Manitoba Backgrounder

NEW MANDATORY IN-PERSON PHYSICAL EDUCATION POLICY - EVERY BODY, EVERY DAY POLICY

Physical and health education (PHE) is compulsory for students from kindergarten to Grade 12. The following provincial instructional time requirements apply.

Beginning in the 2026-27 school year, all publicly funded senior years schools must work toward ensuring that Grade 11 and Grade 12 PHE courses include 110 hours of in-person class time led by a qualified teacher. Full provincial implementation of this requirement is expected for the 2027-28 school year.

Time Allotments for PHE

Grade	Percentage	Minutes per day			Minutes per 6-day cycle			Approximate PE hours per year	Approximate HE hours per year
		Total time in PHE	PE—75% allocation	HE—25% allocation	Total time in PHE	PE—75% allocation	HE—25% allocation		
K (1/2 day)	11%	16	12	4	99	75	24	37	12
1–6	11%	33	25	8	198	150	48	76	24
7–8	9%	30	23	7	178	134	44	70	21
9–10	1 credit per year (110 hours), 50% PE and 50% HE							55	55
11–12	1 credit per year (110 hours), 75% PE and 25% HE							82.5	27.5

GRADE 11—100% IN

Note: A course is based on 110 hours of class time. 5% may be rounded to 5 or 6 hours to avoid decimals. Time allotments are approximations and will vary depending on the context of each school.

Component	Module	Time IN	Time OUT
Personal Wellness Portfolio (23%)	Movement Activity Planning	5% or 5h+	
	Movement Activity Exposures (a minimum of 5 different exposures for a total of 10 hours)	9% or 10h	
	Movement Activity Participation—OUT		
	Reflections	5% or 6h+	
	Advocacy	2% or 2h	
	Leadership/Volunteering	2% or 2h	
Physical Literacy and Health-related Fitness Outcomes (47%)	Movement Activity Participation—IN	42% or 46h	
	Diversity, Equity, and Inclusion	5% or 6h+	
Health Modules (core component) (20%)	Module A: Rights, Responsibilities, and Communication	8% or 9h	
	Module B: Personal Well-being	7% or 8h	
	Module C: Workplace Health	3% or 3h	
	Module D: Community Health	2% or 2h	
Flexible Delivery Component (10%)	Teacher-developed Module or More Time Allocated to Other Components (e.g., certification in CPR, coaching or refereeing; leadership; exercise and sport science; health research projects; etc.)	10% or 11h	
	TOTAL	100% or 110h	

GRADE 12—100% IN

Note: A course is based on 110 hours of class time. 5% may be rounded to 5 or 6 hours to avoid decimals. Time allotments are approximations and will vary depending on the context of each school.

Component	Module	Time IN	Time OUT
Personal Wellness Portfolio (23%)	**Movement Activity Planning**	5% or 5h+	
	Movement Activity Exposures (a minimum of 5 different exposures for a total of 10 hours)	9% or 10h	
	Movement Activity Participation—OUT		
	Reflections	5% or 6h+	
	Advocacy	4% or 4h	
Physical Literacy and Health-related Fitness Outcomes (47%)	**Movement Activity Participation—IN**	42% or 46h	
	Diversity, Equity, and Inclusion	5% or 6h+	
Health Modules (core component) (20%)	**Module A: Personal Health**	7% or 8h	
	Module B: Social Health	4% or 4h	
	Module C: Planning for Adult Life (can be divided in two)	9% or 10h	
Flexible Delivery Component (10%)	**Teacher-developed Module or More Time Allocated to Other Components** (e.g., certification in CPR, coaching or refereeing; leadership; exercise and sport science; health research projects; etc.)	10% or 11h	
	TOTAL	**100% or 110h**	