



Action Schools! BC

# classroom Action

GRADES 4 TO 7

- take an Action Schools! BC action break -

HEALTH TARGET	RESOURCES PROVIDED	EQUIPMENT PROVIDED
	<p><b>BOUNCE-AT-THE-BELL</b></p> <ul style="list-style-type: none"> <li>• Bounce-at-the-Bell Poster (F)</li> </ul> <p><b>SKIPPING ROPE</b></p> <ul style="list-style-type: none"> <li>• Jump2bFit Manual/CD/DVD (F)</li> <li>• Active Playgrounds (F)</li> </ul>	<p>36 Skip Ropes 8' (2.4m)</p>
	<p><b>CLASSROOM WORKOUTS &amp; DANCE</b></p> <ul style="list-style-type: none"> <li>• 6 Fit Kids' Workouts DVD</li> <li>• 65 Energy Blasts DVD</li> </ul> <p><b>CHAIR AEROBICS</b></p> <ul style="list-style-type: none"> <li>• Jump2bFit CD</li> <li>• Ever Active... Everywhere</li> </ul> <p><b>PLAYGROUND GAMES</b></p> <ul style="list-style-type: none"> <li>• Great Gator Games (F)</li> <li>• Active Playgrounds (F)</li> </ul> <p><b>TAG</b></p> <ul style="list-style-type: none"> <li>• You're It! Tag, Tag ... and More Tag (F)</li> </ul> <p><b>PLAYGROUND CIRCUITS</b></p> <ul style="list-style-type: none"> <li>• Action Schools! BC Playground Circuit (provided at workshop and posted on <a href="http://www.actionschoolsbc.ca">www.actionschoolsbc.ca</a>)</li> </ul>	<p>Sidewalk Chalk</p> <p>3 Playground Balls 7" (17.8cm)</p>
	<p><b>STRETCHING</b></p> <ul style="list-style-type: none"> <li>• Action Schools! BC Head-to-Toe Stretch Poster (F)</li> <li>• Get Strong 101 DVD</li> </ul> <p><b>STRENGTHENING</b></p> <ul style="list-style-type: none"> <li>• <i>Classroom Action Resource</i> <ul style="list-style-type: none"> <li>- Grip Strengthening</li> <li>- Exercising with Bands</li> </ul> </li> <li>• Get Strong 101 DVD</li> </ul>	<p>36 Hand Grippers</p> <p>15 Exercise Bands (Red)</p>
	<p><b>ACTION BREAKS</b></p> <ul style="list-style-type: none"> <li>• 65 Energy Blasts DVD</li> </ul> <p><b>BRAIN ENERGIZERS</b></p> <ul style="list-style-type: none"> <li>• <i>Classroom Action Resource</i> <ul style="list-style-type: none"> <li>- Brain Energizers and Brain Focusers</li> </ul> </li> </ul>	
<p><b>SUPPLEMENTARY RESOURCES</b></p>	<ul style="list-style-type: none"> <li>• <i>Action Pages!</i></li> <li>• Action Schools! BC Sporting Spirit Poster (F)</li> <li>• p.s.a.p. - Teaching the Basics Manual "Coupon"</li> <li>• Heart Smart Brochure</li> <li>• Wheelchair Sports Teaching Resource</li> <li>• Road Safety for Kids &amp; Parents!</li> <li>• Hero in You Poster</li> </ul>	

(F) Available in French – Request a French Package

[www.actionschoolsbc.ca](http://www.actionschoolsbc.ca)

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