

Daily Physical Activity (DPA)

Why? 1 in 3 children born in 2000 will develop type 2 diabetes.

Can We Make a Difference?

- Yes!** Children who participated in 15 minutes of moderate exercise (e.g. brisk walk) per day were 50% less likely to be obese.
- Yes!** Amongst **overweight** children's arteries there was significant reversal of atherosclerotic changes **within 6 weeks** of commencing an exercise, nutrition program.
- Yes!** Children who are active during the school day are more likely to be focused and on-task than their more sedentary peers.¹

DPA What?

The DPA Guidelines (2008) require a minimum of 10 minutes at a time for 30 minutes/day of physical activity including a mix of endurance, strength and flexibility activities. Canada's Physical Activity Guide recommends 90 minutes of physical activity per day for children and youth; BC schools are significantly contributing towards that goal.

Not sure what to do?

- ✓ Follow the suggestions from this information sheet to get started.
- ✓ Review Action Schools! BC materials already in your school.
- ✓ Review Action Pages! (actionschoolsbc.ca) which are full of resources that will meet DPA needs.
- ✓ Visit actionschoolsbc.ca and PITA.ca for more information and suggestions.
- ✓ Attend an Action Schools! BC workshop at the PITA conference.
- ✓ Book a complimentary Action Schools! BC workshop for your school at 1.800.565.7727 or info@actionschoolsbc.ca.



¹ See pita.ca for a powerpoint with all of these references.

PITA and Action Schools! BC working in partnership helping teachers help children live healthier lives.



CLASSROOM SUGGESTIONS:

Activate Your Class with 10 minute Tag Games

■ HANDS ON HEAD TAG:

A quick and easily repeated tag game. Two "its," one female, one male, chase the others with a hand on the head. When tagged, others assume hand on the head position and become "it." The game ends when everyone has been caught.

RESOURCE: A Multiple Chaser variation in *You're "It"! Tag, Tag . . . and More Tag* (more than 90 tag games) included in the intermediate Action Bin or refer to the Action Pages! at actionschoolsbc.ca.

■ EVERYBODY IT TAG:

A fast-paced full class or small group tag game. All students are "it". On a signal, students try to tag other players without being tagged themselves. When tagged, students speed-walk around the perimeter of the playing area until the game is over. Emphasize fair play and honesty. Restart the game when only a few students remain, or after about 1 minute of play.

RESOURCE: *OPHEA's DPA Fabulous 50 Intermediate Activity Card Set*.
Visit ophea.net to order.



■ CRAZY CABOOSE TAG:

Divide students into groups of four. Three players form a "train" by holding onto the shoulders of the student in front of them. The "engine" is the front student and the back student is the "caboose". The FREE students are the "loose cabooses" and they chase the trains and try to become a caboose by joining the back of a train. As soon as the student holds onto the shoulders of a caboose s/he yells "loose caboose" and the "engine" is then free to chase other trains.

RESOURCE: *Action Schools! BC Introductory DVD – Bonus Tag Games* with Master Trainer, Judy Howard, is provided at workshops or contact the Action Schools! BC Support Team at 1.800.565.7727.

Find More Gym Time Through Shared Gym Time with Other Classes such as Buddy Classes

Why? Many schools have weekly buddy classes, or timetable two classes together in the gym to maximize its use.

Try 10 minute Brain Breaks with the Action Schools! BC Playground Circuit

Encourage students to run, skip, hop, jump, weave and sidestep over, through, on and off the playground using the Action Schools! BC Playground Circuit. Playground circuits are created during the free Classroom Action workshops.

RESOURCE: *Action Schools! BC Classroom Action Resource – K to 7 and Middle School.*

There are more than 950 playground circuits downloadable at actionschoolsbc.ca.

Try “Get Strong 101” Workouts for 5, 10 or 15 minute Action Breaks

In the classroom, on rainy days, or in a larger outdoor space, the Get Strong 101 workouts are designed to get every “body” strong and feeling great fast! Choose a routine provided on the DVD. Have the students master the proper techniques for these 5 to 10 strength and conditioning moves by watching the DVD.

RESOURCE: *Get Strong 101 DVD* is included in the intermediate Action Bin, in the *Classroom Action Resource – K to 7 or Middle School*, or refer to Action Pages! at actionschoolsbc.ca



SCHOOL-WIDE SUGGESTIONS:

Try a Walking or Kilometre Club or a Pedometer Program

...for the last 30 minutes of the day Monday/Wednesday/Friday

Why? School-wide initiatives are more sustainable, offer a cohesive message to the school community, and allow planning/implementation to be shared by staff and volunteers.

RESOURCE: *Action Schools! BC Classroom Action Resource – K to 7 or Middle School* contains sample walking club ideas and pedometer programs. Visit actionschoolsbc.ca for a downloadable resource.

DPA Pages!

Try Skipping Ropes

DESCRIPTION:

Try SKIPPING for 10 minutes during transitions or before/after breaks.

DPA DAILY PHYSICAL ACTIVITY:

Endurance
Strength

EQUIPMENT:

TV/DVD/CD Player
Single Skip Ropes – 8' (2.4 m) (in Action Bin) adjust for height
Skip-n-Hops
Jump2bFit CD or DVD (in Action Bin)



IMPLEMENTATION IDEAS:

- Teach jump rope skills in physical education and practise during breaks.
- Skip while the DVD is playing.

ACTION TIPS:

- Ensure students are wearing proper footwear with laces tied.
- Keep arms close to body.
- Use small bounces, rather than big jumps.
- Keep students spread out.
- To collect ropes without tangling, have students hold one handle up high and collect them like picking a bouquet of flowers.
- Hang ropes over a hook by the classroom door for easy access and to keep them from tangling.

RESOURCES: (refer to Action Pages! at www.actionschoolsbc.ca)

1. *Heart Smart Kids Program* included in all Action Bins
2. *Jump2bFit Manual/CD/DVD* (DVD available in French) is included in the intermediate Action Bin. The *Jump2bFit* CD contains a variety of high tempo music and the DVD is an excellent resource for keeping the students interested and motivated.
3. *Active Playgrounds* offers several skipping, courtyard (eg. 4-square) and wall/ball games suitable for intermediates. Included in all Action Bins.

Reference: This page was created from the original activity page included in the Classroom Action Resource – K to 7 and Middle School.



Action Schools! BC