



June 19<sup>th</sup>, 2018

## Physical Activity Leads to Improved Brain Health

### Student's Right to Physical Activity

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#### Key Message

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

**“ParticipACTION’s Expert Statement on Physical Activity and Brain Health in Children and Youth highlights the benefits physical activity has on the brain. Ever Active Schools believes that the practice of daily physical education, physical activity, and sport is a fundamental right for all Alberta students.”**

#### 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 Charter 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.



## Supporting Healthy School Communities in Alberta

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- Article 31. (1) states, “Parties recognize the right of the child to rest and leisure, to 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).
- Alberta Education. *Daily Physical Activity (DPA) Initiative*.
  - “School authorities shall ensure that all students in grades 1 to 9 are physically active for a minimum of 30 minutes daily through activities that are organized by the school.”
  - “Schools have the responsibility of creating and nurturing a learning environment for students that supports the development of the lifelong habit of daily physical activity and that supports healthy lifestyles.”
  - “Daily physical activities should: vary in form and intensity take into account each student's ability, consider resources available within the school and the larger community, and allow for student choice.”

[Ever Active Schools](#) is a provincial initiative that promotes and supports healthy, active school communities. Funding is provided by the Government of Alberta through the ministries of Culture and Tourism, Education and Health.

[Participaction](#) is a national non-profit organization whose mission is to help Canadians sit less and move more. Originally established in 1971, ParticipACTION works with its partners, which include sport, physical activity, recreation organizations, government and corporate sponsors, to make physical activity a vital part of everyday life.

[Participaction Report Card](#) The Report Card is the most comprehensive assessment of child and youth physical activity in Canada. It synthesizes data from multiple sources, including the best available peer-reviewed research, to assign evidence-informed grades across 14 indicators.

This year, the Report Card includes a new Expert Statement on Physical Activity and Brain Health in Children and Youth and assigns letter grades to 14 different indicators—including two new indicators that focus on the 24-Hour Movement Behaviours and Physical Fitness. Collectively, the report provides a complete and robust assessment of how Canada is doing as a country regarding the promotion and facilitation of physical activity among children and youth.

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