



A PHYSICAL ACTIVITY,
PHYSICAL EDUCATION,
AND HEALTHY EATING
RESOURCE GUIDE

2012 / 2013

Compiled by JW Sporta: Health, Physical Activity and
Sport Education Consultants, developers and disseminators of:



Action Schools! BC™, a best practices model designed to assist schools in
creating individualized action plans to promote healthy living while achieving
academic outcomes and supporting comprehensive school health.

Premier's Sport Awards Program (p.s.a.p.), a physical education resource program
designed to help teachers and instructors teach youth their basic sport skills.

ORGANIZED WITH TEACHERS IN MIND

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How to Use the Action Pages!

The Action Pages! is a user-friendly resource to link teachers, youth coaches, and community instructors with the multitude of resources available across Canada to support healthy and active school communities.

With teachers in mind, the Action Pages! is organized by physical education curriculum organizers.













- **ACTIVE LIVING** includes programs and resources that support active school communities, and the development of a foundation for lifelong healthy living.
- **MOVEMENT SKILLS** emphasizes physical activity skills and concepts, and includes individual and dual activities (including cycling), alternative environment pursuits, games, gymnastics, and a targeted subsection for dance.
- **SAFETY, FAIR PLAY & LEADERSHIP** encompasses resources about student leadership; gender equity; safety and injury prevention; self-esteem and body image; and tobacco, alcohol and drug use prevention and cessation.

The Action Pages! also includes the following sections:

- **HEALTHY EATING** highlights nutrition initiatives and resources to educate students and influence policy to make healthy food choices the easy choices.
- **TEACHER EDUCATION** includes program and lesson planning aids; coaching resources; and educational, professional development and certification opportunities.
- **SUPPORT ORGANIZATIONS** to connect individuals with key healthy living organizations, and provincial/territorial school initiatives, ministries of education, and sport organizations.
- **JUST BC** connects BC teachers with unique provincial initiatives, government agencies, support organizations, and sport governing bodies.

If you prefer an alphabetized list, flip to the INDEX for an A-Z resource listing and to search by specific topics.

Icons for quick reference indicate the following:

-  grade level, e.g. K-3
-  daily physical activity
-  lesson plans
-  published resource
-  download from the internet
-  presentation or workshop
-  DVD, video & CD-ROM
-  music CD
-  additional information available online
-  available in French or  Spanish
-  available only in certain provinces/territories, e.g. BC

If there is a program, resource or organization that should be added to the Action Pages! or if a correction is necessary, please call 604-738-2468 or 1-800-565-7727, or email actionpages@jwsporta.ca.

ACTION PAGES! & ACTION SCHOOLS! BC™

Action Schools! BC™ is a best practices model designed to assist schools in creating individualized action plans to promote healthy living while achieving academic outcomes and supporting comprehensive school health. The Action Schools! BC framework for action focuses the efforts of teachers, school administrators, families and community practitioners in six Action Zones to create a balanced portfolio of activities that promote healthy living throughout the school day. The initiative is a collaboration between government, researchers, educators, and the health, recreation and sport sectors. Action Schools! BC, actively working with DASH BC, is an initiative of the province of BC.

For each resource listed in the Action Pages!, corresponding Action Schools! BC Action Zones have been listed. Regardless of whether or not your school is involved in this initiative, teachers, school administrators and other members of the school community can use the zones to consider how physical activity, physical education, and healthy eating resources can be used to support healthy school communities.



Makes healthy choices the easy choices by creating healthy living policy supporting safe and inclusive school environments.



Provides an annual physical education calendar of ideas and best practice resources that support the Ministry of Education prescribed learning outcomes for scheduled physical education.



Provides innovative daily classroom physical activity and healthy eating activities that complement physical and health education, and build healthy bodies and minds.



Fosters the development of partnerships with families and community practitioners to benefit from the wealth of resources available to promote and encourage healthy living.



Supports a variety of opportunities for students, staff and families to engage in healthy living before and after school, and during lunch and recess.



Cultivates school spirit by encouraging physical activity, supporting healthy eating choices, and celebrating the benefits of healthy living for the whole school.

Activate Your School with Action Schools! BC™

For more information about Action Schools! BC™ visit www.actionschoolsbc.ca or contact the Action Schools! BC Support Team by phone 604-738-2468 or 1-800-565-7727, or email info@actionschoolsbc.ca.

