. The coalition has representatives from public health, education, principals association, guidance counselors, mental health, social service agencies, and police.

### *Canadian Intramural Recreation Association of Ontario (CIRA Ontario)*

<http://www.mohawkcollege.ca/external/cira/template/index.html>

CIRA Ontario is an incorporated, non-profit organization whose mission is to encourage, promote and develop active living, healthy lifestyles and personal growth, through intramural and recreational programs within the education and recreation communities.

## **Quebec**

*Wellness-Oriented School Program 2005-2006* in Quebec has been allocated \$5 million in the 2005-2006 provincial budget to maintain the Wellness-Oriented School program in the coming school year. Educational institutions will be able to set up projects to encourage students in Elementary Cycle Three and Secondary Cycle One to adopt healthy lifestyle habits such as regular physical activity and a healthy diet.

[http://www.mels.gouv.qc.ca/lancement/ecole\\_forme\\_sante/index\\_a.asp](http://www.mels.gouv.qc.ca/lancement/ecole_forme_sante/index_a.asp)

### *Kino-Québec*

“...a government program in existence since 1978. It is managed by three partners: the Secrétariat au loisir et au sport of the Ministère des Affaires municipales, du Sport et du Loisir, the Ministère de la Santé et des Services sociaux and the regional health and social services boards. Through educational and awareness activities, the production of informative documents and the establishment of incentive programs, Kino-Québec encourages its partners in these settings to offer physical and social activities that promote participation in safe physical activity. These may include physical education or related courses at school, a variety of services including outdoor activities, skateboarding or inline skating parks, measures that promote active transportation, etc. Publicity campaigns and contests will reinforce partners’ activities.”

[http://msss.gouv.qc.ca/en/sujets/santepub/physical\\_activity.html](http://msss.gouv.qc.ca/en/sujets/santepub/physical_activity.html)

## **New Brunswick**

### *School Communities in Action*

A program is a partnership between the New Brunswick Department of Wellness, Culture and Sport and the Department of Education. Its goal is to increase physical activity levels of New Brunswick school-aged children and youth by helping schools adopt, implement, and maintain a variety of physical activity opportunities. It involves a family and community commitment, and encourages links with partners to increase and enhance the physical activities offered. The program was implemented in all schools in New Brunswick from grades K-12 in September 2003.

[http://www.gnb.ca/0055/healthy-nb-en\\_sante/index-e.asp](http://www.gnb.ca/0055/healthy-nb-en_sante/index-e.asp)

### *Active Communities Grant Program*

Is an initiative of the Department of Wellness, Culture and Sport which encourages and supports physically active, healthy lifestyles for New Brunswickers. Funding is provided for approved applicants who increase awareness of the importance of daily physical activity and/or provide new or enhanced opportunities for physical activity participation at the local, regional or provincial level.

<http://www.gnb.ca/0131/acgp-e.asp>

### *Healthy Eating and Physical Activity Coalition of NB (HEPAC)*

Healthy Eating and Physical Activity Coalition is a network of community and government organizations and individuals who share a common vision of creating an environment in New Brunswick that supports healthy eating and physical activity and are committed to collaborative action.

## **Nova Scotia**

### *Active Kids, Healthy Kids*

Funds schools in Nova Scotia that promote healthy living, including physical activity. (Healthy Promoting Schools program)

<http://www.gov.ns.ca/ohp/physicalActivity/activeKidsHealthyKids.asp>

## **Prince Edward Island**

### *Strategy for Healthy Living*

Discusses ways to increase physical activity for people in P.E.I., in general.

<http://www.gov.pe.ca/infopei/index.php3?number=1001897>

### *Provincial Physical Activity Strategy*

Identifies a number of school specific recommendations that are targeted at increasing physical activity in the school setting.

[www.gov.pe.ca/photos/original/CCA\\_PhysicalAct.pdf](http://www.gov.pe.ca/photos/original/CCA_PhysicalAct.pdf)

### *Active Healthy School Communities Initiative*

Encourages schools and communities in P.E.I. to work together to promote and support active, healthy lifestyles. The partners include: Departments of Education, Community and Cultural Affairs, and Health are collaborating on the development of the Active

Healthy School Community Program. A number of Alliances (P.E.I. Active Living Alliance, Healthy Eating Alliance, Tobacco Reduction Alliance) are also on-board as partners.

