

Q2 MORE PHYSICAL ACTIVITY

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

Q2 What are some ways that the OCDSB could improve how we support learning and well-being?

Physical activity built in to the high school day. Setting kids up for a healthy lifestyle must involve physical fitness...at every level.

Secondary Parents and Guardians - 3

4.2 ★★★★★ (13)



Gym class should happen every day and every semester and should not be graded. Health studies should not take time away from physical activities. Students should be active every day to keep fit and prevent obesity. Gym class should not be graded other than a participation mark.

Elementary Parents and Guardians - 3

4.1 ★★★★★ (23)



Ensure all students receive enough time to be physically active. Students who are physically active are emotionally, intellectually and socially more confident and successful.

Elementary Parents and Guardians - 1

4.0 ★★★★★ (22)



More physical education. Studies have indicated that youth are not active enough. PE helps burn off extra energy. Extra energy can manifest as disturbances in the classroom.

Elementary Parents and Guardians - 3

4.0 ★★★★★ (18)



Make sure the children get their DPA DPA is on the schedule but teachers seem to use it for other purposes and kids are not getting sufficient movement or exercise.

Community Members

4.0 ★★★★★ (6)



DPA I love the idea of daily physical activity!

Kids needs to move! But in our school

sometimes this is done in classrooms, and is not very active at all. 3.9 ★★★★★ (25)

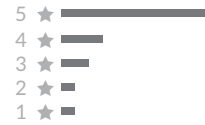
Elementary Parents and Guardians - 2



Increase amount of time kids are active during the day.

Community Members

3.9 ★★★★★ (17)

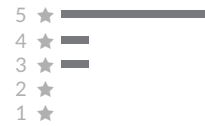


daily physical activity, including high school

physical fitness every day is important and necessary. need healthy bodies to have healthy minds. also helps them learn. is an important life skill

Secondary Parents and Guardians - 1

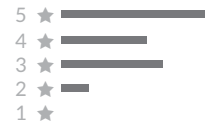
3.9 ★★★★★ (7)



Movement and exercise should be a part of every learning day. Learning is a mind / body activity. The body needs to be engaged and fit in order for the mind to be receptive.

Secondary Parents and Guardians - 4

3.8 ★★★★★ (25)



Consider redesigning the school day so that kids can pick up a gym credit after school, for example. (Band kids are usually busy in the early A.M.) Most kids drop phys ed after grade 9, as they need room for academics, yet we know that physical health is vital to academic performance.

Secondary Parents and Guardians - 1

3.8 ★★★★★ (12)



More physical activities. Active kids are healthy kids.

Elementary Parents and Guardians - 4

3.8 ★★★★★ (11)



Offer one hour of gym daily.. It would serve the kids better than the extra lessons it would replace.. Growing healthy and getting used to a healthy life-style.

Secondary Parents and Guardians - 3

3.7 ★★★★★ (26)



Have daily physical education Many children cannot sit still for long periods of time. More frequent exercise would allow them to concentrate better.

Elementary Parents and Guardians - 4

3.7 ★★★★★ (17 👤)



Having physical fitness activities every day Students are able to learn better when their bodies are healthy

Elementary Parents and Guardians - 3

3.7 ★★★★★ (17 👤)



We need more physical education in schools. Children need more physical activity for wellness, and to build better knowledge about fitness and nutrition.

Elementary Parents and Guardians - 4

3.7 ★★★★★ (16 👤)



Allow for more activity in class vs sitting all day

Elementary Parents and Guardians - 2

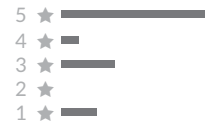
3.7 ★★★★★ (14 👤)



Allow opportunities for gym class - has been weeks since my kid has been in the gym (and its winter) Physical activity allows for better learning

Elementary Parents and Guardians - 2

3.7 ★★★★★ (14 👤)



Children also need more movement incorporated into learning - sedentary lifestyles are not health as a child or as an adult - it is in the interest of longterm health.

Elementary Parents and Guardians - 3

3.6 ★★★★★ (18 👤)



More physical education. Sitting all day isn't working for their bodies or minds. Keeps them healthy and improves attention.

Elementary Parents and Guardians - 4

3.6 ★★★★★ (18 👤)



More physical activity My kid goes to the gym twice a week. DPA is a joke. We know our kids need more physical activity - let's make it happen

3.6  (16 )

Elementary Parents and Guardians - 4



Provide greater support and time for physical activities Physical activity has a huge impact on young children and their ability to learn and study effectively. This is especially true for boys.

3.6  (16 )

Elementary Parents and Guardians - 4



Put more focus on physical education and the arts (including music). Exercise and arts help students learn other things as well. Also, it makes school more fun and engaging for many students.

3.6  (12 )

Elementary Parents and Guardians - 1



The director and the board of trustees are completely out to lunch regarding the relationship between physical education and the arts and numerac and literacy scores. They think more time on math and literacy brings scores up when that is not what any research shows. Students need more physical ed

3.6  (9 )

Secondary Parents and Guardians - 4



Ensure all students meet their physical activity needs. Increased physical activity can lead to increased academic achievement, fewer behavioural concerns and improved overall health.

3.4  (21 )

Elementary Staff

