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| <p>The Fitness Station</p>  | <p>Video Kit</p> | <p>This fitness station gives students a variety of aerobic and strength training exercises that can be performed in the classroom. Utilizing ten colourful posters - each depicting two different exercises - and an instructional "how-to" video. (2007)</p> | | |
| <p>Healthy Buddies</p>  | <p>Kit</p> | <p>This is a comprehensive school-led program that teaches students empowerment in making healthy lifestyle choices. It focuses on the three aspects of health: Physical Activity, Nutrition, and Feeling Good about Yourself. It also teaches social responsibility with some cultural pieces added. (2008)</p> | <p>JK-8</p> | <p>√</p> |
| <p>Kids in Action: The Circuit</p> | <p>Video</p> | <p>This DVD includes 3 sets of different circuits that require easily available items (handkerchiefs, balls, discs, hula hoops, skipping ropes & bean bags). The DVD includes music to be played during the circuit with either 30 or 45 second audio cues to change stations.</p> | <p>Gr. 1-6</p> | |
| <p>http://www.appleschools.ca/resource-section</p> | <p>Website</p> | <p>Free resources to use in your calssroom to incorporate physical activity and your lessons. Just email the organization and you can get a login information for free.</p> | <p>K-8</p> | <p>√</p> |
| <p>http://www.atmybest.ca/teachers/</p>   | <p>Website</p> | <p>Free Toolkit with Activities promoting physical activity and nutrition</p> | <p>K-3</p> | <p>√</p> |



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| http://kidshealth.org/kid/kh_misc/bfs_elementary_execises.html | Website | Lesson Plans for DPA and PE in the classroom | K-8 | |
| http://teachingtools.ophrea.net/lesson-plans/hpe  | Website | This online resource provides 130 ready-to-use lesson plans per grade, student templates and assessment tools. The resources are organized into two main sections that are consistent with the 2015 H&PE Curriculum: Movement Competence & Active Living, and Healthy Living. As in the curriculum, activities that address living skills are integrated throughout. | Gr. 1-8 | √ |
| https://kidshealth.org/en/parents/sports-competition.html | Website | Tips for teachers/parents to help kids cope w competition in sport | K-12 | |
| http://www.eworkshop.on.ca/edu/dpa/intro.cfm  | Website | This french and english site includes helpful information about safety, inclusion, and scheduling, as well as printable activity sheets, and videos of activities that show Ontario teachers and school leaders how to implement DPA in the classroom, gymnasium, multipurpose areas, and outdoors. | Gr. 1-8 | √ |
| https://www.peelregion.ca/scripts/school/health101.pl?action=article&id=488  | Website | <p>P.A.L.S. is a playground leadership program for schools in english and french. It encourages all children to participate in activities during recess breaks.</p> <p>"There is always room for one more"</p> | K-8 | |

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| http://activeforlife.com/ | Website | <p>Active For Life provides ideas and resources for both teachers and parents to get students and kids active. Physical education leads to physical literacy, which is critical for child development. This website has kids' activities organized by age and sex, so teachers and parents can find fun and engaging ways of making sure children get the recommended daily amount of physical activity.</p> <p>https://sites.google.com/site/apple-schools2014/pa-approved-sites</p> | | |
| <p>Early Learning Resource</p> <p>http://teachingtools.ophea.net/activities/early-learning-resource</p>  | Website | <p>This Ophea Early Learning Resource assists kindergarten teachers, early-childhood educators and early-learning teams with the implementation of The Full-Day Early Learning – Kindergarten Program, 2010 - 2011 (Draft Version), Health and Physical Activity learning area.</p> | EL-K | |
| <p>http://www.ciraontario.com/</p> | Website | <p>Active games and activitie ideas as well as DPA ideas.</p> | K-8 | |
| <p>Classroom DPA Kit</p>  | Kit | <p>Ophea's DPA Kits help all teachers effortlessly and skillfully meet the Ontario Ministry of Education's DPA mandate, while ensuring quality activity that will benefit students in all aspects of learning.</p> | K-8 | √ |




