
PHYSICAL EDUCATION

Background

Each Principal shall make provision for instruction and activities to promote the good health and physical fitness of its students. There shall be regular instruction in physical education in accordance with the requirements of Saskatchewan Education approved programs. As well, there shall be an emphasis in health information on the need for physical fitness, healthy lifestyles and good nutrition. Physical education shall include an authorized curricular program, but the Division encourages the extension of the program to include intramural sports and co-curricular team sports organized on local, regional and provincial levels.

Physical activity contributes to students' physical, academic and social well-being and thus is an important part of the educational program. The Division is committed to ensuring a safe environment for all students and staff. While no physical education program can be made entirely risk-free, the Division's focus is on ensuring that the benefits to students of a particular activity outweigh the potential for injury. The standard of care that is expected of all staff is that of a careful parent of a large family.

Procedures

1. The Physical Education program is to be designed to motivate students to develop and maintain physical efficiency, to enjoy wholesome recreation and to develop the proper attitude toward activity for lifelong healthy living.
2. Teachers are to be cognizant of the requirements in the curriculum to teach a well-balanced program of activities.
3. Dress standards and safety guidelines shall be enforced by each teacher as he/she delivers the program.

Reference: Sections 85, 188 Education Act
Saskatchewan Physical Education Safety Guidelines

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