

Physical Activity
Curriculum Support Health Resources

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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 provides positive health benefits. The Ontario government created the Daily Physical Activity (DPA) policy, which requires school boards to ensure that all elementary students have a minimum of 20 minutes of sustained moderate to vigorous physical activity each school day during instructional time.

PHO has conducted a series of studies that assess the DPA policy at the provincial level. You can review the 2016 [Evaluation of Daily Physical Activity \(DPA\) policy implementation in Ontario: Surveys of elementary school administrators and teachers](#).

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

Click to read the [2022 ParticipACTION Report Card](#); it is the most comprehensive assessment of child and youth physical activity in Canada.

Comprehensive school health is a recognized approach to supporting improvements in students’ educational outcomes while addressing school health in a planned, integrated, and holistic way. Actions address four distinct but interrelated components that comprise a comprehensive school health approach: social and physical environments; teaching and learning; policy; and partnerships and services. Through this whole-of-school model, physical

activity is being supported throughout the school day, and not just during physical education class. This includes everything from how kids get to and from school to how they learn in class to what they do at recess. Essential to this is the incorporation of physical literacy to build the range of skills that children and youth need to make activity a life-long pursuit. [Comprehensive School Health – Joint Consortium for School Health \(jcsh-cces.ca\)](#)

Canada's 2018 [A Common Vision for Increasing Physical Activity and reducing sedentary living in Canada: Let's Get Moving](#) is a national policy document that is intended to guide the country towards ways of increasing physical activity and reducing sedentary living.

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 participate 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.

- COVID has resulted in a decline in physical activity levels for many people especially children and youth (Guerrero, et al., 2020)
- Only 4.8% of children (ages 5-11) and 0.8% of youth (ages 12-17) were meeting 24-hour movement behaviour guidelines during COVID-19 restrictions, compared to the 15% (5-17 years) before the pandemic
- 62% of kids and teens were being less physically active outdoors
- 79% of kids and teens were spending more leisure time on screens

Resources/Websites:

PLAY in Bruce Grey is a community-based, collaborative physical activity initiative for the Grey Bruce region. Follow PLAY in Bruce Grey on social networks [Facebook](#) and [PLAYBruceGrey \(@playbrucegrey\)](#) for active living tips, local events, and the latest blog posts.

PlaySport <https://ophea.net/playsport>: *PlaySport* is a free activity-based website helping children and youth develop the skills and strategies needed for a variety of physical activities and a wide range of sports. PlaySport uses the [Teaching Games for Understanding \(TGfU\)](#) approach. It has been designed for use in physical education settings but can be adapted for use in other settings (e.g., intramural, recreation, community, or after-school programs) provided appropriate measures to adhere to the safety criteria within the activities are implemented.

[Workshops - School Physical Activity and Physical Literacy](#) Sport for Life offers interactive sessions delivered by a live facilitator to a small number of participants. 1-2 hours in length, these are ideal for professional development days, conferences, or district-wide training. Workshops are available both in person and virtually for the 2023-2024 school year.

Curriculum Supports:

Elementary:

Ophea's H&PE Curriculum Resources: Grades 1-8 supports the 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.

Ophea [Teaching Tools and Templates](#) are available to support programming including teaching strategies, Assessment, and Evaluation Supports for both elementary and secondary Teachers and Students. You will find recordable PDF for schedules, rubrics, assessments, and rating scales.

Digital Learning Resource for Grades K- 7 Educators: [PLAYBuilder - School Physical Activity and Physical Literacy \(schoolpapl.ca\)](#) PLAYBuilder provides educators with over 1,000 engaging activities and lesson plans for Grades K-7, along with tools that let you plan an entire PHE term in just six clicks. Create a school or program account to revolutionize how you develop physical and health education (purchase required)

Each grade in [Ophea's H&PE Curriculum Resources: Grades 1-8](#) includes:

- A curriculum expectation chart for each grade page to determine how existing units may be used as a reference for addressing curriculum expectations within the H&PE curriculum.
- 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
- **Ophea's H&PE Online Learning Resources** [H&PE Online Learning | Ophea.net](#) have been developed to provide educational and development-focused curriculum-linked resources to support educators, parents/caregivers, and all students to keep progressing in their learning
- **Professional Development and Learning Opportunities**
 - [DPA: Thinking Outside the Gym](#): Gain essential tools including fun fitness activities and games, along with curriculum connections for the provincially mandated initiative.
 - [Get In The Game With Teaching Games for Understanding](#): You'll learn about Teaching Games for Understanding's four-game categories and how these skills and strategies are transferable between a wide range of activities and games. *Intended for a secondary audience
 - [Intramurals: Including Everyone in Physical Activity](#): Participants explore the characteristics of a quality inclusive intramural program, the importance of student leadership, and how intramurals benefit a whole school community.

[Disability-Centred Movement: Supporting Inclusive Physical Education e-Learning](#)

Module: Designed to support educators in creating a meaningful, inclusive physical education program for students with disabilities.

To access Ophea's H&PE Curriculum Resources, all individuals will need to login using a personalized ophea.net account. If you are part of an organization that has purchased access, the system will grant you access to Ophea's H&PE Curriculum Resources: Grades 1-8 based on your personalized Ophea.net profile.

[Click here to login or create an ophea.net account](#)

This resource is also available in French as [Ressources d'appui d'EPS : élémentaire et le secondaire](#);

Secondary

Physical Education (H&PE) Curriculum for grades 9-12. [Ophea's H&PE Secondary Resources](#) supports 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: [Ressources d'ÉPS pour le secondaire | Ophea.net](#)

- 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

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

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

Supplements:

H&PE Online Learning [H&PE Online Learning | Ophea.net](#) is a free online resource developed to provide educational and development-focused curriculum-linked resources to support educators, parents/caregivers, and all students to keep progressing in their learning of the Health and Physical Education (H&PE) curriculum (1-12). *H&PE Online* 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. Here is an example of [Lesson 1: Sending & Receiving Objects | Ophea.net](#)

DPA Every Day <https://ophea.net/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.

Hands Up <https://ophea.net/hands> 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.

1. **Introduction to Physical & Health Literacy** is a video intended for children ages 4-9 and introduces the concepts of physical and health literacy.
2. **Exploring Physical & Health Literacy** is recommended for children and youth ages 8-13 and delves deeper into the concepts of physical and health literacy.
3. **Applying Physical & Health Literacy** is recommended for youth ages 12-18 allowing them to apply the concepts of physical and health literacy to their world.

Play for All: Strategies for Inclusive Intramurals (formerly Raise the Bar Intramural Program) <https://ophea.net/introducing-play-all-strategies-inclusive-intramurals> consists of everything you and your students need to help plan and run quality, inclusive, and sustainable intramurals.

Play for All resource has been developed to provide educators with access to resources to enhance their capacity to implement inclusive, meaningful, safe, and fun intramural programming that meets the needs of every student in the school community.

Intramurals: Including Everyone in Physical Activity Workshop 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 Opeha Intramural Participant School.

Inquiry-Based Learning in Health and Physical Education <https://ophea.net/inquiry-based-learning> 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,

and personal and interpersonal living skills in health and physical education. **Please note:** *Inquiry-Based Learning in Health and Physical Education* was developed in 2016 and

references content from the 2015 Ontario Curriculum, Grades 1-8: Health and Physical Education, and the 2015 Ontario Curriculum, Grades 9-12: 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 educator guide - providing an overview of the IBL learning approach
- Sample plans and implementation tools – ready to use and available to download

Early Learning Resource [Early Learning Resource | Ophea.net](#) 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.

Culturally Responsive and Relevant Pedagogy in Health and Physical Education is a free online resource that has been developed to support educators in creating an inclusive Health and Physical Education (H&PE) learning environment to support students' personal, social, and academic development, and realize their full potential.