Active Living

5-2-1-0 HEALTHY LIVING WORKSHOPS



A cross-curricular workshop that supports school health promotion messaging of the 4 steps to creating healthy habits:

5 or more servings of vegetables and fruit; **1** hour or more of physical activity;
2 hours of screen time or less; **0** sugary drinks per day

Workshops can be customized for schools, districts and professional development conferences. Features Action Schools! BC Healthy Eating and Physical Activity, Sip Smart! BC, and Screen Smart resources.

Cost: In BC: FREE to registered Action Schools or Provincial or District professional development conferences
Outside BC: Call for workshop costs

Contact: Action Schools! BC Support Team
604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca www.actionschoolsbc.ca

Zone: Classroom Action ■ Scheduled Physical Education ■ Extra-Curricular

ABORIGINAL CURRICULUM INTEGRATION PROJECT



Developed to raise the profile of Aboriginal people in the curriculum, leading up to the 2008 North American Indigenous Games hosted in BC's Cowichan Valley. A physical education lesson plan focuses on helping students develop an understanding of how physical activity impacts their physical, social, and emotional well-being. Other lesson plans available for English, Socials, Science and Math.

Cost: Download for FREE

Contact: Aboriginal Curriculum Integration Project
www.sd79.bc.ca/programs/abed/ACIP

Zone: Scheduled Physical Education

ABORIGINAL HEAD START PROGRAM



Provides half-day preschool experiences that prepare preschool aged Aboriginal children for their school years by meeting their spiritual, emotional, intellectual and physical needs. Programming is delivered in six core areas: education and school readiness; Aboriginal culture and language; parental involvement; health promotion; nutrition; and social support. Websites feature directories with contacts across the country in urban and northern communities, and on reserves.

Cost: FREE

Contact: Aboriginal Head Start

Urban & Northern: www.phac-aspc.gc.ca/hp-ps/dca-dea/

prog-ini/ahsunc-papacun/index-eng.php

On-Reserve:

www.hc-sc.gc.ca/fniah-spnia/famil/develop/ahsor-papa_intro-eng.php

Zone: Family and Community

► NOTE: In BC, see BC First Nations Head Start Program (p. 203).

ACTION SCHOOLS! BC PLANNING GUIDE For Schools & Teachers



Designed to assist elementary and middle schools in creating individualized action plans to promote healthy living while achieving academic outcomes and supporting comprehensive school health. Provides learning outcomes, sample goal statements, daily physical activity and healthy eating action ideas with recommended resources for each of 6 Action Zones: School Environment, Scheduled Physical Education, Classroom Action, Family and Community, Extra-Curricular, and School Spirit. Many supplementary resources are available FREE online. Elementary and Middle School Guides are available.

Cost: Download for FREE

Contact: Action Schools! BC

604-738-2468 or 1-800-565-7727

info@actionschoolsbc.ca

www.actionschoolsbc.ca

Zone: School Environment ■ Scheduled Physical Education
Classroom Action ■ Family and Community
Extra-Curricular ■ School Spirit

► NOTE: The Classroom Action Resource (p. 39) and Classroom Healthy Eating Action Resource (p. 129) support action in the Classroom Action Zone.

ACTIVE & SAFE ROUTES TO SCHOOL



Encourage families to choose walking, cycling and other active modes of transportation to improve the health of students and the environment, while improving safety in and around the school zone. Program components include the Walking School Bus, Bicycle Train, anti-idling resources, campaign guides, International Walk to School Month (p. 19), and other sustainable transportation tools and resources.

Cost: FREE resources online

Contact: Green Communities Canada

416-488-7263 or 1-877-533-4098 ext. 411

info@saferoutestoschool.ca

www.saferoutestoschool.ca

In BC: HASTE – Hub for Action on School Transportation Emissions
778-883-7962

info@hastebc.org

www.hastebc.org

Zone: School Environment
Family and Community
Extra-Curricular

ACTIVE LIVING SCHOOLS: Build It & They Will Come



A step-by-step process for creating or improving an Active Living School. Includes success stories from across the country and information about support programs and resources.

Cost: Download for FREE

Contact: PHE Canada

613-523-1348 or 1-800-663-8708

info@phecanada.ca

www.phecanada.ca/advocacy/advocacy-tools

Zone: School Environment

ADVENTURESMART



A national program to encourage Canadians and visitors to Canada to “get informed and go outdoors.” Combines online and on-site awareness with targeted outreach to reduce the number and severity of Search and Rescue incidents. An AdventureSmart Kids initiative includes Hug-A-Tree and Survive and the Snow Safety and Education Program, and an online SARvivor game. The Survive Outside Program focuses on trip planning and the code of responsibility, training and tips for safe travel, and the “10 Essentials.”