<http://www.gov.pe.ca/educ/index.php3?number=75664>

#### *PEI Active Living Alliance*

Focuses on increasing physical activity through promotion and education in schools, homes, communities and workplaces. ALA has developed and piloted grade specific physical activity activities over the past year including: Elementary Stepping Out, Healthy Homerooms, An Island Outdoor Adventure, as well as a video Eat Right Stay Fit which links healthy eating and physical activity for children in grades 1-3.

<http://www.gov.pe.ca/infopei/index.php3?number=48104>

### **Newfoundland and Labrador**

#### *Newfoundland and Labrador Coalition for Active Living*

A coalition of 22 major stakeholders, requested by the Department of Tourism, Culture and Recreation to address inactivity levels in Newfoundland and Labrador. The coalition is comprised of government, not-for-profit and community groups.

No website found for this program at time preliminary research completed.

#### *Active Schools Initiatives*

In Newfoundland and Labrador, Active Schools Initiatives are underway in some school districts. While not mandatory, once a school becomes an Active School it is supported with resources, coordinator support and training.

NL Active Schools Initiatives involve classroom teachers providing 20 minutes of physical activity (PA) to students during the regular classroom time. This time is provided on days when the students do not have physical education class. The core activities take place in the classroom however, outdoor and playground activities are encouraged as well. The emphasis is on teaching children about healthy active living in a fun and creative way and in helping them to develop daily physical activity habits for a lifetime.

### **Highlights:**

- Active Schools is designed to provide additional minutes of physical activity within the classroom per cycle (in addition to the time devoted to physical education).
- The amount of physical activity is beyond that already provided through physical education class and is provided when students do not have physical education class.
- Physical activity is facilitated by classroom teachers during regular class time.
- Each participating class gets a Physical Activity Manual and a “treasure box” of small equipment for physical activity.
- Training involves a one day in service for participating teachers; previously

trained and experienced teachers provide the necessary professional development.

- Some Active Schools have adopted a student logbook that requires students to log the amount of physical activity completed each day.
- One school district Active Schools program provides school children with daily physical activity and also requires schools to adopt a healthy eating policy. The Active Schools program in this district now includes 90% of its K-6 schools.

### **Northwest Territories**

#### *Healthy Choices Framework*

Includes Physical Activity as one of six areas of emphasis, is under development in the Northwest Territories, and the “Get Active” campaign one initiative within this area.

[www.getactivenwt.ca](http://www.getactivenwt.ca)

[www.maca.gov.nt.ca](http://www.maca.gov.nt.ca)

### **Yukon**

#### *Active Yukon Schools*

A program based on the Alberta EverActive program whereby participating schools commit to the integration of daily physical activity and healthy living.”

[www.rpay.org](http://www.rpay.org)

### **Nunavut**

#### *Active Living Strategy*

Currently being developed.

No website found for this program at time preliminary research completed.

*Active Healthy Kids Canada* has a number of initiatives including “Active Healthy Kids Day”:

[www.activehealthykids.ca](http://www.activehealthykids.ca)

### **National Initiatives**

#### *activ8*

A national, school-based, physical activity challenge program that helps children and youth of all abilities develop their fitness and skill levels. It is designed to motivate students to be physically active, recognize each student’s personal development, and celebrate students’ individual achievements. It is available in French and English.

[http://www.activehealthykids.ca/Ophea/ActiveHealthyKids\\_v2/programs\\_activ8.cfm](http://www.activehealthykids.ca/Ophea/ActiveHealthyKids_v2/programs_activ8.cfm)

#### *Active School Communities*

An umbrella organization of provincial active school initiatives across Canada. The organization promotes an active school community, one in which all citizens including teachers, students, parents, administrators and community leaders work together to create

physical and social environments, which support active, healthy lifestyles for school aged children.

<http://www.actionschoolsbc.ca/Content/Across%20Canada.asp>

#### *National Roundtable on Active School Communities*

Brought together leaders from health, education, physical activity, recreation, and sport organizations (both government and non-government). Delegates, including eight provincial and territorial Ministers responsible for physical activity, discussed ways to address unacceptably high levels of physical inactivity among Canada's children and youth. The Roundtable resulted in a number of recommendations and action items.

[http://www.centre4activeliving.ca/Education/Resources/C&Y/roundtable\\_on\\_active\\_school\\_comm.htm](http://www.centre4activeliving.ca/Education/Resources/C&Y/roundtable_on_active_school_comm.htm)

#### *Active & Safe Routes to School*

A national program encouraging the use of active modes of transportation to and from school.

