

DPA Pages!

School-Wide Physical Activities

DESCRIPTION:

Try these school-wide physical activities to energize students, cultivate school spirit, and engage families and community before, during, and after school.



DPA DAILY PHYSICAL ACTIVITY:
Endurance, Flexibility, Strength

IMPLEMENTATION IDEAS:

• Indoor Recess or Lunch Activities for the Gym

- **Juggling:** Teach juggling skills in class then set up equipment stations with bean bags, scarves, rings, etc. Train student leaders in juggling and have them run the stations.
- **Square or Line Dancing:** Teach one or more square or line dance to every class during Physical Education. Invite students to the gym during recess or lunch to do the dance(s). Any square or line dance will work!
- **Skipping:** Hand out skipping and Chinese jump ropes as students enter the gym. Play loud music and have student leaders collect the ropes when finished.

• Outdoor Activities

- **Tag Time:** Assign a weekly Tag Time in which all classes play their favourite tag game.
- **Outdoor Games:** Book the Action Schools! BC Outdoor Student Leadership Training and have leaders lead games at recess and/or lunch. Offer many activities at once or change the theme every few weeks (e.g. tag games, skipping, Chinese jump rope, 4 square, hopscotch).
- **Never Ending Hopscotch:** Have a class or student leaders draw a continuous hopscotch around the entire school.

• Action Breaks

- **Assemblies:** Book the Action Schools! BC Indoor Student Leadership Training and activate assemblies with student-led aerobics, chair aerobics, or dance.
- **Classroom Action:** Lead school-wide action breaks in a central area or over the PA system. Try Bounce-at-the-Bell, Head-to-Toe Stretch, tai-chi, or yoga, play music and have classes participate in a 10 minute workout, or have student leaders lead younger classes' workouts.

• Themed Fun Days

- **Fun Days:** Organize a fun day with a physical activity focus.
Try a Carnival, Circus Day, Multicultural Games Day, Scottish Highlands Day, Western Day, etc.



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• **Whole-School Events**

- Encourage the whole school to participate in the Action Schools! BC Sneaker Club.
- Participate in International Walk to School Month, International Move for Health Day, and other other inter/national healthy living celebrations.
- Give back to the community through healthy fundraising events.
- Hold a mini-Olympics, Paralympics, or Canada Games Day.
- Try SportFit™ or organize a hearts@school conference at your school.
- Organize a bike rodeo with support from local community members.
- Incorporate healthy eating into events.

• **Family and Community Involvement**

- Invite recreation practitioners, provincial sport organizations or community clubs to share sports or physical activities.
- Open the gym for Family Fun Nights (e.g. dance, yoga, open sport night).

RESOURCES: (refer to Action Pages! at www.actionschoolsbc.ca)

1. **Juggling:** DPA Pages! Juggling; Joy of Juggling; Juggletime DVD.
2. **Line and Square Dancing:** Complete Book of Line Dancing; Moving and Grooving; Step Lively.
3. **Skipping and Chinese Jump Rope:** Action Schools! BC *Classroom Action Resource* (F) – included in all Action Bins or contact info@actionschoolsbc.ca for copies; Chinese Jump Rope Book/DVD; Heart Smart Kids; Jump2bFit Manual/CD/DVD (F) – included in Grades 4 to 7 Action Bins.
4. **Tag:** You're It! Tag, Tag ... And More Tag (F) – included in Grades 4 to 7 Action Bins.
5. **Outdoor Games:** Action Schools! BC Student Leadership Training; Active Playgrounds (F) – included in all Action Bins.
6. **Indoor Student Leadership:** Action Schools! BC Student Leadership Training.
7. **Classroom Action:** Action Schools! BC *Classroom Action Resource* (F); Bounce-at-the-Bell Poster (F) – included in all Action Bins; Head-to-Toe Stretch Poster (F) – included in all Action Bins.
8. **Themed Fun Days:** Just Another Great Games Book.
9. **Whole-School Events:** Action Schools! BC *Classroom Action Resource* – Sneaker Club (F); Canada Games Day Kit (F); Canadian Olympic School Program (F); Gym Riot; hearts@school; Hoops for Heart (F); International Walk to School Month (F); Jump Rope for Heart (F); Move for Health Day (F); Paralympic Schools Program (F); Terry Fox Run (F); SportFit™ (F).
10. **Workshops and Presentations:** Action Schools! BC; Clean Air Champions; ESTEEM Team (F); FUN-damentals of Fitness Show; Long Live Kids (F); Paralympic Heroes (F); Provincial/Territorial Sport Organizations; Rick Hansen School Program; Sprockids; see "Presentations & Workshops" in the Action Pages! index for more.
11. **Community Involvement and Family Fun Nights:** Everybody Dance!; Just Another Great Games Book; Kids Yoga Goes to School; Moving & Grooving; Step Lively; see "Provincial/Territorial Sport Organizations" in the Action Pages! index for more.

(F) = available in French

*Inspiration provided by Debbie Keel and Tammy Wirick,
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