Fundamental Principles in Health and Physical Education

- 1. Health and physical education programs are most effective when they are delivered in healthy schools and when students' learning is supported by school staff, families, and communities.
  - Terry Fox Run, Jump Rope for Heart,
  - Partnership with McMaster Nurses Program
  - HWDSB Nutritional Policy
  - Colour House Program
    - House league Sport
    - Spirit Days
- 2. Physical activity is the key vehicle for student learning.
  - Students learn the importance of maintaining a healthy lifestyle
  - Students learn different methods of exercising- cardiovascular endurance, muscular endurance, and muscular strength.
- 3. Physical and emotional safety is a precondition for effective learning in health and physical education.
  - "Encourage don't Discourage"
  - Structuring lessons with skill progressions or stations and allowing students to choose what group they would like to work with eliminates risks
  - Giving positive feedback
    - TAG chart
      T- tell a friend something they did very well at today in PE
      A- Ask a friend a question related to the learning goal today
      G- Give a friend feedback using the success criteria
- 4.Learning in health and physical education is student-centred and skill-based.
  - Allows for ownership in learning
  - eliminates fear
  - differentiated learning- allows students to progress at their own comfort level
- 5.Learning in health and physical education is balanced, integrated, and connected to real life.
  - PE strengthens relationships and build self confidence.
  - Physical activity will can prevent sickness and disease and help reduce stress and anxiety.