

## **60 Minutes Attached to the School Day**

**What is currently happening in schools to support the government's initiative around 60 minutes attached to the school day?**

- Zumba afterschool 3-4 p.m. with girls in grades 7, 8, 9 and 10 with HLF \$ -Very low participation 3-7 girls
- GOALS – Girls organizing and leading sport. Community organization for girls ages 8-16 – after school
- Open gyms, intramurals, clubs
- Daily HPE
- Athletic Council brings out equipment out at nutrition break
- Before school program – 7:15 a.m. – Build a better body and brain
- Active Assemblies
- PALS
- Inclusive running club
- Intramurals blocked for certain breaks – no team practices allowed
- Active and Safe routes to school
- Quality DPA – quality instruction
- Recess bags of equipment
- PALS/Recess Rock Stars
- Drop in intramurals
- Utilize outdoor space
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- Secondary –
  - IDC 4U – 6 week practicum in elementary schools playing games, PROPS, intramurals – high school students engaging elementary students to be active
  - Reserving facilities after hours 6-8 pm. To run open activities
  - Weight room membership – 7-8 a.m. and 3-4:30 pm.
  - Intramurals.

## **What are the barriers and concerns to implementing 60 minutes of PA attached to the school day?**

- How do we achieve this daily for all students? Unrealistic.
- Transportation for all students
- Communication – home – community
- Money access – not equitable for all x 3
- Cultural barriers
- Union issues – supervision
- Timetabling – common lunch
- Lack of Board support – coordinator has large portfolio
- Gym availability
- Parental pressures for organized and specific sports.
- Teacher staff support
- DPA is not even happening, how can we get this to happen?
- Lack of qualified HPE Specialists at the elementary level – we need full time specialists in all schools
- Safety
- Equipment x 2
- Lack of specialists
- Space x 3
- Time
- Scheduling – shorter breaks on balanced day don't support intramurals x 3
- Lack of staff support
- Excuses
- How to decide which outside agencies should be allowed into schools.
- Secondary
  - Timetabling – facility use, supervision
  - Engaging student leaders
  - Changing perspectives – competitive vs Active for Life
  - Young teachers not willing to take on extra work

## **Solution options**

- Specialists at the elementary level and QDPE
- Mandatory HPE 9-12
- Grade 12 HPE Leadership class – run intramurals