



Action Schools! BC

Classroom Action Biñ

CONTENT CHECKLIST

FULL DAY K AND K TO 3

Resources

- 65 Energy Blasts DVD
- Action Pages!
- Active Playgrounds (F)
- AS! BC Bounce-at-the-Bell Poster (F) (provided at workshop)
- AS! BC BrainDance Poster (F)
- AS! BC Head-to-Toe Stretch Poster (F)
- AS! BC Poster (F)
- AS! BC Sporting Spirit Poster (F)
- BrainDance DVD (1) (provided at workshop)
- Classroom Action Resource – Grades K to 7 (F)
- Cool Aerobics for Kids CD
- Dance Party Fun CD
- Exercise in Disguise (F)
- Healthy Opportunities for Preschoolers and Primary
- Heart Smart Brochure
- K-3 Games (1) (F) (provided at workshop)
- Kids in Motion CD
- Kids Into Action CD – Vol. 3, K-2 (F) (provided at FDK workshop only)
- p.s.a.p. Teaching the Basics Manual “Coupon”
- Road Safety for Kids & Parents! Brochure
- Stretch Your Imagination Muscles Poster
- Yoga Kit for Kids: Book/Cards/CD

Equipment

- 25 Bean Bags
- 1 Chinese Jump Rope 16' (4.8m)
- 2 Foam Dice
- 25 Hand Grippers
- 2 Long Skip Ropes 16' (4.8m)
- 3 Playground Balls 7" (17.8cm)
- 48 Scarves
- Sidewalk Chalk
- 25 Single Skip Ropes 7' (2.1m)

GRADES 4 TO 7

Resources

- 65 Energy Blasts DVD
- 6 Fit Kids' Workouts DVD
- Action Pages!
- Active Playgrounds (F)
- AS! BC Bounce-at-the-Bell Poster (F)
- AS! BC BrainDance Poster (F) (provided at workshop)
- AS! BC Head-to-Toe Stretch Poster (F)
- AS! BC Poster (F)
- AS! BC Sporting Spirit Poster (F)
- Classroom Action Resource – Grades K to 7 (F)
- Ever Active ... Everywhere
- Get Strong 101 Circuit (1) (F) (provided at workshop)
- Get Strong 101 DVD
- Great Gator Games (F)
- Heart Smart Brochure
- Hero in You Poster
- Jump2bFit Manual/CD/DVD (F)
- p.s.a.p. Teaching the Basics Manual “Coupon”
- Road Safety for Kids & Parents! Brochure
- Wheelchair Sports Teaching Resource
- You're It! Tag, Tag ... and More Tag (F)

Equipment

- 15 Exercise Bands
- 36 Hand Grippers
- 3 Playground Balls 7" (17.8cm)
- 36 Single Skip Ropes 8' (2.4m)
- Sidewalk Chalk