



## Healthy Living Resources for the Classroom

2017/2018

### FUNDAMENTAL MOVEMENT SKILLS AND ACTIVE PARTICIPATION SECONDARY

#### Programs, Lessons and Resources

If you would like to borrow a resource, please contact Algoma Public Health at [resources@algomapublichealth.com](mailto:resources@algomapublichealth.com)

#### Strand A Active Living

##### **Busy Box - Grade: 9-12**

- Tool kit of products promoting physical activity. Contents include a number of products to supplement your physical activity program. Rubber chickens, koosh balls, and a variety of other items will make an enthusiastic addition to your Physical Activity Program.
- To borrow the busy box contact Algoma Public Health.

\* Available in English and French

##### **Feel the Beat - Grade: 9-12**

- This resource book promotes heart health for senior students by educating them about heart healthy living through fun and interactive learning activities. Youth learn about the four heart health messages of making healthy food choices, being physically active, being a non-smoker, and managing stress in a healthy way.

\* Available in English

##### **Jump 2b Fit (Skipping Rope Program & Activities) Grade: 9-12**

- Jump 2b Fit is a program that includes all the tools you need to include rope skipping in a variety of fun and exciting ways within your physical education program. Program materials include: a manual, 45 minute video, 12 track music CD, skipping ropes, and a copy of a student booklet/activities (to photocopy). The manual is designed to give teachers all the necessary information to implement a varied and exciting rope-skipping program. Skipping has so many physical and health benefits, so include it in your physical education program today!

\* The manual, video, CD, a copy of student booklet (for photocopy) are available in English

\* A copy of student activity booklet (for photocopy) is available in French

##### **Pedometer Power – 67 Lessons for 9-12**

- Welcome to the new and exciting world of pedometers. This inexpensive device gives you, the physical activity education teacher, a way to help your students develop patterns of physical activity and teach them how to monitor the amount of physical activity they accumulate on a daily basis. This book discusses the importance of physical activity, the physical activity guidelines, how to use pedometers, as well as sample pedometer programs & activities. Have fun with the power of a pedometer!
- Available in English

### **Snow Fun! - Grade: 9-12**

- In most parts of Canada, we experience winter – snow, cold winds and ice. This winter wonderland provides an opportunity for a variety of different kinds of activities, carnival ideas and special day activity planning

\* Available in English

## **Websites**

### **ParticipACTION**

This website is rich with resources filled with, reports, activities and blogs with information on how to get children and adults physically active.

Examples of information that can be found on this site include; 2015

ParticipACTION report card on Physical Activity for Children and Youth, Teen Challenge, RBC Sport Day in Canada and Bring Back Play.

[www.participaction.com/slash](http://www.participaction.com/slash)



### **CIRA, Canadian Intramural Recreation Association**

CIRA provides many resources available for purchase that support active living/ physical activity, specifically designed for teachers. These books are reasonably priced and contain easily implemented activities. A list serve is also available on this site which encourages sharing of physical activity ideas.

[www.ciraontario.com](http://www.ciraontario.com)



### **Heart and Stroke Foundation**

Contains excellent activity resources that can be downloaded, including the Heart Healthy Kids Physical Activity Handbook and Heart Healthy Lesson Plans. To access, go to For Our Kids, For Teachers.

[www.heartandstroke.ca](http://www.heartandstroke.ca)



### **Ministry of Education**

Extensive resources for teachers have been developed to directly support DPA. These resources include strategies for addressing space and time, special needs students, and progress checklists. Also includes grade specific activities for students.

[www.edu.gov.on.ca/eng/teachers/dpa.html](http://www.edu.gov.on.ca/eng/teachers/dpa.html)



### **OPHEA- Ontario Physical and Health Education Association**

An award-winning website designed for educators committed to improving the physical health and well-being of Ontario's children and youth. Ophea.net provides members with information on OPHEA's programs and services, news updates, activity ideas, training and development opportunities, and much more. Free registration takes place on line in order to access the resources.

[www.ophea.net](http://www.ophea.net)



## **Play Sport**

An education website full of great activities and games to teach children to play! Play Sport allows you to search for activities based on the equipment you have, the skills you want to teach, as well as the complexity of the game and space you have available.

Play Sport can be found in the OPHEA website under

[www.playsport.net/](http://www.playsport.net/)

## **PHE Canada, Physical Health and Education Canada**

PHE Canada supports schools in becoming “Health Promoting Schools”, including the provision of Quality Daily Physical Education and Quality School Health. PHE support schools through a range of programs, resources and initiatives.

PHE Canada

[www.phecanada.ca/](http://www.phecanada.ca/)



## **Canadian Society for Exercise Physiology**

This site offers the Canadian Physical Activity and Sedentary Behaviour guidelines for all ages. This site has guidelines that are available for print.

<http://www.csep.ca>



## **PARC, Physical Activity Resource Center**

PARC provides support to Physical Activity Promoters across Ontario through consultation, training, networking, and knowledge sharing.

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

