

Quality Instruction & Programs	Healthy Physical Environment	Supportive Social Environment	Community Partnerships
<p>Physical education for students</p> <ul style="list-style-type: none"> • Health and Physical Education curriculum - physical activity • Quality curriculum support resources • Integration of physical activity with other curriculum strands • Incorporation of 20 minutes of Daily Physical Activity <p>Physical education for staff</p> <ul style="list-style-type: none"> • Professional development opportunities for teachers 	<p>A safe environment for physical activity</p> <ul style="list-style-type: none"> • Playground is free from physical hazards • Playground provides shaded areas <p>Student and teacher access to equipment and facilities for physical activity and adequate storage areas</p> <p>Physical activity guidelines</p> <ul style="list-style-type: none"> • Follow board policy/guidelines relating to a Safe School Environment • Create an environment that supports physical activity • Provide a safe environment for physical activity including freedom from harassment (Safe School Policy) • Physical activity is never used as a punishment • Provision of services by community partners 	<p>Parent, student and community education and opportunities to support active living</p> <ul style="list-style-type: none"> • Opportunities for students: <ul style="list-style-type: none"> • Active and Safe Routes to School/IWALK • Walking/running clubs • Turn off the Screens Week • Recess program • Intramurals • Peer leadership • Activity-based: <ul style="list-style-type: none"> • Community initiatives • School community events • Fundraising activities • Transportation to and from school • Information for parents • Positive role modeling by adults <p>Community facilities are available for student activities</p>	<ul style="list-style-type: none"> • York Region Health Services • Parks & Recreation http://www.prontario.org/ • School Boards • OPHEA www.ophea.net/ • Hearty Party www.heartyparty.com • CIRA • Green Communities Canada www.gca.ca • Heart and Stroke Foundation www.heartandstroke.ca • Lung Association www.lung.ca



HEALTHY SCHOOLS - PHYSICAL ACTIVITY *continued*

Framework and Resources

Quality Instruction & Programs	Healthy Physical Environment	Supportive Social Environment	Community Partnerships
<p>Ontario Physical and Health Education Association www.ophlea.net</p> <ul style="list-style-type: none"> • Active8 • Active Schools • DPA support services • Everyone Jump • H&PE curriculum support <p>York Region Health Services www.york.ca</p> <ul style="list-style-type: none"> • H&PE curriculum support • DPA support • Fitness Ambassador Kit <p>Active Bodies Active Minds A physical activity booklist www.choices4health.org</p> <p>Ministry of Education www.edu.gov.on.ca/eng/curriculum</p> <ul style="list-style-type: none"> • curriculum • DPA support & e workshops <p>Canadian Association for Health Physical Education, Recreation and Dance (AHPERD) www.cahperd.ca</p> <ul style="list-style-type: none"> • Quality Daily Physical Education resources <p>Canadian Intramural Recreation Association www.ciraontario.com</p> <ul style="list-style-type: none"> • Everybody Moved 	<p>Safe Schools Act York Region District School Board www.yrdsb.edu.on.ca</p> <p>York Catholic District School Board http://www.ycdsb.ca</p> <p>Playground Markings www.creativeplaygrounds.ca www.creativesafetygames.com</p> <p>Shade <i>Shade A Planning Guide</i> (York Region Sun Safety Coalition) <i>Designing for Shade and Energy Conservation –School Grounds Greening Guide</i> http://www.yorku.ca/ecoschl/EcoSchools_pdfs/School_Grounds_Greening.pdf</p>	<p>Parents</p> <ul style="list-style-type: none"> • Guides and resources www.healthcanada.ca • Support and resources www.york.ca • Resources www.heartandstroke.ca: www.mhp.gov.on.ca www.gameskidsplay.net <p>Students</p> <ul style="list-style-type: none"> • PlaySport www.ophlea.net • Pause to Play www.pausetoplay.ca • Not Gonna Kill You www.notgonnakillyou.ca <p>Schools</p> <ul style="list-style-type: none"> • In-school Adventure program www.ioedge.com • Jump Rope for Heart / Hoops for heart www.heartandstroke.ca • Mega Hoops www.basketball.on.ca • School Challenges and Aero Pop www.cahperd.ca • JUMP2bFIT –program package www.jumprope.com • Laps for Lungs www.on.lungs.ca • Fitness Circuit Charts www.thomsonbooks.com/health • Jump into Fun and Fitness www.jump-aerobics.com • Spikes Volleyball www.ontariovolleyball.org • Floor Tennis Program www.tennisontario.com • Active Schools www.ophlea.net • The Healthy and Fit for Kids Program healthyandfit@rogers.com • Intramural and recess resources www.ciraontario.com • Active Transportation www.goforgreen.ca 	<p><i>See framework and resources listed through out document</i></p>