Cost: Contact for details

Contact: AdventureSmart
1-866-972-7822
teamcoordinator@adventuresmart.ca
www.adventuresmart.ca

Zone: Scheduled Physical Education
Family and Community
Extra-Curricular

ALL ABILITIES WELCOME



A national campaign that encourages attitudes of openness and cooperation about inclusive sport and physical activity. A toolkit contains strategies and helpful hints in making your programs more inclusive. Speakers are available. Communities are encouraged to take the All Abilities Welcome challenge, indicating their commitment to create inclusive active living opportunities.

Cost: Download for FREE; contact ALA about speakers

Contact: Active Living Alliance for Canadians with a Disability
1-800-771-0663
allabilitieswelcome@ala.ca
www.allabilitieswelcome.ca

Zone: School Environment
Family and Community

AT MY BEST™



Grade specific resources combine physical activity, healthy eating and emotional well-being to support children’s optimal physical and emotional development by inspiring and motivating them to make healthier choices today, and develop life-long healthy habits.

Cost: FREE

Contact: PHE Canada
613-523-1348 or 1-800-663-8708 ext. 233
atmybest@phecanada.ca
www.atmybest.ca
www.phecanada.ca

Zone: Classroom Action

BAM! BODY & MIND



An online destination for children delivering information about healthy lifestyle choices with kid-friendly lingo, games, quizzes and other interactive features. A teacher’s corner provides lesson plans and classroom activities.

Cost: FREE online

Contact: www.bam.gov
Zone: Classroom Action

BEING ACTIVE, EATING WELL: A Resource for ACTION in Peel!



A comprehensive website providing resources to help schools incorporate healthy eating and physical activity programs and policies. Website features six main areas with tips, ideas and downloadable resources: Physical Activity at School, DPA, Lesson Plans, Food & Beverages, Parents Take Action!, and Help Your School Take Action!

Cost: Download for FREE

Contact: Region of Peel Public Health Department
www.schoolhealth101.ca/action

Zone: Scheduled Physical Education
Classroom Action
Family and Community

BONES4LIFE



Website designed to promote the teaching and learning of bone health. Teacher section features a variety of teaching resources, downloadable tools, and curriculum connections. Student section provides interactive games to enhance learning.

Cost: FREE

Contact: Bones4Life
www.bones4life.org

Zone: Classroom Action

CANADIAN OLYMPIC SCHOOL PROGRAM



Capture the excitement of the Olympic Games in your classroom. Program aligns lesson plans with information about the Olympic Games and the achievements of Canadian athletes to educate, motivate, inspire and challenge students to reach their personal best by applying Olympic Values in their everyday life at school, at home, and in the community. Teaching resources include Olympian stories, lesson plans, adaptable classroom ready activities, and curriculum connectors for physical education, mathematics, multi-media and language arts. A series of Aboriginal Olympian stories are also available.

Cost: FREE with enrolment

Contact: Canadian Olympic Committee
cosp@olympic.ca
www.olympicschool.ca

Zone: Scheduled Physical Education ■ Classroom Action ■ School Spirit

CANADIAN PHYSICAL ACTIVITY GUIDELINES



Updated in 2011 by the Canadian Society for Exercise Physiology (CSEP). Children and youth should accumulate 60 minutes of moderate- to vigorous-intensity physical activity daily.

Cost: Download for FREE; Hard copies are available

Contact: CSEP
www.csep.ca/guidelines

Zone: School Environment ■ Family and Community

► NOTE: Sedentary Behaviour Guidelines are also available, recommending no more than two hours per day of recreational screen time.

CATCH: Coordinated Approach to Child Health



A coordinated school and after school health program integrating physical activity and nutrition lessons into non-competitive, all inclusive games. Builds an alliance of parents, teachers, school staff and community partners to teach children to be healthy for a lifetime. Developed in the US, but modified to meet Canadian nutrition standards. Training to support program implementation is recommended. A variety of resources for classroom, physical education, afterschool programs, and at home are available.

Cost: Prices vary

Contact: Steve Glusk, CATCH
416-580-8926
sglusk@yahoo.com www.catchinfo.org www.catchtexas.org

Zone: School Environment ■ Scheduled Physical Education
Classroom Action ■ Family and Community ■ Extra-Curricular

COME PLAY WITH ME Interactive Learning Kit



A facilitator's guide, DVD, and student colouring book to promote active healthy living, including the importance of water, active living, healthy eating, and feeling good about yourself.