[Related Culturally Responsive and Relevant Pedagogy Resources](#) include:

- Information on getting started with Culturally Responsive and Relevant Pedagogy (CRRP) in H&PE.
- Information and tools for getting to know yourself;
- Information and tools for getting to know your students;
- Strategies on collaborative approaches;
- Information, strategies, and tips on planning for CRRP such as:
 - suggestions for instructions
 - intersectional approaches
 - strategies with a CRRP lens

[Additional Inclusion, Diversity, Equity Resources](#)

Indigenous Considerations

[Embedding Indigenous Teachings into Physical Education Lesson Plans](#) (AB) Lesson plans to help incorporate Indigenous Teachings into physical activity settings through fun, interactive lessons for Grades K-3.

[Traditional Games Social Studies Lesson Plan](#) (AB) Cross-curricular lesson plan to bring Traditional Indigenous Games in Alberta to life in Grade 4 & 5 Social Studies

[As Big as the Sky, as Tall as the Trees](#) (AB) This book combines imagination and movement through the exploration of the land and heart of Alberta. Using the land as a connection piece for all, this book is meant to be inclusive of all Indigenous groups, allowing for further discussion, learning, and sharing of oral traditions and language with each page. This book can

also be used within non-indigenous groups to promote reconciliation practice and stewardship of the earth and the environment. This book is the third in Be Fit For Life's "Moving Stories" series.

Manitoba First Nations Education Resource Centre Inc. has physical education resources, translations, and activities for early years to grade 12 [Educator Resources - Manitoba First Nations Education Resource Centre Inc. \(mfnerc.org\)](http://mfnerc.org) (Manitoba)

*FNER is a collection of links to educational resources.** Health and Physical Education – FNER.wordpress.com – Teacher resources by health topic

[Ojibway & Cree Cultural Centre \(occc.ca\)](http://Ojibway & Cree Cultural Centre (occc.ca)) is one of the largest Native-oriented Libraries in Canada (Library and Resource services) (<http://http://occc.ca/about-us/.ca/about-us/>)

- [A Research Agenda to Better Support Indigenous Students and Indigenous Content in Ontario Health and Physical Education](#)
- [Ophea Learning Series: Understanding the Relationship between Physical Education and Truth and Reconciliation](#)
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[PHE K-12 - Indigenous Knowledge and Perspectives](#) (BC)

[Fitness - Indigenous Physical Activity and Cultural Circle \(iactive.ca\)](#) Fitness and Yoga Posters
[Indigenous Communities: Active for Life](#)

[Indigenous Resources - School Physical Activity and Physical Literacy in BC \(schoolpapl.ca\)](#) A reflexive and experiential tool that provides educators with questions, games, and activities to link cultural activities with physical movements through the First Peoples' Principles of Learning.

- Indigenous Cultural Activity Card Set <https://schoolpapl.ca/wp-content/uploads/2021/11/Activity-Card-Set.pdf>
- Aboriginal Health Physical Activity Fact Sheet www.ccnca-nccah.ca/docs/health/FS-Physical%20Activity-EN.pdf https://youtu.be/85q4_grtNPQ
- First Nations Inspired Daily Physical Activities (DPA) <https://kingstongetsactive.ca/wp-content/uploads/Sample-movements-OPHEA-Resource.pdf> Ophea's *First Nations Inspired Daily Physical Activities (DPA)* (ages 5-14).

Activities:

50 Fitness Activity Cards <https://ophea.net/product/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. **GBPH has a set of *Fitness Activity Cards* that can be signed out and used for programs**



One A Day For Active Play <https://www.ophea.net/product/one-day-active-play#.YsWxImDMly0> *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 <https://ophea.net/playsport>

As of September 2023, the PlaySport.net website will no longer be available. PlaySport activities and resources are accessible on Ophea. PlaySport uses the Teaching Games for Understanding (TGfU) approach, which has been designed for use in physical education settings and successfully adapted for use in other settings (e.g., intramural, recreation, community, or after-school programs), provided appropriate measures to adhere to the safety criteria within the activities are implemented. PlaySport includes two sections developed specifically for non-curricular settings:

- [PlaySport in an Intramural Setting](#)
- [PlaySport for After-School Leaders](#)
- [Activities](#) A searchable database of 70 fun downloadable and printable activity cards with step-by-step instructions
- Access to animations and/or illustrations for each activity
- Direct connections within each activity to the Ontario Health and Physical Education (H&PE) Curriculum [Primary/Junior](#) [Intermediate/Senior](#)

Yoga Alphabet Cards <https://ophea.net/product/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. Available for loan from GBPH.