[http://www.goforgreen.ca/asrts/home\\_e.html](http://www.goforgreen.ca/asrts/home_e.html)

#### *Canada Physical Activity Guides for Children and Youth*

Initiated by the Public Health Agency of Canada and the Canadian Society for Exercise Physiology to encourage an increase in physical activity levels in children and youth.

[www.paguide.com](http://www.paguide.com)

#### *Voices and Choices: Planning for School Health*

A program of the Public Health Agency of Canada. Based on the principle that health is a prerequisite for learning. Using a democratic process, *Voices and Choices* actively involves students in their school community, enabling them to have a greater influence over their health and school situation, and improve both their health and the health of their school environment.

[http://www.phac-aspc.gc.ca/vc-ss/bg\\_e.html](http://www.phac-aspc.gc.ca/vc-ss/bg_e.html)

#### *SummerActiv*

A "national initiative that encourages Canadians to improve their health through regular physical activity, healthy eating, living a tobacco-free lifestyle, and participating in sport activities. This year, SummerActive runs from May 12 to June 21, 2006."

[www.summeractive.org](http://www.summeractive.org)

#### *Heart Healthy Kids Physical Activity Handbook*

A program created by the Heart and Stroke Foundation of Canada to help elementary teachers incorporate physical activity into their daily classroom schedule.

<http://ww2.heartandstroke.ca/Page.asp?PageID=33&ArticleID=4113&Src=living&From=SubCategory>

#### *Jump Rope for Heart*

A Heart and Stroke Foundation of Canada program that is "geared to students aged 4 to 10. It's goal is to get kids moving and teach them that an active heart is a healthy heart.

With an emphasis on fun and games, kid can take to the playground when the program is done.” The program also raises funds for research.

<http://ww2.heartandstroke.ca/Page.asp?PageID=1613&ContentID=15369&ContentTypeID=1>

#### *Jumping into the Curriculum*

A program developed by the Heart and Stroke Foundation of Canada that “provides elementary teachers with fun-filled jump rope activities that assist in teaching language, math, science, the arts and social studies concepts while nurturing students’ Multiple Intelligences.”

<http://ww2.heartandstroke.ca/Page.asp?PageID=33&ArticleID=1579&Src=living&From=SubCategory>

#### *CAPERD Quality Daily Physical Education Program (QDPE)*

Launched by CAPHERD 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. It includes daily curricular instruction for all students (K-12), intramural recreation activities and school inter-scholastic sport programs.

[http://www.cahperd.ca/eng/physicaleducation/about\\_qdpe.cfm](http://www.cahperd.ca/eng/physicaleducation/about_qdpe.cfm)

#### *CAHPERD Vibrant FACES*

An active, healthy lifestyle resource by CAHPERD for girls in grades 7 & 8. This unique program helps young women overcome perceived barriers to participating in physical activity and sport, such as incompetence, low self-esteem, poor body image, and lack of motivation.

<http://www.cahperd.ca/eng/pgschools/index.cfm>

#### *CAHPERD Quality School Health (QSH)*

CAHPERD’s Quality School Health (QSH) program is a comprehensive approach to school health that includes a quality health curriculum, as well as programs, activities and interventions that ensure a healthy school environment. QSH involves participation and collaboration from the whole school community, including students, parents, school staff and community partners, and focuses on the health issues that are specific to the needs and concerns of each school community.

[http://www.cahperd.ca/eng/health/about\\_qsh.cfm](http://www.cahperd.ca/eng/health/about_qsh.cfm)

#### *CAHPERD Quality School Intramural Programs*

CAHPERD’s Quality School Intramural Recreation (QSIR) program is designed to get children and youth excited about participating in physical activity! QSIR programs and initiatives help to enhance intramural and recreation programs in schools by providing resources and leadership skill development for students and teachers to lead intramural and recreation programs.

[http://www.cahperd.ca/eng/intramurals/about\\_qsir.cfm](http://www.cahperd.ca/eng/intramurals/about_qsir.cfm)

#### *CAHPERD Quality Dance Programs*

CAHPERD believes a quality physical education program is not a balanced program unless elements of dance are included as integral parts of the curriculum. Because quality educational dance is a forum for collaboration between teachers and students through all learning domains, it is a site for deep learning for everyone.  
[http://www.cahperd.ca/eng/dance/about\\_dance.cfm](http://www.cahperd.ca/eng/dance/about_dance.cfm)

#### *CAHPERD National School Challenges*

CAHPERD's National School Challenges provide schools and added opportunity to teach about the need of physical activity in a fun way and an opportunity to collaborate with schools around the country.

