

# PE AND DPA TIME REQUIREMENTS

Province or Territory	PE and DPA Time Requirements
British Columbia Yukon	PE - No longer specific time recommendations with the new K-9 or 10 curriculum. DPA - The Daily Physical Activity Policy states 30 minutes of PA per school day.
Alberta Northwest Territories	PE - No longer specific recommendations for physical education. DPA - The Daily Physical Activity Policy is states 30 minutes of PA for grades 1-9.
Saskatchewan	PE - Grade 1-8 are required to have 120-150 minutes of physical education per week (still dependent on school division). Grades 9-10 are required to have 150 minutes of physical education per week.
Manitoba Nunavut	PE - Daily Physical Education required for Grades K-10 at 30 minutes each day. More details on breakdown can be viewed at this link: <a href="https://www.edu.gov.mb.ca/k12/cur/physlth/c_overview.html">https://www.edu.gov.mb.ca/k12/cur/physlth/c_overview.html</a>
Ontario	PE - There are no mandated minutes for PE, only guidelines. The recommended guideline is 150 minutes per week. DPA - The Daily Physical Activity Policy states 20 minutes per day for grades K-8.
Quebec	PE -Grades 1-6 are required to have 120 minutes of physical education per week. Secondary students are required to have 100 minutes of physical education in a six day cycle or 150 minutes in a nine day cycle.
New Brunswick	PE - Grades K-5 are required to have 30 minutes of physical education 3 days/week (total 90 mins/week). Grades 6-8 are recommended to have 150 minutes of physical education per week. Grades 9-10 have 3 blocks of physical education of 45 hrs over the 2 years.
Nova Scotia	PE - Grades K-2 are required to have 20 minutes of physical education per day, Grade 3 is required to have 30 minutes per day, and Grades 4-6 are required to have 20 minutes per day.
Prince Edward Island	PE - Grades K-6 are required to have 75 minutes of physical education per week or 90 minutes per 6-day cycle. Grades 7-9 are required to have 60-90 minutes of physical education per week or 72-108 minutes per 6-day cycle.
Newfoundland & Labrador	PE - Grades K-3 physical education is recommended to have a portion of 30% of instruction time, at administrator's discretion, as part of an integrated approach with other specialized subjects. Grades 4-6 is 6% recommended physical education time, and therefore also site based. Grade 7-9 is recommended 6% of instructional time. High School requires 2 credits (i.e., 1 year).