



POLICY SECTION: STUDENTS
SUB-SECTION: PROGRAMS
POLICY NAME: PHYSICAL ACTIVITIES WITHIN THE PHYSICAL AND HEALTH EDUCATION PROGRAMS
POLICY NO: S.P.07

Date Approved: February 21, 2007	Date of Next Review: November 2022	Dates of Amendments: November 16, 2017
Cross References: The Ontario Physical Education Safety Guidelines as managed by the Ontario Physical and Health Education Association (http://safety.ophea.net/)		
Appendix		

Purpose:

Board personnel endeavor to serve the diverse needs of all members of the Catholic school community in this regard always placing safety as a high priority. Staff follow the lead of OPHEA that manages the Ontario Physical Education Safety Guidelines which represent the minimum standards for risk management practice in Ontario school boards.

Scope and Responsibility:

The Director of Education is responsible for the implementation of this program in alignment with the Multi Year Strategic Plan.

Alignment with MYSP:

- Living Our Catholic Values
- Strengthening Public Confidence
- Fostering Student Achievement and Well-Being
- Providing Stewardship of Resources



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Policy:

All athletic activities (those incorporated into Health Education Programs and those used for Daily Physical Activity (DPA)) involve an element of risk. An important aspect in designing and implementing these programs is the task of ensuring that activities are safe for both students and staff. While participation in certain higher risk activities will entail a voluntary assumption of risk on the part of the student, it is understood that the teacher and other staff supervisors will follow the Ontario Safety Guidelines and use professional judgment and discretion in selecting the appropriate athletic activities designed to meet curriculum objectives. By implementing safe instructional practices as well as inclusion of age appropriate activities in program preparations, planning and daily teaching the teacher will guard against foreseeable risks. At times, it may be necessary to adapt activities to accommodate different ability levels and the unique learning styles of participants.

It is the policy of the Board that physical activities in the Physical and Health Education program of our schools will be in accordance with current Ontario Safety Guidelines for Physical Education published by OPHEA. These guidelines are updated on an annual basis every September and are available on the OPHEA website.

Regulations:

1. Recommended or approved activities listed in the appropriate current OPHEA safety guidelines may be considered subject to the minimum guidelines listed.
2. Activities not listed in the current OPHEA safety guidelines shall not be used without express written permission from the Central Program Superintendents.



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3. Activities not allowed in the current OPHEA safety guidelines should not be part of the program.



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Definitions:

OPHEA - Ontario Physical and Health Education Association

Evaluation and Metrics:

The effectiveness of this policy will be determined by gauging feedback from principals through scheduled principal meetings and tracking incident reports at the board level.