<http://www.cahperd.ca/eng/conferences/challenges.cfm>

#### *The Canadian Medical Association' Office for Public Health*

Supports all initiatives that will encourage healthy eating and physical activity in Canadians, including recommending that schools provide a minimum of 30 minutes daily physical education; School boards ban the sale of junk food in schools.

Source: [CMA Policy Summary on Obesity and Cardiovascular Disease \(2003\)](#)

## **Sport**

### ***British Columbia***

#### *The B.C. Ministry of Education*

In consultation with the Sport Secretariat, Ministry of Tourism Sport and the Arts, have expanded external sport credentials that qualify for the Graduation Program. In addition to current Athlete, Coach and Official 11 and 12 courses, students are now able to receive credits for sport credentials at the Grade 10 level for athlete and official. In addition, expansion of sport course programs, such as scuba diving (PADI), and Horse Council English and western rider programs have qualified for inclusion in the occupational and industrial section of the external credentials program.

<http://www.bced.gov.bc.ca/physicalactivity/>

#### *BC SCHOOL SPORTS*

Encourages student participation in extra-curricular athletics, assists schools in the development and delivery of their programs and provides governance for interschool competition.

[www.bcschoolsports.ca](http://www.bcschoolsports.ca)

#### *BC Premier's Sport Awards Program*

Provides sports skill development resources for teachers, coaches and instructors.

<http://www.psap.jwsporta.ca/>

#### *Student Athlete Achievement Program – Schools of Choice*

A joint initiative of PacificSport and 2010 Legacies Now Society. The project facilitates the development of programs to allow students to excel in both academics and athletics by more flexible programming in schools, sport academies and sport schools.”

<http://www.pacificsport.com/Content/PACIFICSPORTGRP/SAAProject/SaaINDEX.asp>

### *SportFit*

A fun, easy online sport education and fitness motivation program that promotes healthy, active lifestyles by matching students’ personal preferences and physical attributes with the sports that they have a natural affinity towards. As a scaleable internet-based program for children and youth, SportFit helps students to discover where their interests and skills may lead them – to an ice arena, mountain top, outdoor field or swimming pool! With the ability to measure against norms from their age group, SportFit is also a great motivational tool to help improve fitness levels of children and youth across Canada. The program can be utilized for all grades K – 12, allows teachers and schools to do bench marking for physical activity and features 78 sports.

<http://www.sportfitcanada.com>

### *Federal/Provincial Bi-lateral Funding Agreements*

Funding from the federal/provincial governments for a three year term is distributed to Provincial Sport Organizations, Multisport Organizations and one community organization targeting inner-city children and youth, aboriginal youth, seniors and persons with a disability.

### *Explorations Summer Camps*

A Ministry of Education initiative with 2010 Legacies Now, are designed to provide quality summer experiences for students in kindergarten through grade 7 that emphasize sport, fitness and foundation movement as well as quality arts instruction.

### *Ministry of Tourism, Sport & the Arts – Sport and Recreation Branch*

The Sport and Recreation Branch develops, implements and partners in strategies to address systemic issues and opportunities for sport and physical activity. These strategies focus on the settings in which sport and physical activity occur – communities, schools, homes, workplaces and organized sport. The Branch develops, implements and advises on public policy that guides government decision-making in respect to sport and physical activity. It also develops and maintains inter- and intra-government partnerships to ensure that B.C.’s sport interests are well-represented in health, social and economic activities.

<http://www.tsa.gov.bc.ca/sport/>

## **Alberta**

### *Alberta Schools Athletic Association*

The Alberta Schools’ Athletic Association is a voluntary, non profit organization that has been established to coordinate a program of worthwhile athletic activities for the young people of Alberta in an educational setting. The membership, currently 356 high schools, ultimately determines the policy of the Association through representation on the provincial Board of Governors.

<http://www.asaa.ca/pages/news.php3>

*Alberta Sport, Recreation, Parks & Wildlife Foundation (ASRPWF)*

The Alberta Sport, Recreation, Parks & Wildlife Foundation (the ASRPWF) provides a variety of programs to enhance activity, improve lifestyles, foster enjoyment of the outdoors, and protect nature. We are supporting legacies for Alberta communities.

