

Q3 MORE PHYSICAL ACTIVITY

Ottawa-Carleton District School Board
Building Brighter Futures Together @OCDSB

Q3 What are some important priorities for the OCDSB to focus on for the next four years?

Encourage physical fitness as a core part of healthy human growth. Children are becoming less active. Fitness needs to be something they all learn to incorporate into their daily lives.

Secondary Parents and Guardians - 3

4.2 ★★★★★ (11)



Increased opportunities for physical activity for all children, regardless of athletic ability

Physical activity supports both physical and mental health. Sedentary kids become sedentary adults.

Elementary Parents and Guardians - 2

4.0 ★★★★★ (19)



Bring back importance of physical education I

can't believe in grade 10 my child no longer has to take a PE course. I was mandated to take it til 2nd yr CEGEP! Cannot believe this is acceptable.

Secondary Parents and Guardians - 3

4.0 ★★★★★ (11)



Incorporate more physical activities into academic learning

Learning outcomes will improve if you bring in play and physical activities. For eg if you are teaching math, Space and perimeter, step it out.

Elementary Parents and Guardians - 2

3.9 ★★★★★ (19)



More physical activities for the kids

Elementary Parents and Guardians - 1

3.9 ★★★★★ (11)



have mandatory 15-20 min exercise class first thing before classroom learning begins.

Running, skipping, etc research has shown exercise before learning promotes learning and helps reduce bad behaviour

Elementary Parents and Guardians - 1

3.8 ★★★★★ (23)



Sports and physical education, at least 3 times a week Kids need over an hour of physical activity a day. It's hard to have that happen if it's not during the school day,

Elementary Parents and Guardians - 4

3.8 ★★★★★ (21)



Ensuring adequate access to physical activity opportunities for all students. Students will be more successful academically, healthier and we will see a decrease in the amount of problem behaviours.

Elementary Parents and Guardians - 1

3.8 ★★★★★ (20)



Invest in Physical Education - teachers, equipment Encourage kids to stay active for life. Introduce them to new sports - not just dodgeball. Dedicated PE teaching positions.

Elementary Parents and Guardians - 2

3.8 ★★★★★ (17)



More gym/exercise should be integrated into the curriculum. Especially teens, need to have regular exercise classes. this is a time that most drop out of extra curricular activities.

Secondary Parents and Guardians - 3

3.8 ★★★★★ (11)



More Physical Activity. A healthy body will allow students to have great focus in class resulting in productive learning.

Elementary Parents and Guardians - 1

3.7 ★★★★★ (32)



The OCDSB should focus on student mental and physical health by offering physical education daily to all students. Students learn best when they are healthy and active.

Elementary Parents and Guardians - 2

3.6 ★★★★★ (24)



Getting the kids more active (walking to school, put a third recess back in, more time in gym/outdoors) Kids need to move so they can then sit and learn productively. Would reduce behavioural issues in the classroom.

3.6  (23 )



Elementary Parents and Guardians - 1

Continued focus on importance of daily physical activity, language and math Kids need to learn early on that dpa will enhance learning. And languages and math will always be relevant and important. These foundations must built

3.6  (20 )



Elementary Parents and Guardians - 4