



# Action Schools! BC™

Action Schools! BC is a best practices model designed to assist schools in creating individualized action plans to promote healthy living. Action Schools! BC is a source of inspiration and practical resources including action ideas, program recommendations, success stories, downloadable resources and initiative information, and links to healthy living resources from British Columbia and across Canada.

## Action Schools! BC Resources Supporting Daily Physical Activity

### 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 across six Action Zones.
- Weekly Physical Activity Logs can track classroom and whole-school 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. Download at [www.actionschoolsbc.ca](http://www.actionschoolsbc.ca) or call for a free copy.

#### TOP LINKS

- 2010 Legacies Now ([www.2010LegaciesNow.com](http://www.2010LegaciesNow.com))
- Active school-wide event information (e.g. International Walk to School Day – [www.iwalktoschool.org](http://www.iwalktoschool.org))
- ActNow BC ([www.actnow.bc.ca](http://www.actnow.bc.ca))
- Premier's Sport Awards Program ([www.psap.jwspora.ca](http://www.psap.jwspora.ca)) – basic skill development resources
- Sport ([www.sport.bc.ca](http://www.sport.bc.ca)) and recreation ([www.bcrpa.bc.ca](http://www.bcrpa.bc.ca)) contacts to increase variety

- SportFit™ ([www.sportfitcanada.com](http://www.sportfitcanada.com)) – physical fitness challenges and tracking tools
- [Vancouver2010.com/EDU](http://Vancouver2010.com/EDU)

### 3. Classroom Action Resources and In-Service Support

- Creative, alternative physical activity ideas that complement and support the Ministry of Education prescribed learning outcomes for physical education and Daily Physical Activity (DPA).
- Complimentary K to 7 and Middle School Classroom Action and Refreshers (Supporting DPA, Circuits and Stations, Brain Builders, Outdoor Games and more).
- Half day TOC available to all registered schools.
- Classroom Action Bins filled with resources and equipment support implementation.
- Student Leadership Training on Outdoor Games or Classroom Aerobics.

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

- Downloadable Physical Activity Resources available for Schools and Families include:
  - *In the Zone* Information Sheets
  - *DPA Pages!*
  - Posters (available in French)
- Playground Circuits support physical activity before and after school and during recess and lunch.

## Action Schools! BC

Action Schools! BC – Support Team

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