

### Quality Environments

Optimal learning and development takes place in a quality environment, and in physical activity and physical literacy, this means passionate people delivering curriculum-based activities in schools.

#### The School Environment

Don't be confined to just the gymnasium. Good places include the classroom for stationary activities, hallways for linear activities, and playgrounds and fields outside for a wide range of activities. Being outside is beneficial to students and should be encouraged both for increasing physical activity and the development of physical literacy.



#### Curriculum-Based Activities

The B.C. Physical and Health Education Curriculum is designed to develop students physical literacy and overall well-being. Curriculum details can be found at: [curriculum.gov.bc.ca/curriculum/physical-health-education](http://curriculum.gov.bc.ca/curriculum/physical-health-education)

#### Safety

Is the number one priority, so always check the area used for physical activity to ensure it is safe. This is especially important when using outdoor playgrounds and playing fields that are used by the public during after-school hours.

#### Passionate People

- Demonstrate passion for the physical and mental well-being of their students.
- Allocate time for students to participate in physical activity every day.
- Develop physical literacy with their students.
- Pursue opportunities to improve their understanding of physical literacy and physical activity.
- Create positive learning experiences for their students.

#### Inclusive Activities for Every Student

Every student, regardless of ability or disability, sex, cultural background or religious affiliation, deserves a quality environment in which to develop physical literacy and habits of daily physical activity.

# Theory into Practice

## Passionate People

- Protect the curricular time set aside for physical activity.
- Make physical activity a priority for their students.
- Become more knowledgeable about physical literacy, physical activity, and health topics related to the PHE curriculum.
- Consider being more physically active to model this behaviour to students.
- Work with others to enhance student activity opportunities.

## Curriculum-Based Activities

- Reference the B.C. curriculum for each grade.
- Accommodate students with different levels of ability or disability.
- Appeal to students from different cultural backgrounds.
- Provide different ways for students to demonstrate their learning.
- Emphasize fun and enjoyment.

## The School Environment

- Schools are safe places – with a focus on physical and psychological safety of students.
- Match the demands of the activity with the space used – stationary activities in smaller spaces, vigorous activities in larger spaces.
- Consider use of local community spaces to provide greater variety of activities for students (swimming pool, curling rink, etc.).
- Match the size of activity space to the age of students: older students need more space!
- Make the most of outdoor spaces for physical activity.



## How?

Work with school administrators to protect activity space and time.

Work with local recreational and sport organizations to gain access to their facilities and their expertise.

## Get More Information:

- [www.curriculum.gov.bc.ca/curriculum/physical-health-education](http://www.curriculum.gov.bc.ca/curriculum/physical-health-education)