

Physical Activity

New Canadian Physical Activity Guidelines were released in 2011 by the Canadian Society for Exercise Physiology. The guidelines are now the same for children (5-11 years) and youth (12-17 years). These guidelines recommend 60 minutes of moderate-to-vigorous-intensity physical activity per day. Health benefits increase with an increase in time and intensity of physical activity. Children who are more active tend to perform better academically and daily activity breaks have been found to improve student's concentration, classroom behavior and cognitive performance (Troost, S.G, Active Living Research, 2007).

York Region Community & Health Services - Elementary School Services, as well as other community and government agencies, provide a wide variety of resources to promote physical activity for elementary school aged children.

Healthy Schools

As part of Ontario's Healthy Schools strategy the Ministries of Education and Health Promotion are encouraging schools to create a healthy school environment. With support from a Public Health Nurse (PHN), schools can work with their communities to create a healthier place for students to learn. The Healthy Schools approach allows students the opportunities to learn about healthy lifestyle choices and behaviours. The focus of the Healthy Schools program is determined by the individual needs of the school.

Active Tools for Schools (ATS) resource

Active Tools for Schools is a resource developed by York Region Public Health to support elementary schools in creating a healthy, active environment. These tools help elementary schools to connect with internal and external physical activity resources which can aid schools in developing programs with a focus on physical activity. The tools breaks down the broad concept of physical activity into more specific and manageable goals such as enhancing daily physical activity (DPA) or including physical activity in the curriculum. Tools are available online at:

<http://www.york.ca/Services/Public+Health+and+Safety/Healthy+Schools/Teachers+-+PhysActTools.htm>

Curriculum Resources

Ontario Health and Physical Activity Education Curriculum

An Interim Health and Physical Education (H&PE), Grades 1-8 (2010) curriculum policy document has been implemented since September 2010. This interim document will be composed of the majority of the revised H&PE 2010 document, but the Human Development and Sexual Health portion will be replaced with the Growth and Development portion from the 1998 document while the government consults further with parents.

The Ontario Curriculum – Exemplars, Grades 1, 3, 5 and 7: Health and Physical Education (2005)

The Ontario Curriculum – Exemplars, Grades 2, 4, 6 and 8: Health and Physical Education (2005)

Daily Physical Activity in Schools - Grade 1 to 3, 2005 (PDF, 927KB)

Daily Physical Activity in Schools - Grade 4 to 6, 2005 (PDF, 882 KB)

Daily Physical Activity in Schools – Grade 7 and 8, 2005 (PDF, 856KB)

Visit: <http://www.edu.gov.on.ca/eng/curriculum/elementary/health.html>



OPHEA (Ontario Physical Health and Education Association)

Ophea has worked with various partners across the province including school boards, public health units, sport and recreation organizations, as well as provincial government and non-government organizations to develop the new Ophea H&PE Curriculum Support Resources (Grade 1-8). These resources reflect the changes in the revised H&PE Curriculum and encompass all strands of the revised curriculum, including approximately 120 lesson plans for each grade level.

Visit: <http://www.ophea.net>

activ8

activ8, for Kindergarten to Grade 8 students, is a national, curriculum-based physical activity challenge program that was developed by Active Healthy Kids Canada. It helps children and youth of all abilities develop their fitness and skill levels and consists of eight pre-planned lessons for each grade. These lessons include warm-ups, cool-downs and fun physical activity challenges that can be implemented in any elementary school. Since the establishment of the K-8 modules in 2003, over 3,800 schools and almost one million students have participated in the activ8 program.

Available at: <http://www.ophea.net/activ8> Tel: 416-426-7120 Toll Free 1- 888-446-7120

Jumping Into the Curriculum (PDF)TM

This cross-curricular resource from the Heart and Stroke Foundation provides elementary teachers with fun-filled jump rope activities that assist in teaching language, math, science, the arts and social studies concepts.

Available at

http://www.heartandstroke.on.ca/site/c.pvI3IeNWJwE/b.5115343/k.D73/Healthy_Kids__Jumping_Into_the_Curriculum.htm

Active and Safe Routes to School

Curriculum linked classroom resources for elementary school teachers (JK- Grade 8)

Topics include: physical activity, air quality and climate change

Visit: <http://www.saferoutestoschool.ca>

Activities**iCANwalk to School...can you?**

IWALK Day: *Wednesday October 5, 2011*

IWALK Week: *October 3 – 7, 2011*

Celebrate International Walk to School month-pledge to walk and use active transportation as often as possible.

REGISTER ONLINE for IWALK Day, week or month at www.saferoutestoschool.ca.

Schools will receive IWALK promotional stickers, posters and organizer materials.

If your school will participate in IWALK events and would like to walk more throughout the year, register instead for **iCANwalk to School...can you?** at

<http://www.saferoutestoschool.ca/icanwalk/default.asp>. Schools can pledge to walk once a week, once a month or whenever you can. You will receive the IWALK promotional kit plus a class set of

pedometers, compliments of Steps Count. Input your kilometers throughout the year for a chance to win fabulous prizes!

Register and participate in **Winter Walk Day** on February 8th., 2012 and **Spring into Spring** April 22 (Earth Day) to June 8th 2012 (Clean Air Day).

