

Resources/Organizations to Support The Inclusion of More Physical Activity into the School Day

Notes:

- This list was compiled in February, 2019 – links/info current as of this time.
- Many of the resources on this list are also housed on the [LEARN Quebec Daily Physical Activity](#) webpage
- Many resources are also housed in this [Google Drive](#) .

Advocacy Documents

- ParticipACTION 2018 Report Card on Physical Activity for Children and Youth- [Canadian Kids Need to Move More to Boost Their Brain Health](#) (Highlight Report, 27 pages).
- Articles:
 - Montreal Gazette- [“The more kids exercise, the better they learn”](#). March 18th, 2018
 - CNN.com- Article & video- [“Move over, 'sit still'! Why kids need to move in school”](#) May 3rd, 2018
 - The New York Times- [“Why Kids Shouldn’t Sit Still in Class”](#) March 21st, 2017
 - CBC.ca – [“What is Physical Literacy and Why Does it Matter?”](#). Nov. 20th, 2015
 - The New York Times blog [“How Physical Fitness May Promote School Success”](#) Sept. 18th, 2013
 - CBC.ca- [Kindergarten students play to develop motor skills in P.E.I. school](#) (article), [Video](#), Jan. 29th, 2019.
- Government of Canada, 2018 – [Let’s Get Moving, A Common Vision for Increasing Physical Activity and Reducing Sedentary Living in Canada](#). (see Areas of Focus on page 26 and note the strategic imperatives related to the education system for each area of focus).
- Government of Quebec, 2017- [Quebecers on the Move! Policy on Physical Activity, Sport and Recreation](#) (April, 2017) – (see page 25 for the announcement of the then-new *À l’école, on bouge!* initiative (funding to schools to support 60 minutes of daily physical activity throughout the school day) as the school-based intervention within the larger context of this policy).
- [Going the Healthy Route at School!](#) (2007)- The Ministère de l’Éducation, du Loisir et du Sport (MELS) *Framework Policy on Healthy Eating and Active Living* for schools. Published in 2007, this document contains the exact same messages as today! See page 21 – 24 for the 3 Orientations related to increasing opportunities for physical activity throughout the school day.
- Book- *The Kinesthetic Classroom: Teaching and Learning Through Movement* (Traci Lengel & [Mike Kuczala](#)).
 - Mike’s [TEDx Talk](#).
- [Short blog post from Mike Kuczala](#) – great quick read on how teachers can use physical activity to manage learner readiness (i.e. *state management*)
- Journal Article – [“Creating a Healthy School Community? Consider Critical Elements of Educational Change”](#) (JOPERD, 2017)
- Book: [SPARK: The Revolutionary New Science of Exercise and the Brain](#) (2008, [John J. Ratey, MD](#)). Landmark publication focusing in a high school in Naperville, IL that transformed its success rates with a comprehensive morning physical activity program. “A groundbreaking and fascinating investigation into the transformative effects of exercise on the brain”.

- PDF - [Pour réussir à l'école, mieux vaut ne pas manquer la récréation- Le rôle essentiel de la récréation pour favoriser la réussite éducative et la santé des jeunes](#) (Direction régionale de santé publique du Centre intégré universitaire de santé et de services sociaux du Centre-Sud-de-l'Île-de-Montréal. Commission scolaire de Montréal. 16 p, 2017)
- Thompson Huddle Connect Webinar with Dr. John Cairney (57 mins): [Physical Literacy and the Brain: Why Being Physically Literate is Essential for Learning and Health](#)
- Research Journal Article- "[Purposeful Movement: The Integration of Physical Activity into a Mathematics Unit](#)" (Snyder et al., 2017)

Resources for a more active School Yard

[Ma Cour, Une Monde de Plaisir](#)- Comprehensive multi-step guide, available free to schools in Quebec, to assist school teams/committees in assessing their schoolyard with a lens on increasing both harmony and physical activity in the school yard. Includes database of school yard games. Hard copies available to schools in French, English translation is available electronically. [Link to English Electronic version.](#)

PDF download- [Recess : An Important Aspect of School Success- The Essential Role of Recess in Children’s School Success and Health](#) (Direction régionale de santé publique)

Advocacy and research initiative- <http://www.recessprojectcanada.com/>

[Daycare- “My Daycare is Physically Active/Mon service de garde physiquement actif”](#) – a region of Montreal-created project (collaboration between the Direction régionale de santé publique and the five school boards- 3 French, 2 English- on the island of Montreal) being shared on a province-wide level (final copies being formatted). A series of six training and development workshops for daycare educators to support the planning and inclusion of more physical activities into daycare programs. Addresses skills/strategies for how to animate/supervise physical activity (e.g. managing space, transitions, equipment, making teams, working with over-competitive students, safety considerations etc.) both in the gym, classroom spaces and winter/summer play outdoors.

