

**Healthy Schools Sample Action Plan Activities to Support Physical Activity
Secondary Schools**

(July 2015)

| Curriculum, Teaching & Learning | School and Classroom Leadership | Student Engagement | Social and Physical Environment | Home, School and Community Partnerships |
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| <p>OPHEA supports Secondary Schools to implement the Health & Physical Education with resources that adapt easily to the curriculum.</p> <p>PHE Passport for Life is an on-line physical literacy assessment tool. Track data throughout the school year and across grades. All teacher support materials are included.</p> <p>Join OASPHE to be a part of Ontario’s educators voice and advocate for quality Health and Physical Education.</p> <p>Dance Education promotes physical activity. Incorporate physical activity beyond Health and Physical Health Education courses.</p> | <p>ParticipACTION posts various infographics to illustrate facts such as why it’s important to sit less and move more. Use their information to start a conversation on social media.</p> <p>ParticipACTION Report Card assesses and grades Canadian youth on their participation in physical activity. Use their communication kit in your school to inspire action and improve the grade.</p> <p>CESP Promotes national youth guidelines for activity and sedentary time with free pdf download.</p> <p>Watch John Ratey's TED talk: Run, Jump, Learn! to learn and share how exercise affects school performance.</p> <p>ParticipACTION invites you to start up a teen activity</p> | <p>Ready, Set, Create! is a York Region poster design contest. Create a physical activity message. Winners receive prizes and poster is used to promote health.</p> <p>Exercise and Brain Rap video shows how activity levels impact the brain. Share it to kick off your physical activity event.</p> <p>OPHEA funding to promote student physical activity is available. Check out the requirements, applications, deadlines etc.</p> | <p>Fitspirit programs help girls discover the fun of being active.</p> <p>Girls Inc. programs support girls to have a lifelong love for fitness and health.</p> <p>QuitRunChill is a run program for smokers and ex-smokers. Focus is quit and be active.</p> <p>Promote fun ways to get active for the whole school community:</p> <ul style="list-style-type: none"> • student vs. teacher challenges (pedometer, basketball , baseball) | <p>Play Works advocates and shows you how to become a Youth Friendly community.</p> <p>York Scene promotes things to do in your municipality. Make partnerships with pools, outdoor courts and green space, ice and curling rinks.</p> <p>York Region is home to recreation, fairs and, festivals. Invite your community partners to come together and promote activity.</p> <p>Connect with York Regional Forests for outdoor experiences that are free</p> |

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| <p>Marketing, Arts, Drama or Graphic Design courses can all encourage learning about the benefits of being active.</p> <p>MediaSmarts explores the positive impacts of engaging students and using social media. Increase critical thinking about physical literacy and health messages.</p> | <p>challenge in your school.</p> <p>SportFit is an interactive survey that encourages youth to discover and self-select sports and activities that appeal to their interests.</p> <p>Active at school is a collaboration of national, provincial and local efforts to reverse the inactivity trend. Join the movement.</p> | <p>Promote physical activity messages through announcements, posters, screens within the school etc.</p> <p>Keep gym, dance studio, weight room, field and equipment accessible to all and make it easy for anyone to learn/use H&PE equipment.</p> | <ul style="list-style-type: none"> community collaborations on provincial walking/cycling campaigns invite feeder schools to participate in challenges <p>Learn about John Ratey’s Sparking Life initiative. It is an approach to incorporate PA into school wide practices and curriculum to support physical and mental health as well as academic achievement</p> <p>Participate in active fundraisers: Terry Fox run, CN Tower climb, Zombie walk.</p> | <p>and open to the public all year round.</p> <p>Adopt True Sport Principles in your school community: fairness, excellence, inclusion and fun.</p> <p>Use our interactive “spin the wheel” questions and answers to increase knowledge re PA along with other co-factored health topics. Available for lunch hours, kick offs, health fairs. Contact your PHN.</p> |

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