



Action Schools! BC

Bin Builders

MIDDLE SCHOOL

Add to Classroom Bins every year!

HEALTH TARGET	CLASSROOM ACTION RESOURCE BIN BUILDERS	CLASSROOM ACTION EQUIPMENT BIN BUILDERS	VENDORS
	<p>SKIPPING ROPE</p> <ul style="list-style-type: none"> • Chinese Jump Rope Book • JumpFit Workout DVD • Heart and Stroke Children's Programs 	<ul style="list-style-type: none"> • Chinese jump ropes (16') • long jump ropes (16') • skip-n-hops 	<p>RESOURCES</p> <p>Refer to the Action Pages! – use the index in the back to find item www.actionschoolsbc.ca</p>
	<p>CLASSROOM WORKOUTS</p> <ul style="list-style-type: none"> • All-Time Favorite Dances CD/DVD • Everybody Dance! DVD & Guide • Dance Party Fun CD & Guide • Everybody Move! CD/Manual/DVD • Kids Into Action CD (7-9) <p>CHAIR AEROBICS</p> <ul style="list-style-type: none"> • Sittercise CD • Cool Aerobics For Kids CD • Exercise in Disguise 2: A Resource for Daily Vigorous Activity 	<ul style="list-style-type: none"> • dollar store items • wrist scarves 	<p>EQUIPMENT</p> <p>Contact School Specialty for 5% equipment discount for Action Schools! BC schools at 1.800.775.7478.</p> <p>www.schoolspecialty.ca</p>
	<p>PLAYGROUND & TAG GAMES</p> <ul style="list-style-type: none"> • Zany Activities with Panty Hose, Boxer Shorts and Leotards • 50 Games with 50 Tennis Balls • The Biggest Little Games Book Ever! Volume II: Games Using Small Equipment 	<ul style="list-style-type: none"> • dollar store items • small balls • hula hoops • tennis balls • pool noodles 	<ul style="list-style-type: none"> • panty hose • boxer shorts • leotards • badminton racquets – mini
	<p>ACTIVE LIFESTYLES</p> <ul style="list-style-type: none"> • p.s.a.p. Teaching the Basics Manual – Golf, Orienteering, Judo, Curling • Ready to Use P.E. Activities for Grades 7-9 • Flag Football/Gaelic Football • Kanga Ball Teacher Guide/Brochure • Inter-Crosse Teacher Guide and Video • Speedminton 	<ul style="list-style-type: none"> • surveyor's tape • compasses • flags • modified cricket balls and bats • lacrosse sticks (can be borrowed – refer to Action Pages!) • golf clubs (can be borrowed – refer to Action Pages!) 	
	<p>STRENGTHENING</p> <ul style="list-style-type: none"> • SportFit – a 2010 Legacies Now initiative • The Beginning Runner's Handbook 	<ul style="list-style-type: none"> • towels • ladders/hurdles • balance pods • cones • exercise bands 	
	<p>JUGGLING AND COORDINATION</p> <ul style="list-style-type: none"> • Juggling: From Start to Star • Speed Stacks DVD • JUGGLETIME Video • The Joy of Juggling: The Video, Book or Poster 	<ul style="list-style-type: none"> • scarves • footbags • speed stacks • bean balls • rings • clubs 	<ul style="list-style-type: none"> • tennis balls • rice • electrician's tape

These are resource and equipment ideas to expand the Classroom Action Bins.
 This list of items is NOT included in Classroom Action Bins. www.actionschoolsbc.ca