

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 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 during physical education 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).
- **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, etc.)
- **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 for these and other resources)

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) (in all Action Bins) or contact info@actionschoolsbc.ca; Chinese Jump Rope Book/DVD; Heart Smart Kids; Jump2bFit Manual/CD/DVD (F) (in 4 to 7 Action Bins).
4. **Tag:** You're It! Tag, Tag . . . And More Tag (F) (in 4 to 7 Action Bins).
5. **Outdoor Games:** Action Schools! BC Student Leadership Training; Active Playgrounds (F) (in all Action Bins); You're It! Tag, Tag . . . And More Tag (F).
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) (in all Action Bins); Head-to-Toe Stretch Poster (F) (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! 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! for more.

*Inspiration by Debbie Keel and Tammy Wirick,
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