Action Schools! BC

School Action Plan Sample
September to June

Grades K to 7

Action Schools! BC is a best practices model designed to assist schools in creating individualized School Action Plans to promote healthy living.

Goal Statements *(see Planning Guide)*	**Actions** *(see Planning Guide)*	**Date(s) or Timing for Action**									
		S	**O**	**N**	**D**	**J**	**F**	**M**	**A**	**M**	**J**
Action Zone: School Environment – e.g. policies, professional development, facilities/equipment, healthy fundraising											
To increase the variety of physical activity and sports equipment available	Review Equipment Inventory and order equipment	x	x	x	x	x	x	x	x	x	x
To support healthy eating school wide through the implementation of healthy fundraising	Implement healthy fundraising ideas			x	x		x	x			
To provide professional development for teachers in healthy eating and physical education	Arrange Action Schools! BC in-services	x				x					
Action Zone: Scheduled Physical Education – Gr K to 7 – Active Living, Movement Skills, Safety, Fair Play, and Leadership											
Achieve prescribed learning outcomes (PE IRP, 2006)	Individual and Dual	x							x		
PE Scheduled: K-3 2x30 min/wk	Dance			x				x			
4-7 2x40 min/wk	Games		x		x		x				x
Increase PE time – share 1 – 30 minute block/wk	Alternative-Environment									x	
	Gymnastics					x					
Action Zone: Classroom Action – e.g. Daily Physical Activity, Health and Career Education, vegetable and fruit snacking activities											
Achieve prescribed learning outcomes (DPA, 2008 and HCE, 2006)	Action Schools! BC Classroom Action*	x	x	x	x	x	x	x	x	x	x
Bounce-at-the-Bell – school wide announcement	Announce on Mondays/Fridays	x	x	x		x	x	x	x		
Improve knowledge and skills necessary to make healthy food choices**	Vegetable and/or fruit tasting activities**	x	x	x	x	x	x	x	x	x	x
Action Zone: Family and Community – e.g. active field trips, guest demonstrations, family cultural potluck nights											
Maintain community physical activity experiences	Skating, Swimming, Hiking, Skiing	x	x	x		x	x				x
Increase healthy living demonstrations/speakers	Sneaker Club*							x	x	x	
Create opportunities for families to participate in and support their child's healthy eating choices	ESTEEM TEAM Motivational Speaker				x						
	Family Healthy Living Kit** program for primary		x	x	x	x	x	x	x	x	
	Family Cultural Potluck	x									
Action Zone: Extra-Curricular – e.g. clubs, intramurals, Play First Lunch											
Increase physical activity opportunities for girls	Girls only gym time – Tues at lunch	x			x	x	x				
Increase physical activity opportunities for all	Student Leadership at recess and lunch		x	x		x	x	x	x	x	x
Improve student behaviour on playground and in classroom during lunchtime	Play First Lunch	x	x	x	x	x	x	x	x	x	x
Action Zone: School Spirit – e.g. school wide events, sports fun days with healthy food choices											
Increase opportunity for more to be more physically active	Terry Fox Run/Pumpkin Pump Run	x	x								
Maintain school wide participation in events	Mini-Olympics			x					x		
Provide nutritious snack options during events: carrots, apples, yogurt tubes, fruit skewers	Jump Rope Event					x	x				
	Sport/Fun/Carnival Days							x		x	
	Seasonal Dance/Splish Splash Bash				x						x

* Refer to *Classroom Action Resource* – Grades K to 7

** Refer to *Classroom Healthy Eating Action Resource* – Grades K to 7