Cost: \$45

Contact: Southern Ontario Aboriginal Diabetes Initiative
1-888-514-1370
officeadministrator@soadi.ca www.soadi.ca

Zone: Classroom Action

DIABETES MEDICINE BAG



A unique educational resource kit consisting of interactive, creative and culturally sensitive ideas to teach type 2 diabetes prevention to Aboriginal children and their families. Promotes healthy food choices, active living, and Aboriginal traditions. Two targeted bags appropriate for grades K-1 and 2-6. Website features additional activities and an idea exchange.

Cost: \$299 each

Contact: Diabetes Medicine Bag
204-927-2881 or 1-888-532-6898
info@diabetesmedicinebag.com www.diabetesmedicinebag.com

Zone: Classroom Action ■ Family and Community

DIABETES PREVENTION POSTERS



A series of 7 posters delivering important diabetes prevention and promotion messages through animal characteristics. For example, “The Otter is happy. Otters are active chasing each other, playing in the water searching for fun things to do. Our children should be like the otter. They should be active, playing outside for the enjoyment of it.”

Cost: \$20 for set of 7 posters

Contact: Southern Ontario Aboriginal Diabetes Initiative
1-888-514-1370
officeadministrator@soadi.ca
www.soadi.ca/Posters.html

Zone: Classroom Action
Family and Community

HEALTH PROMOTING SCHOOLS An Administrator’s Guide



Supports the creation of a health promoting school environment that benefits students, staff, families, and other members of the school community.

► NOTE: See also PHE Canada’s Health Promoting Schools Toolkit for Student Leaders (p. 109).

Cost: \$8

Contact: PHE Canada
613-523-1348 or 1-800-663-8708
info@phecanada.ca
www.phecanada.ca/store

Zone: School Environment
Extra-Curricular

HEALTHY KIDS Eat Well, Play Well, Stay Well



Online information about childhood obesity, healthy eating, physical activity and related links and organizations from the BC Medical Association.

Cost: Download for FREE

Contact: BC Medical Association
www.bcma.org/special-projects

Zone: Family and Community

HEALTHY LIVING ACTIVITIES



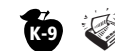
Games and activities to teach Aboriginal youth about healthy eating and active living, contributing to the prevention of type 2 diabetes.

Cost: Download for FREE; hard copies are available

Contact: National Aboriginal Diabetes Association
1-877-232-6232
diabetes@nada.ca
www.nada.ca
www.nada.ca/wp-content/uploads/April5_ActivityBook_Gr_4-6.pdf

Zone: Classroom Action
Family and Community

HEALTHY TOGETHER NEWSLETTERS



A monthly newsletter designed for schools to integrate into their own monthly family newsletters. Newsletters focus on easy-to-implement ideas and tips promoting physical activity and healthy eating.

Cost: Download for FREE

Contact: Action Schools! BC Support Team
604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca
www.actionschoolsbc.ca

Zone: Classroom Action
Family and Community
Extra-Curricular

HEARTSMART KIDS™



Curriculum-based activities related to three heart health themes: healthy eating, active living, and being smoke-free. Activities can stand alone or be used sequentially. Program includes an educator's guide with lesson plans, student magazines, and posters. Targeted programs for grades K-3 and 4-6, and an Aboriginal program for grades 4-6. Complementary resources include a HeartSmart™ Active Fun Kit for Families and the PUMPED™ magazine series for students.

Cost: FREE with online workshop completion

Contact: Heart & Stroke Foundation of BC & Yukon
604-736-4404 ext. 364 or 1-888-473-4636 ext. 364
www.heartandstroke.bc.ca/heartsmartkids

Zone: Scheduled Physical Education
Classroom Action
Family and Community

► NOTE: On-site and e-Learning workshops are available.

► NOTE: For more resources from the Heart & Stroke Foundation look in the index.

HERO IN YOU BC Sports Hall of Fame



An online education program designed to motivate, inspire and encourage youth to set and achieve meaningful personal goals. Resources include lesson plans with worksheets, student-directed classroom activities, video footage, interviews, and photos for students to learn about BC athletes. Lessons feature Harry Jerome, Terry Fox, Rick Hansen, Daniel Igali, Silken Laumann, Angela Chalmers, and others. A unit celebrates BC hockey history and the 40th anniversary of the Vancouver Canucks. FREE classroom presentations with Hall of Fame athletes are available to complement online resources (in BC lower mainland only).

Cost: FREE online

Contact: BC Sports Hall of Fame
604-687-5520
sportsinfo@bcsporthalloffame.com
www.bcsporthalloffame.com

Zone: Scheduled Physical Education

INTERNATIONAL WALK TO SCHOOL MONTH



Celebrated annually in October, this initiative promotes active and sustainable transportation to and from school, contributing to healthier, more vibrant communities. Engages students, staff, parents and other community members in healthy active living, while reducing school traffic congestion. Resources to teach safe pedestrian and cycling skills, tools to host an event at your school, and more.

