

PHYSICAL AND HEALTH EDUCATION AND RELATED PROGRAMS

PREAMBLE:

The Board recognizes that its commitment to the education of young people in the District demands provision, not only for their intellectual development, but also for their social, emotional and physical development. The Board also recognizes the interrelation of these factors and acknowledges that provision for one necessarily involves providing for others. Although social, emotional and intellectual development results from being physically educated and participating in moderate daily, physical activity, the primary targets are physical development and life-long health to be achieved through a variety of programs:

1. The **curricular or instructional program** presented in regularly scheduled quality physical education classes;
2. The promotion and tracking of **daily physical activity** to ensure students develop early habits of regular moderate physical activity;
3. The **co-curricular program**, which enriches, complements and supports the curricular program, consists of activities scheduled as part of regular physical education classes but pursued outside the regular school environs and are enrichment field experiences.
4. The **intramural program**, an outgrowth of the curricular program which can be on a recreational or competitive basis, but confined to each individual school and open to all students;
5. The **extracurricular program**, which consists of those activities within the schools jurisdiction to further the positive use of leisure time that include special interest clubs, leadership clubs, and clubs or teams involving physical activity that are not currently sponsored by BC School Sports.
6. The **athletic program**, which consists of competitions as an integral part of the activity or sport on a team or individual basis as members of the Burnaby/New Westminster Schools' Athletic Association and the BC Federation of School Athletic Associations.

POLICY:

**THE BOARD ENDORSES AND SUPPORTS THESE PHYSICAL
ACTIVITY PROGRAMS IN THE DISTRICT: CURRICULAR, DAILY PHYSICAL
ACTIVITY, CO-CURRICULAR, INTRAMURAL, EXTRA CURRICULAR AND
ATHLETIC.**

OBJECTIVES:

1. To contribute to the physical development and life-long health of all students in the District.
2. To ensure students develop early habits of regular moderate physical activity;
3. To contribute to the enjoyment and all-round personal development of all students in the District.
4. To contribute to the development of leadership, cooperation, individual morale, school spirit, appreciation for fair play and patterns of healthy physical activity.
5. To give students an opportunity to assess and develop their particular interests, skills and abilities.
6. To give students the opportunity to develop their own ways to engage in regular daily physical activity.

Date Adopted: 1978 06
Date(s) Revised: 2011 04

Cross References:
Statutory:
Other: Policy 3.05
Policy 5.00

REGULATIONS AND PROCEDURES

POLICY # 6.65

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POLICY:

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ADMINISTRATIVE REGULATIONS:

1. The curricular, daily physical activity, co-curricular, intramural and extracurricular programs shall be made equally available to all students regardless of their experience and ability.
2. Safety will be emphasized in all physical activity programs and all the necessary precautions taken to protect all participants. White-water rafting is prohibited.
3. Competition shall never be allowed to take precedence over safety, teamwork, or fair play.
4. Balance among the physical activity programs shall be achieved by taking into account the principle of providing opportunities for the greatest number of students.
5. The various physical activity programs shall provide equivalent opportunities for participation for students of all ages and for both boys and girls.
6. Other appropriate activities shall be provided for students who, for health reasons, are unable to participate in curricular physical activity programs.
7. Regulations concerning transportation on field trips are set out in the Policy Statement on Transportation of Students.

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Date(s) Revised: 2011 04

Cross References:

Statutory:

Other: Policy 3.05
Policy 5.00