



Physical Activity

Curriculum Support Health Resources for Secondary Schools

Regular physical activity offers a wide range of health benefits - even modest levels of activity can have a positive effect. It is recommended that children and youth participate in one hour of moderate to vigorous physical activity every day. Research has shown that physical activity in segments as small as 10 minutes still provide positive health benefits.

Research has shown the many benefits of physical activity. Children and youth will improve their performance in math, reading, memorization, and categorization be more active during their leisure time if they participated in a physical education class be less likely to smoke or consume alcohol or drugs experience increased self-esteem and perceived physical competence, enabling them to cope with mental stress.

Resources/Websites:

Click here to view the [Canadian 24 Hour Movement Guidelines](#).

PLAY in Bruce Grey is the community base, collaborative physical activity initiative for the Grey Bruce region. Check out [PLAY in Bruce Grey](#) for active living tips, local events and the latest blog posts.

Click to read the [2018 ParticipACTION Report Card](#); it is the most comprehensive assessment of child and youth physical activity in Canada.

Curriculum Supports:

Ophea's H&PE Curriculum Resources: Grades 1-8 supports implementation of Ontario's Health and Physical Education (H&PE) Curriculum.

This 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 H&PE Curriculum: Movement Competence & Active Living, and Healthy Living. As in the curriculum, activities that address living skills are integrated throughout.

Each grade in **Ophea's H&PE Curriculum Resources: Grades 1-8** includes:

- Introductory content with detailed background information
- New content mapping the existing lesson plans to the re-issued 2018 curriculum expectations
- 20-25 units including unit overviews, lesson plans and additional teacher and student resources



- Division-specific appendices which include warm-up and cool-down activities, a safe stretching guide, program planning information and four sample timetables as well as teaching and learning tools and strategies

To access Ophea's H&PE Curriculum Resources: Grades 1-8 you must be from an organization that has purchased access (e.g.: school board).

<https://teachingtools.ophea.net/lesson-plans/hpe>

Ophea also supports quality implementation of the *Health and Physical Education (H&PE) Curriculum: Grades 9-12*.

Ophea's H&PE Secondary Resources support teachers in helping students acquire the physical and health literacy skills needed to thrive in the 21st century and lead a healthy, active life. The comprehensive resources include 6 interconnected yet standalone components that provide adaptable content to address diverse contexts, and student needs/interests, and include:

- Effective Planning in H&PE
- Teaching Games for Understanding (TGfU) Sample Unit Plans
- Movement Competence Posters
- Approaches to Teaching Healthy Living: A Guide for Secondary Educators
- Focus Course Planning Guide
- Assessment and Evaluation Tools

The H&PE Secondary Resources are available to educators from school boards or organizations that have purchased access.

Search the OPHEA directory for all lesson plans, supplements, and activities.

<https://teachingtools.ophea.net/browse?topic=96&grade=All>

Supplements:

All About H&PE

All About H&PE is a free online resource developed to support educators implement the Health and Physical Education (H&PE) curriculum (1-12). *All About H&PE* provides you with the tools needed to strengthen your understanding and knowledge of the five Fundamental Principles that underpin the H&PE curriculum. The online learning videos and poster series provide an overview as well as an in-depth look at each of the five Fundamental Principles.



DPA Every Day

DPA Every Day is a free resource designed to support the implementation of Daily Physical Activity (DPA) to enhance student well-being and achievement. This resource encourages healthy, active living and inspires students, families, and staff to prioritize getting active every day. *DPA Every Day* provides an opportunity to engage in conversations about the benefits of being active throughout the school day in Grades 1-8.

DPA Every Day includes:

- Downloadable Poster: A visual representation of the health benefits that arise from DPA - 20 minutes of movement every day, any which way, during instructional time.
- Video for Students/Families: Showcases a day in the life of an Ontario elementary school student as they discover the benefits of DPA as it relates to their life and the lives around them.
- Video for Educators/Administrators: Demonstrates an educator sharing their experience with DPA within their classroom and showcases the benefits of DPA to students, as well as staff.
- Discussion Guide: Ideas and tips to help start the conversation with students, educators, families, and community leaders.

This resource supports the Ministry of Education's recently revised DPA policy (PPM 138) which supports 20 minutes of DPA during instructional time, contributing to the goal of getting children and youth active for 60 minutes every day.

FitSpirit

FitSpirit motivates young women in Ontario schools to become physically active and inspires them to stay active throughout their lives. The FitSpirit school program promotes a positive physical activity experience and fosters belonging and togetherness. FitSpirit Celebrations are high-energy events that bring together thousands of girls (Grades 7-12) for a memorable day that includes a 5km or 10km run/walk, activation stations, and exciting speakers that will cheer participants on and keep them moving, inspired, and having fun all day!

To be part of the FitSpirit school program schools can register to be a partner-school in the fall and will then receive tools and services to encourage physical activity prior to the next Celebration Event. To learn more about the FitSpirit school program and Celebration Events visit www.fitspirit.ca.

Hands Up

HANDS UP for Health and Physical Literacy is a free three part video series for teaching children and youth the importance of physical and health literacy in a way that's fun and engaging.

Introduction to Physical & Health Literacy is a video intended for children ages 4-9 and introduces the concepts of physical and health literacy.



Exploring Physical & Health Literacy is recommended for children and youth ages 8-13 and delves deeper into the concepts of physical and health literacy.

Applying Physical & Health Literacy is recommended for youth ages 12-18 allowing them to apply the concepts of physical and health literacy to their own world.