<http://www.cd.gov.ab.ca/asrpwf/index.asp>

**Saskatchewan**

*Saskatchewan High Schools Athletic Association (SHSAA)*

The SHSAA exists to foster positive opportunities for students through interschool athletics and provides the administrative format for all high school sport activities.

<http://www.shsaa.ca/pages/news.php3>

*Sask Sport Inc.*

Sask Sport Inc. is a non-profit federation of provincial sport and service organizations working with over 12,000 sport, culture, recreation and community groups throughout the province. It strives to improve the well being of Saskatchewan residents by ensuring that all people can participate in sport through grassroots to high performance programs. Sask Sport Inc. also administers the Saskatchewan Lotteries program.

Sask Sport Inc. members coordinate sporting activities and distribute funds to member clubs, teams and athletes in communities throughout the province. These organizations provide professional guidance, ensure safety, provide insurance, set rules, raise money, acquire sponsorships and train athletes, coaches and officials.

<http://www.sasksport.sk.ca>

**Manitoba**

*Manitoba High Schools Athletic Association (MHSAA)*

The Manitoba High Schools Athletic Association believes in the goals of education and that participation in sport plays an integral role in the total education of the student. The Association encourages the high school student to participate in activities that will assist in the realization of physical, social, and emotional values. The mission is to promote the benefits of participation in high school sport by providing athletic and educational opportunities that will allow the athlete to reach her/his full potential.

<http://www.mhsaa.mb.ca/>

*Sport Manitoba*

Sport Manitoba is the home of amateur sport in the Province of Manitoba. The key leadership and funding body for amateur sport, Sport Manitoba is your gateway to programs and services and over 100 partner organizations involved in the development and promotion of amateur sport in Manitoba. Sport Manitoba is at the center of it all, facilitating greater participation and achievement of excellence by Manitobans throughout the entire continuum of sport from grassroots and recreational levels to the highest level of athletic performance. Programs and initiatives include but are not limited to: Kidsport, Women in Sport, and Long Term Athlete Development

<http://www.sportmanitoba.ca/>

## **Ontario**

### *Active 2010*

The Province of Ontario's strategy to build stronger communities, promote participation in sport and physical activity, develop a strong sport system, and build a dedicated volunteer base through sport. It is sponsored by Ministry of Health Promotion, Sport and Recreation Branch.

[www.active2010.ca](http://www.active2010.ca)

### *Ontario Federation of School Athletic Associations*

OFSSA is an organization comprised of student-athletes, teacher-coaches, teachers, principals, and sport administrators all committed to the philosophy of Education through School Sport. Their primary responsibility is to work with volunteer teacher-coaches to provide top-quality Provincial Championships for Ontario's student-athletes, but we also see an important role for the Federation in dealing with issues that affect students, coaches, schools and communities across Ontario, such as drug free sport, equity, fair play, and safe schools.

<http://www.ofsaa.on.ca/site/index.cfm?DSP=Chapter&ID=1>

### Ministry of Health Promotion – Sport and Recreation

The ministry encourages involvement in sport, recreation and physical activity for the health, social, and economic benefit of Ontarians and the communities in which they live. Through its support of the sport and recreation sectors at the provincial and local level, the ministry helps meet the government's priorities in health, education, job creation and economic growth and promotion of voluntarism.

The ministry contributes to a strong provincial sport system and the development of athletic achievement in Ontario. It fosters the involvement of children and youth in sport and recreation, recognizing their contribution to healthy child development and positive youth development.

<http://www.mhp.gov.on.ca/english/sportandrec/default.asp>

### *HIGH FIVE<sup>®</sup>*

HIGH FIVE is a quality standard of [Parks and Recreation Ontario](#) designed to support the safety, well-being and healthy development of children in recreation and sport programs. We do this by providing parents and professionals with tools, training and resources that promote and support the principles of healthy child development.

<http://www.highfive.org/Static/about.cfm>

## **Quebec**

### *La Fédération québécoise du sport étudiant (FQSE)*

<http://www.fqse.qc.ca/>

### *Sports-Quebec*

Sports-Québec, par son membership, assure la synergie de ses membres et de ses partenaires du système sportif québécois et du système sportif canadien pour favoriser le développement et l'épanouissement de l'athlète et la promotion de la pratique sportive.

