

## Physical Education

*Physical Education (PE) is a program where students learn a variety of skills related to health and fitness. These include gymnastics, games, dance, and various individual and team sports, as well as other activities that promote endurance, strength, and flexibility.*

*Students also learn about their bodies and how to keep themselves healthy and strong.*

### Who takes PE?

Kindergarten to Grade 10 students must take PE on a regular basis.

The Ministry of Education also requires all students to participate in Daily Physical Activity (DPA).

**Kindergarten:** 15 Minutes of DPA.

**Grades 1 to 9:** 30 minutes of DPA.

**Grades 10 to 12:** students must document a minimum of 150 minutes of DPA a week. DPA is part of the Graduation Transition Program.

### Why is PE important? What are the benefits of a PE program for my child?

The Ministry of Education believes that students who are fit and healthy perform better in school, and become healthier adults.

Research studies support this by showing that physical activity helps students:

- develop leadership and teamwork skills;
- relieve stress and improve self-esteem;
- maintain a strong and healthy body and immune system; and
- have more energy and improved focus when doing school work.

Several research studies indicate that students who are physically active show a more positive attitude towards school, demonstrate superior academic performance and have better attendance.

VSB

### “Fine Arts and Physical Education”

This brochure is one in a series sponsored by the VSB SWIS program and produced collectively by a group of ESL/ELL teachers and the VSB MCLW team.

Canada



WelcomeBC

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## Fine Arts and Physical Education



### Answers to Commonly Asked Questions

## What are Fine Arts Programs?

Fine arts programs include drawing, painting, sculpture, ceramics, and textiles, as well as drama, choir, band, and dance.

Different schools offer different programs.

*The BC Ministry of Education wants students to develop artistically, socially, and physically, as well as academically. One way students develop these skills is to participate in Fine Arts (FA) and Physical Education (PE).*

*FA and PE are of particular benefit to English Language Learners in a variety of ways.*

Research shows that students who participate in Fine Arts programs develop the following skills and qualities:

-increased critical and creative thinking skills;

- improved self esteem and willingness to take risks; and
- the ability to work with others.

In addition, these skills help to foster individuals who are better prepared to contribute in a workplace environment.



## Visual Arts programs (drawing, painting, etc.) benefit students by offering them:

- an opportunity to express themselves in ways that do not require a high level of language skill;
- a means of communicating who they are, where they come from, and what they believe;
- opportunities to develop creativity, problem solving, and critical thinking skills;
- a positive relief from stress; and
- a chance to develop special skills and talents as well as foster a lifetime appreciation for the arts.

## Drama programs (acting, directing, etc.) provide students with opportunities to:

- speak English in a highly motivating setting;
- participate in exercises that focus on reading, listening, and speaking by practicing correct phrasing and intonation;
- improve understanding of plot, character, and setting; and
- solve problems, work as a team, and develop leadership skills.

## Choir/Choral programs (singing) provide students with opportunities to:

- develop oral language skills;
- practice correct pronunciation;
- become aware of grammar and phrasing of different forms of English, from traditional to modern;
- foster an appreciation for a variety of styles of music; and
- work as a cohesive group.



## Band and other instrumental programs provide students with opportunities to:

- express themselves creatively in a way that does not require a high level of language skill;
- relieve stress in a positive way;
- see that practice, patience, and discipline can lead to achievement;
- foster an appreciation for a variety of styles of music;
- gain skills that last a lifetime; and
- work as a cohesive group, make friends, and have fun.

*Talk to your child's counsellor to see what Fine Arts programs are available at the school.*