

2015 Health and Physical Education (H&PE) Curriculum

- Over five years ago, the Human Development and Sexual Health component of Ontario's elementary H&PE curriculum was withdrawn and the release of the full secondary H&PE postponed indefinitely after being misrepresented and politicized by special interest groups, media and our elected officials.
- Ontario's 2.1 million students have been learning from a curriculum that is over 16 years old - older than most of the students themselves and the most out of date curriculum in Ontario.
- 2015 is a very different world from when the 1998 elementary and 1999 secondary H&PE curriculum were released - kids are facing unprecedented mental health challenges, physical inactivity is epidemic, unhealthy eating is rampant, substance use and abuse are at record levels, and sexually transmitted infection rates have increased substantially. Technology and the way information is shared have also evolved, including the prevalence of camera phones, social media, and the availability of reliable (and unreliable) information on the internet.
- The 2015 H&PE curriculum (Grades 1-12) is the most consulted on curriculum in Ontario history - it was developed in consultation with experts, students, teachers, parents, faculties of education, universities, colleges and numerous additional stakeholder groups.
- Ontario has been a leader in policies supporting well-being, including Accepting Schools, Bullying Prevention, Mental Health and Addictions, Safe Schools, Equity and Inclusion - the H&PE curriculum supports and enhances these initiatives
- Students have a right to receive the necessary educational opportunities to enable them to make healthy choices and avoid preventable health problems.
- The introduction of the revised H&PE curriculum will have a major impact on the way Ontario students develop the skills and knowledge needed to make lifelong choices for healthy, safe, and active living.
- The revised H&PE curriculum stands to be the single largest health promotion intervention that this province has ever seen - lessening the burden on our healthcare and social services systems.
- The H&PE curriculum is the most logical and suitable place to provide health information to students as schools are the only formal education institution to have meaningful contact with 95% of Ontario's kids.
- The H&PE curriculum focuses on skills and strategies that can be transferred from the context of the classroom to healthy, active living outside of school - assisting Ontario's kids in reaching their full potential while at the same time improving their health throughout their lives.
- Ophea is currently developing resources to ensure that educators and educational partners have the tools they need to appropriately and effectively teach students from the revised curriculum.