[http://www.sportsquebec.com/sq/index\\_f.aspx](http://www.sportsquebec.com/sq/index_f.aspx)

### **New Brunswick**

#### *Go New Brunswick – Taking Action through Sport Bilateral Agreement*

Signed in 2006, is a 3-year Bilateral on Sport Participation with Sport Canada that will focus on sport participation for children and youth. The agreement provides \$240,000 annually from each partner for a total of more than \$1.4M over three years. It will provide funding to support programs and initiatives that promote sport participation programs for children and youth.

<http://www.gnb.ca/0131/gonb-e.asp>

#### *New Brunswick Interscholastic Athletic Association (NBIAA)*

The New Brunswick Interscholastic Athletic Association is an association of high school principals or designates, who through school coaches, operate athletic teams in various activities. The teams consist of high school students who play in New Brunswick schools using facilities and equipment that are part of the school.

<http://www.nbiaa.org/pages/news.php>

#### *Wellness Culture and Sport - Sport, Recreation and Active Living Branch*

The mandate of Sport, Recreation and Active Living is to provide leadership and resources to the SRAL community to increase opportunities for physical activity and the pursuit of excellence.

[http://www.gnb.ca/0131/sport\\_rec-e.asp](http://www.gnb.ca/0131/sport_rec-e.asp)

### **Nova Scotia**

*Sport animators* liaison between schools and communities in Nova Scotia. There is one sport animator per participating school board. It is sponsored by Sport Canada, Education and School Boards and led by Health Promotion.

<http://www.gov.ns.ca/ohp/index.html>

#### *Nova Scotia School Athletic Federation (NSSAF)*

Encouraging a friendly and harmonious relationship among secondary schools of Nova Scotia through the promotion of athletic activities deemed advisable and looked upon as promoting and contributing to the generally accepted objectives of secondary education.

<http://nssaf.ednet.ns.ca/>

#### *Department of Health Promotion and Protection – Sport Development*

<http://www.gov.ns.ca/hpp/physicalActivity/sportDevelopment.asp>

## **Prince Edward Island**

### *PEI Sports Strategy*

A 5-year strategy was developed in 2002 and is now being implemented.  
No website found for this strategy at time preliminary research completed.

### *Prince Edward Island School Athletic Association (PEISAA)*

Promotes competition in amateur athletics among all schools of the Province in harmony with the goals of education as delineated by the School Boards and the Department of Education.

<http://www.edu.pe.ca/peisaa/>

### *PEI Community and Cultural Affairs – Department of Sport and Recreation*

Responsible for encouraging Islanders to be active through sport, recreation and other physical activity pursuits. This mandate is achieved through a wide variety of partnerships with sport, recreation and active living organizations throughout the province. The division provides grants and consultation services to a number of provincial, regional and community groups. As well, the division relates to a variety of provincial and federal government departments, national and interprovincial organizations both government and non-government.

A Bilateral Agreement exists between the P.E.I. School Athletic Association and the P.E.I. Dept of Community and Cultural Affairs - Division of Sport and Recreation. The bilateral is a 3 year program designed to provide funding and resources to schools to enable the schools to increase the amount of sport being played on the playground during school time. It has an outdoor student leadership component as well as an intramural component. Equipment is to be purchased to increase the variety of sports offered for students in a recreational setting.

<http://www.gov.pe.ca/commcul/sar-info/index.php3>

## **Newfoundland and Labrador**

### *School Sport Newfoundland and Labrador (SSNL)*

<http://www.schoolsportsnl.ca/index.php>

## **Northwest Territories**

### *Sport North Federation*

Responsible for the overall development of sport in the Northwest Territories, including athlete development, coaching, and competitive opportunities.

<http://www.sportnorth.com/Content/About%20Us/00About%20Us.asp?langid=1>

## **Nunavut**

No data found

## **Yukon**

### *Community Development – Sport and Recreation*

Sport & Recreation is the unit within the Community Development Branch responsible for the management of a wide variety of programs and services aimed at enhancing opportunities for sport, recreation and active living in the Yukon. The Sport & Recreation Unit works with organizations, groups, government departments, and the Volunteer Bureau in the areas of sport, recreation, health, education, justice and social services to promote a vibrant and healthy Yukon.

<http://www.community.gov.yk.ca/sportrec/index.html>

### ***National Initiatives***

#### *Canadian School Sport Federation*

The CSSF recognizes that “interscholastic sport” has been an integral part of the school life in Canada for nearly a century. As we head into the new millennium, it is vital that the CSSF continue to advocate on behalf of its member provinces so that “interscholastic sport” has a strong federal voice that speaks on its behalf on issues of national importance. Education in Canada is not only going through “restructuring”; it is also undergoing some dynamic reforms, which affect every aspect of education including “all aspects of extra-curricular activities”.

