

## Student's Right to Physical Activity

**“Ophea believes that the practice of daily physical education, physical activity and sport is a fundamental right for all students in Ontario.”**

### Supporting Rationale:

- UNESCO. *International Charter of Physical Education, Physical Activity and Sport*. 2015.
  - “Article 1 – The practice of physical education, physical activity and sport is a fundamental right for all” (pg 2).
  - “1.1 Every human being has a fundamental right to physical education, physical activity and sport without discrimination on the basis of ethnicity, gender, sexual orientation, language, religion, political or other opinion, national or social origin, property or any other basis” (pg 2).
  - “1.7 Each education system must assign the requisite place and importance to physical education, physical activity and sport in order to establish a balance and strengthen links between physical activities and other components of education. It must also ensure that quality and inclusive physical education classes are included, preferentially on a daily basis, as a mandatory part of primary and secondary education and that sport and physical activity at school and in all other educational institutions play an integral role in the daily routine of children and youth” (pg 3).
- UNESCO. *Quality Physical Education. Guidelines for Policy-Makers*. 2015.
  - “Since 1952, UNESCO has worked actively to promote the power and cross-cutting potential of physical education and sport. In this respect, the organization has a clear mandate to facilitate access to physical education in formal and non-formal settings. This longstanding promotion of quality physical education (QPE) is enshrined in UNESCO’s 1978 International Chart of Physical Education and Sport, which outlines the case for physical education as a fundamental right for all, and an essential element of lifelong education” (pg 11).
- United Nations. *Convention on the Rights of the Child*. 1989.
  - “Article 31. (1) States Parties recognize the right of the child to rest and leisure, the engage in play and recreational activities appropriate to the age of the child and to participate freely in cultural life and the arts” (pg 9).
- Ministry of Education. *Program/Policy Memorandum No. 138. Daily Physical Activity in Elementary Schools, Grades 1-8*. 2017.
  - “School boards must ensure that all elementary school students, including students with special education needs, have a minimum of twenty minutes of moderate to vigorous physical activity each school day during instructional time.”
  - “It is the collective responsibility of principals and other education professionals to ensure that students receive at least twenty minutes of moderate to vigorous physical activity during instructional time every school day.”
- Campaign for Educational Equity (Teachers College Columbia University). *Know Your Rights: Physical Education*. 2013.
  - “The New York State constitutional requirement to provide all students the opportunity for a sound basic education” demands that all schools provide their students with a suitable, up-to-date curriculum, including *sufficient instructional time and course offerings in physical education*. All schools must be able to provide students in kindergarten through 6th grade at least 120 minutes per week of physical education (PE). Students in kindergarten through third grade should have daily physical education classes and students in grades 4-6 should have physical education at least three times per week. In grades 7 and 8, schools must be able to provide students with physical education three times a week in one semester and two times a week in the other. High schools must be able to provide students with physical education three times a week in one semester and two times a week in the other semester or PE may be provided daily for seven semesters” (pg 1).