Raise the Bar Intramural Program

Ophea's *Raise the Bar Intramural Program* consists of everything you and your students need to help plan and run quality, inclusive, and sustainable intramurals. The *Raise the Bar Intramural Program* is free-of-charge and guides you through an easy-to-follow 4-step process to keep you on track, monitor your success, and provides you the opportunity to be recognized as an Ophea Intramural Participant School.

Strategies on how to create a safe and inclusive environment that fosters a sense of belonging are provided in order to help your students develop their social skills, co-operation, teamwork, leadership, physical literacy, and overall well-being.

Physical Activity Engagement Toolkit for Schools

The *Physical Activity Engagement Toolkit for Schools* is a free online resource designed to support physical activity across the school day.

This resource includes:

- Monthly content to use in a school newsletter
- Social media messaging to share via the school's Facebook and Twitter accounts
- Practical strategies for overcoming common barriers related to school-based physical activity
- Downloadable tip sheets relevant to different age groups
- Engagement activities to activate students, school staff, families, and the community

Instructional Dance Videos

The *Instructional Dance Videos* are free resources that help to make the dance component of the Health and Physical Education (H&PE) curriculum fun and easy to teach for elementary and secondary teachers. This comprehensive teaching tool shows model classrooms with real-life teachers illustrating effective strategies for teaching dance.

The *Instructional Dance Videos* includes the following materials:

- 3 elementary model classroom videos
- 2 secondary model classroom videos
- Downloadable Elementary dance lesson plans (warm up, minds on, action, consolidation and cool down)
- Downloadable Secondary dance lessons plans (warm up, minds on, action, consolidation and cool down)
- Teacher assessment tools
- Teaching tips



Inquiry-Based Learning in Health and Physical Education

Inquiry-Based Learning in Health and Physical Education is a free online resource guide for educators supporting the implementation of the Health and Physical Education Curriculum, Grades 1-12. Inquiry-based learning is a student-centered learning approach supporting students in developing critical and creative thinking, personal and interpersonal living skills in health and physical education.

This resource includes:

- **Inquiry-Based Learning (IBL) in H&PE Videos** – featuring elementary and secondary teachers and students in-action applying IBL within H&PE, demonstrating practical examples, and speaking to effective real-life classroom implementation.
- **An educators guide** - providing an overview of the IBL learning approach
- **Sample plans and implementation tools** – ready-to-use and available to download

Activities:

50 Fitness Activity Cards

The *50 Fitness Activity Cards* are a valuable resource in creating a library of core, on the spot, fitness moves. They can be used on their own or added to existing activities and are perfect for use in limited space.

BrainBlitz

BrainBlitz is a series of 25 bilingual activity cards that can be used for an active break during learning, as an opportunity to improve attention, or as part of a fun team-building activity. *BrainBlitz* activities can be led by children, youth, or adults, and enjoyed by everyone. Each activity can be completed within 5-15 minutes and are suitable for use in limited or large indoor and outdoor spaces, all with minimal or no equipment.

Early Learning Resource

The *Early Learning Resource* assists kindergarten teachers, early-childhood educators and early-learning teams with the implementation of The Kindergarten Program. Through the Early Learning Resource, children are given the opportunity to develop physical literacy and health literacy skills that will be the foundation for their future learning.

First Nations Inspired Daily Physical Activities (DPA)

Ophea's *First Nations Inspired Daily Physical Activities (DPA)* resource makes it easy and fun to incorporate DPA into school or community programs for primary, junior and intermediate students (ages 5-14). The free online resource was developed in consultation with First Nations



educators and not only helps to get children and youth active but to improve their self-esteem, increase their readiness to learn, and create a healthier school or community environment.

Resource Features Include:

- 30 activity cards and related support materials that incorporate First Nations culture and traditions
- Ophea's 50 Fitness Activities and Stretching Guide
- Easy access to all materials online (downloadable pdfs)

Ideas for Action

Ideas for Action is a free activity-based resource supporting leaders of all ages in the planning and implementation of activities that promote and enhance the health and well-being of students, school staff, and the broader community. This resource provides easy-to-use activities on the topics of healthy eating, mental health and physical activity that can be modified for elementary or secondary students and their leaders. Each activity includes how-to instructions, supplies that are required, as well as ideas for getting more creative.

One A Day For Active Play

One A Day For Active Play includes 200 creative games and activities that are fun to use for active breaks, ice-breakers, warm-ups or to support the implementation of Daily Physical Activity (DPA). Fun for all ages and abilities, the games and activities can be implemented in small or large indoor/outdoor spaces. *One A Day For Active Play* comes in a durable box with portable cards ready to use wherever and whenever you are!

PlaySport

PlaySport is a free activity-based website helping children and youth to develop the skills and strategies needed for a variety of physical activities and a wide range of sports.

PlaySport includes:

- A searchable database of 70 fun downloadable activity cards with step-by-step instructions
- Access to animations and/or illustrations for each activity
- Linkages within each activity to the Ontario Health and Physical Education (H&PE) Curriculum
- Athlete videos which highlight some of Canada's top athletes and the connection between physical activity and the development of living skills

Yoga Alphabet Cards

Actively engage children's minds and bodies by integrating yoga into your lessons or activities with the *Yoga Alphabet Cards*! These playful poses will promote active participation and active physical fitness and will have children learning the basics of yoga while developing their physical literacy and language skills. *Yoga Alphabet Cards* are great for daily physical activity, physical education and literacy instruction and are perfect for use in limited space.