<http://www.schoolsport.ca/>

#### *Sport Canada*

Sport Canada is a branch of the International and Intergovernmental Affairs and Sport Sector within the federal Department of Canadian Heritage. The Department is dedicated to valuing and strengthening the Canada experience. Sport Canada has three divisions: Sport Programs, Sport Policy, and Major Games and Hosting.

Sport Canada supports the achievement of high performance excellence and the development of the Canadian sport system to strengthen the unique contribution that sport makes to Canadian identity, culture and society.

[http://www.pch.gc.ca/progs/sc/index\\_e.cfm](http://www.pch.gc.ca/progs/sc/index_e.cfm)

### ***International Initiatives***

#### *Active Australia Schools Network*

A national network of schools with a focus on sport. It is representative of schools committed to developing, supporting and promoting sport which is fun, safe, challenging, rewarding, well managed and focused on learning and linked to the community.

<http://www.ausport.gov.au/domains/activeoverview.asp>

#### *Active Schools in England*

A national accreditation system that recognize a school's commitment to providing a quality program of physical education and school sport. Active Schools provide a range of integrated services and products specifically designed to help schools enhance their provision and achieve the awards.

[http://archive.sportenglandpublications.org.uk/active\\_schools/pages/intro.htm](http://archive.sportenglandpublications.org.uk/active_schools/pages/intro.htm)

#### *Sport and Recreation New Zealand (SPARC) and the Ministry of Education*

Recently launched a pilot scheme to help increase physical activity in young people. The pilot has three aims: 1. Increase the amount of physical activity that young people are doing; 2. Increase the confidence and capability of teachers to deliver the Health and Physical Education curriculum, and 3. Increase the quality of physical experience and the number of opportunities.

<http://www.sparc.org.nz/>

## Monitoring and Surveillance

### **British Columbia**

No data

### **Alberta**

No data

### **Saskatchewan**

#### *Saskatchewan in motion*

Regular reporting to SK Culture, Youth and Recreation on outcomes.

No website found for this program at time preliminary research completed.

#### *School<sup>PLUS</sup> Indicators Framework*

Has been developed to assist in monitoring progress toward the goals of School<sup>PLUS</sup>. The framework will monitor critical outcomes of student learning and well-being at the provincial and local levels. It will assist in directing future research and evaluations to advance School<sup>PLUS</sup>. The inaugural report will be published in 2006.”

No website found for this program at time preliminary research completed.

#### *Saskatchewan Health*

Each health region must submit an annual plan for action to Saskatchewan Health.

No website found for this program at time preliminary research completed.

### **Manitoba**

#### *Nutrition in Schools Survey*

Questions related to instructional PE/HE time are part of the nutrition in schools survey to collect baseline data.

No website found for this program at time preliminary research completed.

#### *A Physical Activity Summit*

Organized by Physical Activity Coalition of Manitoba (PACM) was held April 27/28 for all stakeholders to examine success stories of programs and joint use agreements that promote physical activity and sport participation.

No website found for this program at time preliminary research completed.

### **Ontario**

No data

### **Quebec**

No data

### **New Brunswick**

#### *School Wellness Profiles*

- In July 2006, following consultations and support from Department of Education, the Department of Wellness, Culture and Sport entered into a partnership with UNB and UdeM to develop and implement a school based survey of students in grade 6-12 (2006-07 school year) on each of the 4 pillars (physical activity, healthy eating, mental fitness/resilience and tobacco use). This effort builds on administration of Health Canada's 2006 Youth Smoking Survey.
- A key to enhance wellness is to support further school-community mobilization through knowledge transfer (wellness profile) and to provide resources to support wellness initiatives. This school wellness surveillance initiative will include provision of feedback reports (Wellness Profile) to participating schools and districts within current school year.

### **Nova Scotia**

*Nova Scotia* is currently conducting research related to physical activity and healthy eating of kids in grades 3, 7 and 11.

No website found for this program at time preliminary research completed.

#### *Towards Physical Activity for Children and Youth*

Monitors change and the impact of programs and services. Several government departments and four Nova Scotia universities worked together to measure physical activity levels of approximately 2,500 school aged children in Nova Scotia in the fall of 2001.