► NOTE: Visit the International Walk to School site at www.iwalktoschool.org.

► NOTE: In BC, celebrate iWalk to School Week during October. Visit www.dashbc.ca to register your school online and receive a planning toolkit to get you started.

Cost: FREE resources online

Contact: Green Communities Canada
416-488-7263 or 1-877-533-4098
info@saferoutestestoschool.ca
www.saferoutestestoschool.ca

In BC: DASH BC www.dashbc.ca
HASTE BC www.hastebc.org/iwalk

Zone: School Environment ■ Family and Community ■ School Spirit

IT'S THE REAL DEAL: Petro-Canada Paralympic Schools Program



Teach students about the Paralympic Movement, Paralympic athletes and Paralympic sports. Designed by educators for educators, the program educates about equality and inclusiveness, and ignites a positive engagement for people with a disability. Resources include multimedia lessons, cross-curricular lesson plans, and activities geared toward the core curriculum subjects.

Cost: FREE

Contact: Canadian Paralympic Committee
613-569-4333
education@paralympic.ca
www.paralympiceducation.ca

Zone: Scheduled Physical Education
Family and Community
School Spirit

► NOTE: Contact the CPC about Paralympic Heroes – presentations by Paralympic athletes and other members of the Paralympic family.

LEARNING WITH THE BODY IN MIND



The scientific basis for energizers, movement, play, games and physical education. Includes more than 100 indoor and outdoor games, brain boosters, and energizers. Authored by Eric P. Jensen.

Contact: Purchase online or from your local bookstore
ISBN: 978-1890460075

Zone: Scheduled Physical Education
Classroom Action

LONG LIVE KIDS



Encourages students to “eat smart, move more, and be media wise”, addressing the importance of media literacy as it applies to physical activity and healthy eating. Media literacy can help students understand the need to balance sedentary time with physical activity, and interpret and analyze media messages in order to make smart, informed activity and nutrition choices. The Science of Food is the newest curriculum module. Website includes interactive activities linked to downloadable lesson plans for grades 4-6 (easily modified for grades K-8), and parent resources.

Cost: FREE

Contact: Concerned Children’s Advertisers
416-484-0871
info@cca-kids.ca
www.longlivekids.ca
www.play.longlivekids.ca
www.cca-kids.ca

Zone: School Environment
Scheduled Physical Education

► NOTE: The CCA’s great PSAs on healthy living, media awareness, self-esteem, bullying and more are available for FREE download or on DVD for \$15.

MINDUP™



A comprehensive social and emotional learning program informed by current research in the fields of cognitive neuroscience, mindful education, social and emotional learning, positive psychology, and evidence-based teaching practices. Grade targeted resources for K-2, 3-5 and 6-8. Each contains fifteen engaging lessons, with cross-curricular extensions, organized into four units: Let’s Get Focused!; Paying Attention to Our Senses; It’s All about Attitude; and Taking Action Mindfully. From the Hawm Foundation.

Cost: \$26.99 each

Contact: Scholastic Canada Ltd.
1-800-268-3848
www.scholastic.ca
www.thehawnfoundation.org/

OR: Purchase online or from your local bookstore
ISBNs: 978-0-545-26712-0, 978-0-545-26713-7,
978-0-545-26714-4 respectively, by grade level

Zone: Classroom Action

MOVE FOR HEALTH DAY



A World Health Organization event celebrated internationally each year in May. Website features background and support information, information sheets, advocacy tools, and related links and local contacts. Governments, communities and organizations across Canada celebrate Move for Health Day.

Cost: FREE resources online

Contact: www.who.int/moveforhealth

Zone: School Environment
Family and Community
School Spirit

► NOTE: See Top 10 Daily Physical Activities for Move for Health Day (p. 84).

OUR HEALTHY JOURNEY: A Collection of First Nations Children's Perspectives



Young artists share their perspective on health in this book designed to introduce health issues to First Nations children. Highlights ways to be healthy using a variety of examples from the four seasons, and promotes healthy habits using references to nature and life-long activities.

Cost: FREE

Contact: First Nations Centre, National Aboriginal Health Organization
613-237-9462
fnc@naho.ca

Zone: Scheduled Physical Education
Classroom Action
Family and Community

PLAYSKILLS & POWERSKILLS HeartSmart Family Activities



Take home activity sheets to educate students and families about the importance of physical activity, and support the development of basic sport skills and life-long active living habits. Five activity sheets per grade.

