
Board Governance Policy Cross Reference: [1, 12, 13](#)

Administrative Procedures Cross Reference:

[Organization for Instruction](#)

Form Cross Reference:

[Out of Class Physical Activity Consent Form](#)

Legal/Regulatory Reference:

[Manitoba Education Physical Education/Health Education Curriculum](#)

[Out-of-Class Safety Handbook: A Resource for Grades 9 to 12 Physical Education/Health Education \(Manitoba Education\)](#)

[Safety Guidelines for Physical Activity in Manitoba Schools \(Manitoba Education\)](#)

[Youth Safe Manitoba](#)

The Interlake School Division (ISD) believes that quality physical education programming is foundational to the education and well being of all students and recognizes the importance of risk management in promoting safe participation in physical activities for the out-of-class delivery of Grades 9 to 12 Physical Education/Health.

The aim of the Physical Education/Health curriculum is to provide students with planned and balanced programming to develop the knowledge, skills, and attitudes for physically active and healthy lifestyles.

Students in grades 9, 10, 11 and 12 are required to earn one physical activity credit for physical education in each year. Each credit shall consist of 110 hours of activity. A portion of those hours may be earned through approved out-of-class activities. In grades 9 and 10, the maximum number of out-of-class activity hours is 20 hours. In grades 11 and 12, a minimum of 25% of the total hours must be in class. All students in grades 9, 10, 11 and 12 are eligible to apply to have their out-of-class activities considered for credit towards their physical education credit.

Students who wish to receive credit for out-of-class activity may do so in accordance with this procedure. This procedure is designed to protect the ISD from liability arising out of a pupil's participation in an out-of-class activity by ensuring that approved activities ensure the highest standards of safety for pupils and ensuring that parents and guardians understand they are solely responsible for their children while they participate in such activities.

To fulfill the practical component of a course, students may choose from a variety of out-of-class activities from the [Eligible Activities Inventory](#) list generated by Manitoba Education and approved by ISD. Any activities not included and dissimilar from any in the Eligible Activity Inventory will need to be approved at the school level by the Physical Education teacher unless the activity is deemed to be high-risk. For high-risk activities, approval would first need to be secured from the Superintendent/CEO or designate in order for the activity to count towards credit for a course. In order for a request to be considered, recommended safety guidelines would need to be developed by the student, the parent/guardian, and/or the organization involved.

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