Walk to School Days

The York Region Elementary School program works with Green Communities Canada to support Active and Safe Routes to School (ASRTS) initiative that promotes active transportation for the daily trip to school and addresses health and traffic safety issues.

Walking/Wheeling Wednesdays is an example of the walk to school programs developed by ASRTS to encourage students to walk to school each week.

Resources for walk to schools days:

ASRTS website:

www.saferoutestoschool.ca

Instructions for Implementation: <http://www.saferoutestoschool.ca/downloads/guide/wweddoc.doc>

Top ten Walk to school activities:

<http://www.saferoutestoschool.ca/topactivities.asp>

IWALK Club Kits

Healthy schools that choose to participate in the IWALK campaign will be eligible to receive an IWALK Club kit. These kits are comprised of all the resources and materials schools will need to implement the IWALK club in their school such as club cards, charms, posters, tips and other helpful resources. Please contact www.york.ca/healthyschools

Refer to **Active Tools for Schools** for more physical activity initiatives and ideas.

Link to Active Tools for Schools:

<http://www.york.ca/Services/Public+Health+and+Safety/Healthy+Schools/Teachers+-+Resources+-+Physical+Activity.htm>

Skipping clubs are also encouraged. Skipping kits (Jump 2B Fit kits) are available from a company called JumpRope.com,

Link to Jump 2B Fit kits:

<http://www.jumprope.com/details.php?Category=4&SubCategory=4&ProdID=31>

Idling at School

This user friendly, comprehensive toolkit has been designed to assist schools interested in reducing vehicle idling in their community.

<http://www.saferoutestoschool.ca>

Programs

Pause to PLAY: Turn off the Screens

An annual week-long challenge in May that is open to all York Region schools. It encourages children, youth and their families to replace screen time with physical activity, eat healthy foods and engage in safe, physically active play and other family and community activities. The online pause to PLAY tools and resources are available to download for free at www.york.ca/healthyschools. Call York Region *Health Connection* at 1-800-361-5653 TTY# 1-866-252-9933 for more information.

PLAY Program (Peer Leaders for Active Youth)

A peer led recess program to encourage student leadership while supporting a healthy playing environment for children in grades 1-3 at school. Selected students in grades 5-8 learn new skills as PLAY leaders for active recess games and activities. A free training package for your school leader and students is available at www.york.ca/healthyschools or by calling York Region *Health Connection* at 1-800-361-5653 TTY# 1-866-252-9933.

Fitness Ambassadors Program

A fun and easy way to build daily physical activity into the school day. Fitness ambassadors in grades 7 and 8 create and lead an exercise routine for all classes while music is played over the PA system. An excellent way to increase physical activity and leadership opportunities for students. A free training package for your school is available online at www.york.ca/healthyschools. Call York Region *Health Connection* at 1-800-361-5653 TTY# 1-866-252-9933 for more information.

Resources

Active Healthy Kids Canada- 2011 Report Card

<http://www.activehealthykids.ca>

Canada's Physical Activity Guides:

Teachers Guide to Physical Activity for Children (5-11 years)

http://www.phac-aspc.gc.ca/pau-uap/paguide/child_youth/pdf/kids_teachguide_e.pdf

Teachers Guide to Physical Activity for Youth (12-17 years)

http://www.phac-aspc.gc.ca/pau-uap/paguide/child_youth/pdf/yth_teachers_guide_e.pdf

Organizations

York Region Community & Health Services –

The healthy school program is based on the comprehensive school health approach which focuses on the involvement of the entire school community in creating a healthy school environment. This approach allows students the opportunity to learn about healthy lifestyle choices and behaviours. The area of focus for each school is based on the school's individual needs.

www.york.ca/healthyschools

Green Communities Active & Safe Routes to School is a comprehensive community-based initiative that taps into the increasingly urgent demand for safe, walkable neighbourhoods. Active & Safe Routes to School promotes the use of active and efficient transportation for the daily trip to school, addressing health and traffic safety issues while taking action on air pollution and climate change.

<http://www.saferoutestoschool.ca>



Canadian Intramural Recreation Association (CIRA) Ontario

Promotes active living through programs within the educational community.

160+ resources (children's games indoors/outdoors, co-operative games and ideas for persons with disabilities, fitness and peer leadership).

<http://www.ciraontario.com/>

Ontario Physical Health and Education Association (OPHEA)

Provides leadership, advocacy, resources and projects for physical activity and health.

<http://www.ophea.net/>

Heart and Stroke Foundation of Canada

Some excellent activities that can be downloaded – Heart Healthy Kids Toolkit,

Hoops for Heart, Jump Rope for heart.

<http://www.heartandstroke.on.ca>

Active 2010

ACTIVE2010 is a comprehensive strategy to increase participation in sport and physical activity throughout Ontario.

<http://www.active2010.ca>

PHE Canada (Physical and Health Education Canada) *formerly CAHPERD*

PHE Canada is a national, charitable, voluntary-sector organization whose primary concern is to influence the healthy development of children and youth by advocating for quality, school-based physical and health education. (English and French)

<http://www.phecanada.ca/>

For more information, call York Region *Health Connection*
at 1-800-361-5653, TTY# 1-866-252-9933 or visit www.york.ca/healthyschools