Cost: Download for FREE

Contact: Heart & Stroke Foundation of Canada
www.heartandstroke.ca – click “Healthy Kids”

Zone: Classroom Action
Family and Community

► NOTE: For more resources from the Heart & Stroke Foundation look in the index.

QUALITY DAILY PHYSICAL EDUCATION (QDPE)



The centre of PHE Canada's strategy for increasing the physical education levels of Canadian children and youth. Emphasizes the importance of providing students with the knowledge and skills necessary to develop a positive attitude toward physical activity that will last a lifetime. Lots of resources to help teachers advocate for and implement QDPE.

Cost: A variety of resources available for FREE download

Contact: PHE Canada
613-523-1348 or 1-800-663-8708
info@phecanada.ca www.phecanada.ca

Zone: School Environment ■ Scheduled Physical Education

QUALITY SCHOOL HEALTH



Promotes a comprehensive approach to school health and includes considerations for curriculum connections, school environment, community support, and school services.

Cost: A variety of resources can be downloaded for FREE

Contact: PHE Canada
613-523-1348 or 1-800-663-8708
info@phecanada.ca www.phecanada.ca

Zone: School Environment

RIGHT TO PLAY: Learning To Play, Playing To Learn



Explores the experiences of children around the world, the countries they live in, and our rights and responsibilities in the world community. Curriculum-based social studies lesson plans are integrated with creative play to increase activity levels in your school and community. Program includes teacher's guide, physical activity suggestions with DVD and poster. A Play Day Manual and workshops are also available.

Cost: FREE

Contact: Right To Play
416-203-0190
www.righttoplay.ca
www.righttoplayschools.ca/teachers

Zone: Classroom Action

SANDY LAKE FIRST NATION SCHOOL DIABETES PREVENTION CURRICULUM



A culturally appropriate two year healthy lifestyle curriculum that includes role modeling, taste tests, skill building, goal setting, and games. Seventeen units containing two 30 minute lessons address three components: making healthy food choices, daily physical activity, and learning about diabetes.

Cost: \$100

Contact: Sandy Lake Health and Diabetes Project
807-774-1216
roderickfiddler@hotmail.com
www.sandylakediabetes.com

Zone: Classroom Action
Family and Community

SCHOOL TRAVEL PLANNING



A national initiative to get more families walking and wheeling to and from school. A comprehensive toolkit supports collaboration amongst community stakeholders to address barriers and develop an action plan. Website includes success stories and a newsletter.

Cost: Download for Free

Contact: Green Communities Canada
416-488-7263 or 1-877-533-4098
info@saferoutestoschool.ca
www.saferoutestoschool.ca/schooltravel.asp

Zone: School Environment
Family and Community

► NOTE: Contact Green Communities Canada about provincial/territorial contacts.

SCREEN SMART



Designed to reduce students' recreational screen time while increasing physical activity by teaching students and their families how to manage screen time. Can be implemented as a classroom or school-wide event. A teacher's guide provides 10 minute implementation ideas and tools.

Cost: Download for FREE

Contact: Screen Smart
604-251-2229
info@childhoodobesityfoundation.ca
www.screensmartschools.ca

Zone: School Environment ■ Classroom Action ■ Family and Community

► NOTE: Note: Screen Smart resources are provided as part of the Action Schools! BC 5-2-1-0 Workshop (p. 9).

SEVENTH GENERATION CLUB



Encourages BC Aboriginal students to make healthy choices, participate in sport in their community, and stay in school. Special events, newsletters, and contests keep students and schools connected.

Cost: FREE

Contact: Seventh Generation Club
604-925-6087
seventhgen@fnesc.ca www.seventhgenerationclub.com

Zone: School Environment ■ Family and Community

SNOW FUN! FAVOURITE CANADIAN WINTER ACTIVITIES



Winter physical activities gathered from teachers and students across Canada. Activities are organized into six categories: scavenger, cooperative-team building, relay, tag teams, targeting, carnival and special days. Imaginations and improvisations allow games to be played indoors if there is no snow or the day is too cold.

Cost: \$20

Contact: PHE Canada
613-523-1348 or 1-800-663-8708
info@phecanada.ca www.phecanada.ca/store

Zone: Scheduled Physical Education
Family and Community ■ School Spirit

SOGO ACTIVE



A national youth engagement movement designed to increase levels of physical activity among Canadians age 13-19 by drawing on the power of young people to reach out to their less active peers, develop their leadership skills, exercise their creativity, and break down the barriers to active living that many young people encounter. Funding is available for groups of youth who express a need for resources and meet specific criteria.

