

TITLE: Physical Literacy in Educational and Childcare Settings

SPONSOR: Chatham-Kent Board of Health

WHEREAS less than 10% of Canadian children and youth are meeting minimum recommendations for physical activity and more than one-third were considered overweight or obese in 2009-2011; and

WHEREAS physical inactivity is linked to a number of preventable chronic diseases and is associated with increasing healthcare costs; and

WHEREAS individuals who are physically literate have the knowledge, skills, and attitudes to lead physically active lives; and

WHEREAS the Ontario Ministry of Education is provincially mandated to oversee both publicly-funded education and licensed childcare settings; and

WHEREAS physical literacy is a clearly stated outcome objective of the Health and Physical Education Curriculum, yet it is not currently measured; and

WHEREAS principals report that delivery of the Health and Physical Education curriculum varies significantly depending on the expertise and comfort level of the teacher; and

WHEREAS only 19.9% of Ontario Elementary Schools have a full or part-time specialist teacher assigned to teach health and physical education; and

WHEREAS neither the Ministry of Education nor School Boards currently ensure every child receives 20 minutes of sustained daily physical activity.

NOW THEREFORE BE IT RESOLVED that the Association of Local Public Health Agencies request the Ontario Ministry of Education and its stakeholders to provide for the public health, safety, and welfare of all Ontario residents by enhancing the development of physical literacy in educational and childcare settings through:

1. Adopting a mandatory assessment of physical literacy for elementary and secondary students across the province;
2. Ensuring that quality daily health and physical education programming is delivered by health and physical education specialists in all Ontario elementary and secondary schools;
3. Evaluating compliance and enforcing the Daily Physical Activity (Policy/Program Memorandum No. 138) requirement;

4. Providing ongoing staff training related to physical literacy for all teachers, early childhood educators, and childcare providers;
5. Strengthening the Day Nurseries Act/Child Care and Early Years Act to promote and support physical literacy development in licensed childcare settings; and
6. Making health and physical education credits a mandatory requirement for grades 9-12.

AND FURTHER that the Premier of Ontario, Minister and Associate Minister of Health and Long Term Care, Minister of Education, Minister of Children and Youth Service, Minister of Tourism, Culture and Sport, the Chief Medical Officer of Health, and the ADM of the Health Promotion Division are so advised.

ACTION FROM CONFERENCE:

Resolution CARRIED AS AMENDED