








Action Schools! BC

classroom Action

MIDDLE SCHOOL

- take an Action Schools! action break -

HEALTH TARGET	RESOURCES PROVIDED	EQUIPMENT PROVIDED
	<p>BOUNCE-AT-THE-BELL</p> <ul style="list-style-type: none"> • Bounce-at-the-Bell Poster (F) <p>SKIPPING ROPE (single/long/Chinese)</p> <ul style="list-style-type: none"> • Jump2bFit DVD (F) • Active Playgrounds (F) • Chinese Jump Rope Video (provided at workshop) 	<ul style="list-style-type: none"> 12 Skip Ropes 8' (2.4m) 24 Skip Ropes 9' (2.7m) 2 Long Skip Ropes 16' (4.8m) 2 Chinese Jump Ropes 16' (4.8m)
	<p>CLASSROOM WORKOUTS</p> <ul style="list-style-type: none"> • 6 Fit Kids' Workouts DVD • Get Strong 101 DVD <p>CHAIR AEROBICS</p> <ul style="list-style-type: none"> • Music: Jump Rope Music CD • Ever Active ... Everywhere <p>PLAYGROUND & TAG GAMES</p> <ul style="list-style-type: none"> • Active Playgrounds (F) • Great Gator Games <p>PLAYGROUND FITNESS CIRCUITS</p> <ul style="list-style-type: none"> • Get Strong 101 DVD • Action Schools! BC Fitness Circuit (provided at workshop) 	<ul style="list-style-type: none"> 2 Green Playground Balls 12 Green Wristbands 12 Black Wristbands
	<p>ACTIVE LIFESTYLES</p> <ul style="list-style-type: none"> • p.s.a.p. Teaching the Basics Manual – Disc Sports: ultimate, disc golf • Classroom Action Resource: – Reaction Ball and Throton Skills and Activities 	<ul style="list-style-type: none"> 2 Discs 3 Reaction Balls 1 Throton
	<p>STRETCHING</p> <ul style="list-style-type: none"> • Action Schools! BC Head-To-Toe Stretch Poster (F) • Get Strong 101 DVD – Stretching <p>STRENGTHENING</p> <ul style="list-style-type: none"> • Classroom Action Resource – Exercising with Bands • Get Strong 101 DVD – Bands 	<ul style="list-style-type: none"> 9 Exercise Bands (Green)
	<p>ACTION BREAKS</p> <ul style="list-style-type: none"> • 65 Energy Blasts DVD (provided at workshop) • Classroom Action Resource: – Brain Energizers and Focusers – Brain Gym Bean Bag Stunts <p>JUGGLING</p> <ul style="list-style-type: none"> • The Joy of Juggling: The Book 	<ul style="list-style-type: none"> 9 Scarves 36 Bean Bags 3 Footbags
<p>SUPPLEMENTARY RESOURCES</p>	<ul style="list-style-type: none"> • Action Pages! • Action Schools! BC Sporting Spirit Poster (F) • Heart Smart Brochure • BC Dairy Foundation's School Programs 	<p>WALKING & RUNNING PROGRAMS</p> <ul style="list-style-type: none"> • Step into Action Pedometer Teacher's Resource Manual/DVD • Road Safety for Kids & Parents!