<p>Informational videos that were created as part of the project:</p> <p>My Daycare is Physically Active! (Teaser video, 58 sec)</p> <p>My Daycare is Physically Active! (Video 1 4:58)</p> <p>My Daycare is Physically Active! (Video 2, 3:10)</p>	<p>Informational Videos (FR):</p> <p>Video 1 (teaser)</p> <p>Video 2</p> <p>Video 3</p>
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Physical Activity Programs & Resources

[Project Move](#). Project Move is an initiative from One Life Health. Project Move staff work with schools to organize a “Movement Week” (generally 3 days) which includes activities that teach students about the importance of balancing sedentary time and movement (e.g. stories written at age-appropriate levels to communicate the message). Project Move Staff also work with schools to find innovative ways to bring more movement into the school day. [Link to flyer for schools.](#) Could be an ideal way to *support* the launch of more-movement-in-the-school day initiatives at your school.

BOKS (Build Our Kids Success): - BOKS is a FREE physical activity program (schools must find their own leader to deliver the program) that “improves our children physically, mentally and socially by strengthening their minds and bodies through movement”

- Free provision of a 24 week lesson plan document, divided into two 12 week sessions that contains 3 unique lesson plans per week (schools can choose frequency/duration for how they offer the program).
- “BOKS Bursts” pdf download available to schools after signing up, containing over 100 short, quick activities designed as energizers for a classroom setting. Great resource for teachers who want to include more movement in the classroom.
- Regional Coordinator for Quebec is Kim St. Pierre (kim.st-pierre@bokskids.org).

Champions for Life. The Champions for Life Foundation works with various partners and organizations in order to offer physical literacy programs for 5 to 8-year-old children in schools and communities as well as educate the public on the topic of physical literacy. Primary mission is to help children in low socioeconomic communities where health and social risks are greater. Many schools work the Champions for Life program into their daycare programming. info@championsforlife.ca

Thompson Educational Publishing- [Functional Fitness Charts & Cross-Curricular Lesson Plans](#).

NFL Play 60 Program- [In-Class Physical Activity Breaks- Ideas for the Classroom](#).

American Heart Association- [In-School Activity Breaks](#).

Building Movement Into Curriculum Instruction

- Book- The Kinesthetic Classroom: Teaching and Learning Through Movement (Traci Lengel & [Mike Kuczala](#)). There a chapter in this book dedicated to teaching new content through movement (ideas are organized by subject area) as well a chapter on activities to review content through movement (a favourite for an active review activity is “Footloose” – scroll down on [this blog post](#) for the explanation).
- [Moving Edgeucation](#)- Integrating Movement & Social Emotional Learning Methods with Curriculum. Everything we do, from our lessons to our workshops and assemblies is based on a model of leveraging our two key philosophies: 1) Equally engaging the entire self “Body, Brain & Being” while learning! 2) Promoting and celebrating both Unity and Individuality. Contact Amy Tepperman (amy@movingedgeucation.com).
- Thompson Educational Publishing- [Cross-Curricular Lesson Plans](#)
- See [Gopher’s line of Active Academics](#) products or Flaghouse’s [Active Classroom Kit](#). (warning- not cheap!).

Examples of Movement Initiatives from Schools

l'Écollectif - [Projet Je Bouge](#), [Video on the project](#) from Université de Sherbrooke

[Projet MathSport de l'école secondaire Mont-Bleu](#)

[Energy Club Énergie](#) – Forest Hill Sr.

Ecole Barrie Wilson- [Don't Walk in the Hallways](#)

École Jean Leman - [Corridor actif](#)

Hampstead Elementary – [Outdoor Education Program](#)

General Links on Moving 60 Minutes Within the School Day

Infographic: [Get 60 Minutes: Ways for Children to get the recommended amount of Physical Activity During the School Day](#)

PDF Guide from SHAPE America- [Comprehensive School Physical Activity Program \(CSPAP\).](#)

Implementing 60 mins of Physical Activity a day at school.

Ontario Resource Guide (2005)- [Daily Physical Activity in Schools Grade 4 - 6](#)

Alberta (2006) [Daily Physical Activity Handbook for Schools, Grades 1 – 9.](#)