Cost: FREE

Contact: www.sogoactive.com

Zone: Family and Community

SPORTS DAY IN CANADA



An annual national celebration of sport, from grassroots to high performance levels. Sports Day in Canada (celebrated annually in September) caps off a week of events and activities, and includes a special television broadcast on CBC Sports. An opportunity for all Canadians to celebrate the power of sport to build community, fortify our national spirit and facilitate healthy, active living.

Contact: www.cbc.ca/sports/sportsday

Zone: Family and Community
School Spirit

SPORTS DAY “MAKING IT HAPPEN”



Four sports day models with different themes and challenges. Two models are organized so individual teams are challenged at individual stations, receiving points for overall finish; two models are organized so two teams challenge one another and receive points based on the result. All activities focus on teamwork, team building, fair play and fun.

Cost: \$20

Contact: Don Hutchinson
dhutchinson@sd43.bc.ca

Zone: Extra-Curricular
School Spirit

TERRY FOX RUN



A non-competitive event commemorating Terry Fox's Marathon of Hope and keeping his dream of a cure for cancer alive. The annual National School Run Day is the last week of September; however, schools can host runs at any time during the school year. Website includes information about Terry Fox, resources to host a run in your school or community, and provincial/territorial contacts.

Cost: Participation is FREE

Contact: Terry Fox Foundation
www.terryfox.org/

Zone: Family and Community ■ School Spirit

WEIGHT OF THE WORLD



An educational program that promotes physical activity and healthy eating among children and youth, and helps young people kick-start daily life changes in their schools, families, communities and the world. Creates an awareness of society's barriers to a healthy lifestyle while at the same time providing a platform for discussion and action towards positive change. Program includes a film, educational modules, and the WoW Challenge.

Cost: FREE

Contact: PHE Canada
613-523-1348 or 1-800-663-8708
weightoftheword@phecanada.ca
www.weightoftheworld.ca

Zone: School Environment ■ Family and Community ■ School Spirit

WeMuv™ PHYSICAL ACTIVITY CHALLENGE



Merges daily physical activity with a fun, educational virtual world. Using an innovative digital pedometer to connect online, WeMuv™ offers a strategy to support DPA and physical education that integrates with your classroom routine. Website features lesson plans and tools to use WeMuv™ as a school fundraiser.

Cost: \$9 per student includes pedometer and access to online game and resources

Contact: WeMuv™
www.wemuv.com

Zone: Scheduled Physical Education ■ Classroom Action

Movement Skills

50 GAMES WITH 50 TENNIS BALLS



Gymnasium, field and classroom activities with tennis balls. Categories include warm-up activities, ball-throwing games, sport variations, relay games, and wall games.

Cost: \$20

Contact: CIRA Ontario
905-648-2226
ciraontario@gmail.com
www.ciraontario.com

Zone: Scheduled Physical Education
Classroom Action
Extra-Curricular

ABORIGINAL PHYSICAL EDUCATION



Physical education lessons designed to develop awareness about and balance the four elements of an individual: spiritual, emotional, mental and physical. Lessons include learning objectives, evaluation and assessment, a variety of activities, and instructional tips.

Cost: Download for FREE

Contact: Saskatchewan Teachers' Federation
www.stf.sk.ca – search "Aboriginal physical education"
in the Stewart Resource Centre's online catalogue

Zone: Scheduled Physical Education

ACTIVE LIVING FITNESS CHARTS



Develop cardio-respiratory and resistance routines for your class. Set of 40 fitness charts provide step-by-step exercises for the whole body. Each set includes two anatomy charts and a manual with exercise techniques, safety tips, equipment lists, and circuit samples and design templates. Unique series for elementary and secondary grades.

Cost: \$225 per series

Contact: Thompson Educational Publishing
416-766-2763 or 1-877-366-2763
<http://thompsonbooks.com/k-12.html>

Zone: Scheduled Physical Education ■ Classroom Action

ACTIVE PLAYGROUNDS



More than 100 games for asphalt surfaces. Includes hopscotch, four square, skipping, wall and line games. Diagrams and dimensions for markings are included.

Cost: \$20

Contact: CIRA Ontario
905-648-2226
ciraontario@gmail.com
www.ciraontario.com

Zone: Scheduled Physical Education ■ Classroom Action ■ Extra-Curricular

- ▶ NOTE: Recess Revival (p. 111) is a supplementary guide to assist teachers, playground supervisors, and peer leaders in promoting fun and cooperative play.
- ▶ NOTE: Activate this resource with Student Leadership Training (p. 112).

