

# Daily Physical Activity

## School-based interventions to facilitate daily physical activity

Sample action plan activities	Curriculum, Teaching and Learning	School and Classroom Leadership	Student Engagement	Social and Physical Environment	Home, School and Community Partnerships
<p>Provide teachers with daily physical activity (DPA) ideas to post around their classrooms</p> <ul style="list-style-type: none"> <li>Promote or arrange for DPA training for staff</li> <li>Explore external resources for new games and activities (e.g., <a href="#">Fitness Dice Activity</a>; <a href="#">Seasonal Activity Calendars</a>)</li> <li>Encourage teachers within the same division (primary, junior, intermediate) to share DPA ideas</li> <li>Promote DPA in rain or shine (e.g., <a href="#">Moving on the Spot</a>)</li> <li>Consider an in-school professional development program (e.g., <a href="#">Jump Into Fun and Fitness</a>)</li> <li>Watch videos showing students participating in classroom DPA moves (e.g., <a href="#">Ministry of Ontario eWorkshop</a>)</li> </ul>	X				
<p>Prepare your school for DPA</p> <ul style="list-style-type: none"> <li>Create a space in the staff room where DPA programs and resources can be posted, filed and easily accessed</li> <li>Consider a designated “DPA classroom” if there is unused space in your school</li> <li>Put classroom DPA equipment bins together with indoor and outdoor equipment (e.g., <a href="#">Daily Physical Activity Bins</a>)</li> </ul>			X	X	X
<p>Provide a supportive social environment for staff and students</p> <ul style="list-style-type: none"> <li>Showcase a new DPA activity or idea at the beginning of each school assembly (e.g., <a href="#">Active Assembly Ideas</a>)</li> <li>Recommend teachers engage students to lead DPA within their own classrooms</li> <li>Have students pair off, sign up on a calendar, research, and then lead DPA for their class or in other classes</li> <li>Create a “DPA Charter” for staff</li> </ul>		X	X	X	
<p>Empower student leadership</p> <ul style="list-style-type: none"> <li>Ask students to brainstorm and investigate activity ideas</li> <li>Encourage leaders to engage other students and communicate key messages</li> <li>Organize student leaders to be DPA ambassadors and lead DPA in classrooms throughout the school</li> <li>Ask students about activities and ideas that interest them and how they could get involved</li> </ul>			X	X	

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Consider community partnerships to facilitate DPA <ul style="list-style-type: none"> <li>Review the Partnerships for Active Schools in York Region list and consider community partnerships that support and assist with the “Fundraisers and charities” element</li> </ul>					X
Safety First! Remember that safety is the most important message when promoting physical activity — use the Safety First posters and get your school to pledge to be safe			X	X	
Offer an extra recess as a reward for or in celebration of DPA				X	