Elementary Workshops

| Title | Category | Description | Grade | Curriculum Linked |
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| Active Playgrounds  | Peer Led | Your healthy schools public health nurse will facilitate the training of a team of peer leaders/teachers to get kids active on the playground. They will use ideas from the resources provided to your school and the emphasis will be on inclusion and fun. | K-8 | |
| Active and Safe Routes to School  | Health Unit Facilitated | Initiatives to help parents and kids find safe alternative ways to get to school while fitting in physical activity and helping the environment. | K-8 | |


Secondary Classroom Resources

| Title | Category | Description | Grade | Curriculum Linked |
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| Classroom Pedometer Kit  | Kit | Everything teachers need to successfully use pedometers in their classroom. Binder is geared for grade 4-5 curriculum but can be modified. | Gr 9-12 | |
| http://www.ciraontario.com/by-all-games | Website | Physical education game ideas to include in your next gym class. | Gr 9-12 | |
| http://kidshealth.org/parent/emotions/feelings/sports_competition.html | Website | Tips for teachers/parents to help kids cope w competition in sport | Gr 9-12 | |

Informational Websites

| Title | Link |
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| <p>The Canadian Olympic school Program The Canadian Olympic Committee has partnered with the You Can Play Project and Egale to launch the One Team: Creating a Safe School and Sport Environment classroom resources aimed at promoting Lesbian, Gay, Bisexual, Transgender, Transsexual, Two Spirit, Queer and Questioning (LGBTQ) inclusion and respect in schools and sports throughout the country.</p> | <p>www.olympic.ca/education</p>  |
| <p>Participation Canada's website This website will provide you with information and resources on how to get kids moving in a way that is fun and doesn't feel like a chore. You will find examples of games to play and easy ways to fit activity into each and every day. Discover the value of play.</p> | <p>www.participation.com</p>  |
| <p>Active for Life Active for Life provides expert advice, inspirational tips and activity ideas that can help teachers and parents make sure children get the recommended daily amount of physical activity.</p> | <p>www.activeforlife.ca/</p> |
| <p>Canadian Sport for life Canadian Sport for Life (CS4L) is a movement to improve the quality of sport and physical activity in Canada. CS4L links sport, education, recreation and health and aligns community, provincial and national programming.</p> | <p>www.canadiansportforlife.ca/</p> |
| <p>The Ontario Children's Outdoor Charter aims to get children outside to discover the wonders of nature. Spending time outdoors is essential to every child's development, health and well-being. It builds a connection to our rich natural and cultural heritage. Kids connected to nature grow up caring for the Earth and helping to conserve biodiversity.</p> | <p>http://childrensoutdoorcharter.ca/</p>  |

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| <p>Active and Safe Routes to School Active & Safe Routes to School is a community-based initiative that promotes the use of active transportation for the daily trip to school, addressing health, physical activity, and traffic safety issues while taking action on air pollution and climate change.</p> | <p>www.saferoutestoschool.ca/</p>  |
| <p>Active for Life Active for Life provides expert advice, inspirational tips and activity ideas that can help teachers and parents make sure children get the recommended daily amount of physical activity.</p> | <p>www.activeforlife.ca/</p> |
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Displays and Other Resources

| Title | Description |
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| Healthy Happy Kids | A 6 panel fabric display promoting parents to be active, loving leaders toward their children by spending time playing with them. It also encourages healthy beverage choices for children. |
| Move your Body, Improve your Mind | A 5 panel fabric display promoting physical activity for children every day to increase concentration and self-esteem and to get a better sleep and grades. Post cards with additional information on this topic are available to go with the display |

For a list of pamphlets and factsheets on this topic, call your Healthy Schools Public Health Nurse at 625-5972.



