





# Upper Canada District School Board

**Q**uality **D**aily **P**hysical **E**ducation





# QDPE

## UDSB DEFINITION

- a daily planned program of instruction & physical activity
- for ALL learners
- minimum of 150 minutes per week
- program is balanced, inclusive, participatory and developmentally appropriate





# What is our Goal?

We want to provide the knowledge, skills and competencies so that learners will have the commitment and capacity to lead healthy, active lives.





# QDPE and Learning

Studies (CAHPERD) show that physically active children are more likely to become physically active adults. **As a result, regular physical activity:**

- Has a positive impact on behaviour (classroom, recess time)
- Enhances academic performance
- ↑ mental health





# UCDSB Leads the Way

2007- CAPHERD announces that UCDSB is the provincial leader in QDPE.

- **70 UCDSB schools won the CAHPERD award**
- 53 Diamond Awards
- 9 Platinum Awards
- 6 Gold Awards
- 2 secondary school awards





# Swimming

in the  
classroom







**C**

**R**

**E**

**W**





# Team Roles

## Director

- Vision - Strategic Plan
  - “Canoe” Resource for Principals
- Funding

## Community

- Skateboard Park, Brockville
- CHEO
- Curling Association





# Team Roles

## Superintendents

- Principal meetings
- Terry Fox Run, “Board Staff Challenge”
- School visits

## Community

- Safe Schools
- Regional Health Units





# Team Roles

## Principals

- Regional Leaders
- Implementation
  - Scheduling
  - Teacher Training
  - Funding allocation

## Community

- Regional Health Units
- OPP, community liaison officer
- Local sports facilities
- Knights of Columbus “Free Throw” Competition
- Eat Smart Schools Program





# Team Roles

## Teachers

### Make it Happen

- Program Resource Teacher
  - Deliver workshops to Lead teachers
  - Create Board QDPE website
  - Support Teachers
- Classroom Teacher
  - Professional development
  - Integration into curriculum
  - Daily planning

## Community

- Health Units
- Guests from community
- Access to School Facilities
- QDPE School Celebration
- Hoops/Jump Rope for Heart







DISCOVERY opens to prepared minds

Ferrero

TORONTO  
MAPLE LEAFS  
EST. 1917