



# What do girls have to say?

- Create activities that are fun, social and appeal to their interests
- Offer a variety of activities in a low-pressure environment
- Have positive and experienced leaders
- Make it easy to get involved

## What do girls look for in a Physical Education course?

- A focus on lifetime physical activities
- Opportunities to develop physical skills and personal fitness
- A positive learning environment and being with friends
- Emphasis on enjoyment of physical activity
- The involvement of students in course development

# Promoting Physical Activity: Healthy Schools Committee Checklist

## In Class:

- ✓ Arrange for physical education class to be last period to give girls enough time to change after class
- ✓ Promote classroom discussion about the differences in how girls and boys perceive physical activity
- ✓ Discuss how to find a balance between school, family, friends, part-time job responsibilities and staying active
- ✓ Shift from “winning or losing” to learning through participation and having fun
- ✓ Co-factor other topic areas such as *injury prevention and sports, nutrition and exercise, or outdoor fun and sun safety*

## Supportive Environment:

- ✓ Advocate for more “girl friendly” courses at every grade level (e.g., dance courses through the arts program)
- ✓ Investigate if “girls only” after school programs are available — if not, get together and create one
- ✓ Encourage girls to volunteer to help with coaching or officiating; consider linking to community volunteer hours
- ✓ Start a girls only *Fitclub* through [www.fitspirit.ca](http://www.fitspirit.ca)
- ✓ Use Facebook® and other social media to coordinate events and activities
- ✓ Talk about the importance of girls seeing their moms enjoying physical activity and personal fitness

## Physical Environment:

- ✓ Find new areas to be physically active and that are designed to be “girl friendly” (e.g., gyms, yoga studios, walking paths, pool time)
- ✓ Create a physical and social environment that allows girls to feel safe and included
- ✓ Support girls to find physical activities they enjoy and see themselves doing after graduation

## Community Partners:

- ✓ Negotiate student discounts at local fitness, yoga or Pilates studios
- ✓ Connect with organized community groups focused on women’s health
- ✓ Discover what women are achieving everyday: Canadian Association for the Advancement of Women and Sport and Physical Activity [www.caaws.ca](http://www.caaws.ca)
- ✓ Post and share information about local Parks and Recreation programs

Source: Canadian Association for Advancement of Women and Sports ([www.caaws.ca](http://www.caaws.ca))

**Make choices today**  
for a **healthier tomorrow**

For more information, please contact  
York Region Health Connection at  
**1-800-361-5653**  
TTY: 1-866-252-9933

The logo for York Region, featuring a stylized blue star or flame shape above the text "York Region" in a blue serif font.