Additions

Active Play, also called unstructured play, contributes to overall physical activity in children. According to the [Canadian Public Health Association Children's Unstructured Play Positional Statement](#) (2019), unstructured play provides a variety of benefits for children and youth's health and well-being including:

- Physical health and gross motor skills
- Mental and emotional health
- Social health and teamwork
- Learning and attention at school
- Resiliency and risk management skills

For more information on Active Play visit york.ca/activeplay.

Active Tools for Schools is designed to help elementary schools make active choices with user-friendly resources promoting increased levels of physical activity.

[Active Tools for Schools](#) breaks down the broad concept of physical activity into five different topics with strategies that support and influence physical activity in schools. Review the different topics as well as the suggested ideas and activities to support the development and implementation of the Healthy Schools Action Plan. The [Active Tools for Schools Checklist and Prioritization Tool](#) is a great way for your school to get started.

School-Based Interventions to Promote Physical Activity

- [Active Fundraisers, Celebrations and Rewards](#)
- [Positive Role Modelling and Reinforcement](#)

Healthy Schools Newsletter Inserts for Physical Activity – (link pending)

Examples [School Newsletters | HealthUnit Haldimand-Norfolk \(hnhu.org\)](#)
<https://hnhu.org/health-topic/school-newsletters/>

Turn off the Screens can be celebrated anytime! *Turn off the Screens* celebration can happen when you want and where you want. You can always feel free to celebrate during the first full week of May (May 6-12, 2024), but you don't have to! Check with your school administrator or board to find out when your date!

The annual Spring **event** encourages students to put their TVs, gaming devices, smartphones, tablets, and computers on “**pause**” for one full week and be more physically active by playing outside. Parents can also join in with their kids at home!

[Screen Aware Early Childhood Action Kit - Fairplay \(fairplayforkids.org\)](#)

Fact Sheets (York Region)

- [Did you know Pause to Play?](#)
- [Tips for Parents](#)
- [Pause to Play Student Activity Log Version A \(Grades 4 to 8\)](#)
- [Student Activity Log Version B \(Kindergarten to Grade 3\)](#)
- [Support Your Teens with Mindful Screen Time](#)

Addressing Weather

One of the main barriers to active play is the weather. It is important to consider weather precautions and dress appropriately for outdoor play. Refer to the Bluewater Boards and Bruce Grey Catholic School Boards “Extreme Weather Policy” and/or review a sample from [York Region District School Board Extreme Hot and Cold Weather and UV Protection Guideline](#) to create your own.

Fact Sheets



- [How to Dress for Outdoor Winter Play](#)
- [How to Dress for Outdoor Fall Play](#)
- [How to Dress for Outdoor Summer Play](#)
- [How to Dress for Outdoor Spring Play](#)
- [Have your kids played today?](#)

Prolonged exposure to ultraviolet (UV) rays from the sun is a leading cause of skin cancer. According to the [Canadian Cancer Society](#), there are 6 ways to be sun safe:

- Check the UV index every day
- Seek shade, especially between 11am and 3pm when the UV rays are the strongest
- Cover up using wide-brimmed hats and clothing
- Wear sunglasses with UVA and UVB protection
- Use sunscreen properly

For more information on sun safety, visit [the Canadian Cancer Society](#).

Complete the Sun Sense Certification to [Be A SunSense School](#) from the Canadian Cancer Society

For more information on the Turn of the Screens Challenge, please contact Public Health Staff associated with your school you can call us at 519-376-9420 ext. 3110 or email schools@publichealthgreybruce.on.ca