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Action Schools! BC

Action Schools! BC is a best practices model designed to assist schools in creating individualized action plans to promote healthy living while achieving academic outcomes. Action Schools! BC is a source for resources and support for teachers in Daily Physical Activity, Physical Education and Health and Career Education.

Resources Supporting Daily Physical Activity (DPA)

1. Planning Guide for Schools and Teachers

- Supports the development of a School Action Plan to integrate healthy living into the fabric of the school community.
- Action ideas linked to best practice resources support school-wide physical activity and healthy eating across six Action Zones.
- DPA/Healthy Eating Logs can track classroom activities.

2. Action Pages!

- A listing of physical activity, physical education and healthy eating resources from across Canada organized according to physical education curriculum organizers. Request a free copy or download at www.actionschoolsbc.ca.

HOT LINKS

- PAL (Physical Activity Line) – phone line and online resource to healthy active living information. 1.877.725.1149 or 604.241.2266 (www.physicalactivityline.com)
- Premier's Sport Awards Program – basic sport skill development resources (www.psap.jwspporta.ca)
- SportFit™ – physical fitness challenges and tracking tools (www.sportfitcanada.com)

3. Classroom Action Resources and Complimentary Support and Resources

- Creative, alternative ideas that complement and support the Ministry of Education prescribed learning outcomes for physical education and supports implementation of DPA.
- Complimentary K to 7 and Middle School Classroom Action and Refresher Workshops (Full Day K, Supporting DPA, Circuits and Stations, and more).
- Half day TTOC available to all registered schools.
- Classroom Action Bins filled with resources and equipment support implementation.
- Student Leadership Training on Outdoor Games or Indoor Aerobics.
- Healthy Living Day with a Trainer (includes Healthy Eating).
- TTOC Action Bags (includes Healthy Eating).

4. www.actionschoolsbc.ca

- Downloadable Supplementary Resources:
 - Information Sheets for School Newsletters
 - DPA Pages! including Juggling, School-Wide Activities, and more
 - Physical Activity Posters (available in French)
- Playground Circuits support DPA (available in French).
- eNews Sign-Up
- Success Stories