

UWC proposal on fitness

By LORI TAYLOR
Herald Staff Writer

The Georgetown University Women's Club (UWC) has recommended that the Halton Separate School Board should establish a core curriculum guideline on physical education for its elementary schools.

Establishing the curriculum guideline was one of four recommendations the UWC presented to the board last week in a brief similar to one presented to the Halton board of education in 1978.

Other recommendations made to the board included the implementation of a quality physical education program for 30 to 60 minutes per day for every child, its supervision by qualified physical education personnel and the undertaking of a public relations program to make teachers, principals and parents more aware of the need for daily physical education for children.

Claudette Smith, chairman of the committee which prepared the brief, reported that the board did not discuss its contents, other than to ask questions, but referred the brief to its education committee for further study.

Mrs. Smith said the UWC had hoped after the presentation of the first brief to the Halton board of education that the separate school board would follow up on its own, but this was not the case, so a committee of club members, including representatives from Oakville and Burlington, was organized to study the program in the separate schools.

SCHOOL SURVEYS

The committee conducted surveys of schools in Halton Hills and control schools in Oakville and Burlington which covered the number of students per grade, time allotted for organized physical activity, teacher training, facilities and equipment available, and parent and teacher attitudes.

Mrs. Smith told The Herald that only in south Halton are students receiving the minimum amount of time recommended for physical education. In some schools, the students were spending only four per cent of their time in school in physical education classes, which is below the Canadian average, as well as being below the recommended minimum of ten per cent.

"We feel it's time for the board to address this problem instead of leaving it up to the principals," Mrs. Smith said. "Some are doing a good job and some aren't. It isn't fair to the children."

The board did not seem concerned about the cost of developing and running a more extensive program, Mrs. Smith said. But board members were concerned about how the schools would find the time for more periods of physical education, and exactly what was meant by "quality" programming, she said.

"What we mean is a balanced program, with one-third dance and movement, one-third gymnastics and one-third games skills," Mrs. Smith said. "The reality is that 75 per cent of the program is games skills. The whole concept of sustained movement for six to eight minutes to provide a training effect for the cardiovascular system is unfamiliar to most of these teachers."

Mrs. Smith pointed out that the board already has a physical education consultant, Elizabeth Vases, who has assisted some of the schools, at their request, in drawing up a program.

"Although developing a core curriculum would require spending a certain amount of money, the cost wouldn't be prohibitive," Mrs. Smith said. "We didn't find on the whole that facilities are inadequate. The program they develop can make good use of the facilities the schools have got."

Waterfront plan to be unveiled

Regional council will be spending \$900,000 a year over a five-year period, if the draft plan for Halton's waterfront receives a positive response from the public and governmental agencies.

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