

## What can your school do to increase physical Activity?

**1. Girls Only Activities** - Girls are generally less active than boys, especially adolescent girls. Create a girls only club where girls can participate in girls only intramurals or non-traditional physical activity like yoga, dance, snow shoeing, Pilates or speed stacking.

**2. Girls Healthy Living Week** - Girls Healthy Living week is celebrated every year in February. Schools are encouraged to provide free active healthy lifestyle school and community events. A wide variety of events included such events; as karate, kick boxing, yoga, swimming, smoothies, cooking, belly dancing, snow shoeing and sexual health. Celebrating Girls Healthy Living Week highlights and models the importance of being an active young woman for optimum long-term health. Grants are available to assist schools with programming.

**3. Boys Healthy Living Week** - Boys Healthy Living week is celebrated every year in April. Schools are encouraged to provide free active healthy lifestyle school and community events. A wide variety of events included such events; as karate, cooperative games, speed stacking, DDR and Ultimate Frisbee. Celebrating Boys Healthy Living Week highlights and models the importance of being an active young man for optimum long-term health. Grants are available to assist schools with programming.

**4. School Wide Competitions** - Students who are not interested in playing sports at recess and lunch may enjoy non-traditional activities such as break dancing, DDR, Wii or speed stacking. Hold a school wide competition for one of these non-traditional activities so students can practice, compete and show off their unique skills.

**5. Before and After School Activities** - Often students are not physically active because there are no programs or opportunities for them to be active once they leave school. Provide physical activity opportunities for students who are able to stay after school or who arrive at school early in the morning. Activities can include intramurals, playground games or special guests to lead yoga, kick boxing, outdoor adventure or dance classes.

**6. Active Healthy Classrooms** - Physical activity is not just for Phys. Ed. Class anymore! Encourage all teachers to incorporate physical activity into their classrooms every day. Teachers can lead students in a quick warm up at the beginning or end of class to keep them awake and rejuvenated to learn. Take students outside on a nice day to get them moving and talking about nature. The Sport Animator offers a "Lost & Found" session for senior elementary grades to show them what to do if they become lost in the woods. Have students sit on stability balls while they are doing their math to keep them alert!

**7. Fun Day** - Hold a fun day at your school. This could be a Healthy Living Fair, Field Day, Canada Games Day, or a "June is Recreation Month" event. Ask speakers to come to your school to talk about the importance of a healthy lifestyle. Invite special guests to come to your schools to do cooperative games with students or present a new activity for them to try like Tai Chi,

skipping, archery or table tennis. You can also provide healthy snacks for students and expose them to new foods like hummus and sweet potatoes!

**8. Winter Activities** - We all love to be outside when the weather is warm but there are lots of fun winter activities that students can enjoy. Provide opportunities for students to try snow shoeing, skating, skiing, sledding or snowboarding. For more ideas on how to get active in the winter visit Take The Roof Off Winter [www.taketherooffwinter.ca](http://www.taketherooffwinter.ca) .

**9. Start Walking** - Walking is the easiest and cheapest activity to do! Create a school-wide walking competition at your school. Have students and staff use pedometers to track their daily steps. Grades or classes can compete to walk the most steps for a prize. Schools can also work together to walk enough steps to "walk across Canada" or sign up for a Charity Walk where students can raise funds for a cause and get active.