<http://72.14.207.104/search?q=cache:jqyqrD3kfygJ:www.lin.ca/resource/html/sp0009.pdf+%22physical+education%22+AND+surveillance+AND+youth+AND+canada&hl=en&ct=clnk&cd=3>

### **Prince Edward Island**

No data

### **Northwest Territories**

The *NWT Council of Sport and Recreation Partners*

Responsible for the overall monitoring and surveillance of the public sport and recreation system, and is accountable to the Minister of Municipal and Community Affairs. In meeting this responsibility, the Council establishes and maintains relationships with Government Departments and non-government organizations with an interest in physical activity.

No website found for this program at time preliminary research completed.

### ***Nunavut***

No data

### ***Yukon***

No data

### ***National Initiatives***

*Physical Activity Monitor (PAM)*

Tracks activity levels of Canadians.

<http://www.cflri.ca/cflri/pa/surveys/2002survey/2002survey.html>

*National Population Health Survey/Canadian Community Health Survey*

Provides estimates of health determinants, health status and health system utilization for 136 health regions across the country, including levels of physical activity.

<http://www.statcan.ca/english/concepts/health/cchsinfo.htm>

*The Physical Activity Benchmarks Program*

A “joint venture of the Canadian Fitness and Lifestyle Research Institute, Fitness/Active Living Unit of Health Canada, and the Interprovincial Sport and Recreation Council.”

<http://www.cflri.ca/cflri/research/benchmarks.html>

*Canada’s Study on Physical Activity Levels Among Youth*

Designed “to collect comprehensive and accurate information on the physical activity levels of Canadians via pedometers. In 2005, the study will collect data from children and youth aged 5-19.”

[http://www.cflri.ca/cflri/faq/survey\\_faq.html](http://www.cflri.ca/cflri/faq/survey_faq.html)

*Active Healthy Kids Canada Physical Activity Report Card for Children and Youth*

“...a research-based communications piece designed to provide insight into Canada’s “state of the nation” each year on how, as a country, we are being responsible in providing physical activity opportunities for children and youth.” The first Report Card was completed in 2005. The next Report Card will be released May 25, 2006.

[http://www.activehealthykids.ca/Ophea/ActiveHealthyKids\\_v2/programs\\_reportcard.cfm](http://www.activehealthykids.ca/Ophea/ActiveHealthyKids_v2/programs_reportcard.cfm)

*CAHPERD Quality Daily Physical Education Recognition Award Program (RAP)*

CAHPERD's QDPE Recognition and Reward Program identifies, recognizes and encourages excellence in school physical education programs.

[http://www.cahperd.ca/eng/rap/about\\_rap.cfm](http://www.cahperd.ca/eng/rap/about_rap.cfm)

#### *CAHPERD Awards*

CAHPERD annually presents a variety of awards to recognize individuals in the field of physical and health education, and related disciplines. These awards are designed to acknowledge the efforts and contributions of individuals at various stages in their professional careers.

[http://www.cahperd.ca/eng/awards/about\\_awards.cfm](http://www.cahperd.ca/eng/awards/about_awards.cfm)

#### *CAHPERD Physical Education Program Assessment Tool*

Developed to provide schools with a means to inventory and assess their physical education programs and to offer strategies for ongoing improvement. Offers user support to school leaders to assist them in assessing their programs and setting goals for change.

<http://www.cahperd.ca/eng/physicaleducation/documents/PEAssesTool.pdf>

#### *CAHPERD Quality School Health (QSH) Checklist and School Support Tools*

A tool that includes 12 guiding principles and directives to support schools in establishing healthy school communities and offers research and best practices related to effective school health programs currently being delivered.

[http://www.cahperd.ca/eng/health/qsh\\_checklist.cfm](http://www.cahperd.ca/eng/health/qsh_checklist.cfm)

#### *CAHPERD Health Education, Assessment and Reward Tools (H.E.A.R.T.)*

A practical guide provides tools for both teachers and students to help them track their healthy living and physical activity behaviours, and reward themselves for progress and achieved goals. For teachers, this resource provides useful information on the health benefits of regular vigorous physical activity, and suggests appropriate activities that can be incorporated into the daily lives of children. H.E.A.R.T. has been developed for children in grades 1–6 and is designed to educate, assess and reward physical activity and healthy habits being integrated into children's lives. The evidence-based, reproducible and easily-administered tools available in H.E.A.R.T. are ideal for classroom teachers or parents.