ACTIVE START DVD



Designed to help parents, guardians and care-givers of young children, better understand the importance of physical activity during the first six years of a child's life. An active start enhances development of brain function, physical coordination, gross motor skills, posture, and balance; also helps children to build confidence, social skills, emotional control, and imagination while reducing stress and improving sleep.

Cost: Download for FREE

Contact: Canadian Sport for Life
www.canadiansportforlife.ca/resources/videos

Zone: Scheduled Physical Education ■ Family and Community

ADAPTED GAMES & ACTIVITIES BOOK



More than 80 games and activities to enhance success while challenging students with cognitive disabilities to think and use their physical abilities. New variations of tag, chase and dodge games; team-building and cooperative activities; higher-organization games; and lead-up and leisure activities.

Cost: \$25.99

Contact: School Specialty Sportime
1-866-519-2816
www.schoolspecialty.ca

Zone: Scheduled Physical Education
Classroom Action
Extra-Curricular

ADAPTED LESSON PLANS



Almost 100 physical activity lesson plans to deliver high quality, safe and inclusive physical activity instruction and programming for children and youth with disabilities.

Cost: Download for FREE

Contact: Ophea
416-426-7120 or 1-888-446-7432
info@ophea.net
www.ophea.net/inclusion

Zone: Scheduled Physical Education
Classroom Action

ADAPTED PHYSICAL EDUCATION ACTIVITY GUIDE



Activities, games, and tips using adapted equipment to increase the involvement, skill development and success of students with special needs.

Cost: FREE

Contact: Premier's Sport Awards Program (p.s.a.p.)
604-738-2468 or 1-800-565-7727
psap@jwsporta.ca
www.psap.jwsporta.ca

Zone: Scheduled Physical Education

ARCHERY WORKSHOPS & DEMONSTRATIONS



The BC Archery Association offers practical and fun workshops for students, teachers, and coaches in elementary schools. Equipment is provided; all that is required is a gym or outdoor space.

► NOTE: Workshop locations depend on regional representation availability.

Cost: \$175 for a full day workshop

Contact: Ken Cameron, BC Archery Association
kc12@telus.net www.archeryassociation.bc.ca

Zone: Scheduled Physical Education
Family and Community ■ Extra-Curricular

ARCTIC SPORTS

Training & Resource Manual



Provides step-by-step movement descriptions of traditional activities, and coaching and instructional methods based on traditional values and practices.

Cost: \$50

Contact: Municipal & Community Affairs, Sport & Recreation Division
Government of Northwest Territories
867-873-7245
damon_crossman@gov.nt.ca www.maca.gov.nt.ca

Zone: Scheduled Physical Education

► NOTE: Similar manuals are available for Dene Games (p. 40), Inuit Games and Inuit-Style Wrestling (p. 58), and Snowshoeing (p. 80).

ATOMIC VOLLEYBALL: Instructor's Manual



Age-appropriate volleyball instruction using badminton courts, mini volleyballs, and short nets. An 8-week program model focuses on skill development and practice to appeal to all skill levels.

Cost: \$19.95

Contact: Doug Anton, Volleyball Canada
613-748-5681 ext. 231
danton@volleyball.ca www.volleyball.ca

Zone: Scheduled Physical Education
Extra-Curricular

BANG FOR YOUR BUCK



Alternative games using alternative equipment. Ideas for intramural and physical education games and activities using low-cost equipment from dollar stores.

Cost: \$20

Contact: CIRA Ontario
905-648-2226
ciraontario@gmail.com
www.ciraontario.com

Zone: Scheduled Physical Education
Classroom Action ■ Extra-Curricular

BASKETBALL MOVES RESIDENCY



Learn the basics of ball handling, practice some fancy footwork, and have fun! Kit includes an instructional book and DVD, and music CD. Residency includes one day of physical education classes for different grades.

Cost: \$500-\$750

Contact: Purple Pirate Entertainment
604-805-4395
www.purplepirate.com

Zone: Scheduled Physical Education

► NOTE: See the FUN-damentals of Fitness Presentations (p. 50) and Get active with the Purple Pirate (p. 51) for other Purple Pirate productions.

BC HOCKEY IN OUR SCHOOLS



Introduce students to Canada's national winter game. On-ice and gym-based programs are available. Manual includes learning outcomes, lesson plans, assessment, and tools to photocopy. Program coordinator offers support, including connections with instructors and ice facilities. Specific curricula for grades 1-3, 4-6 and 7-12.

► NOTE: Download program resources at
www.bchockey.net/Education/BCHockeyInOurSchools.aspx.

Cost: FREE

Contact: BC Hockey
250-652-2978
info@bchockey.net www.bchockey.net

Zone: Scheduled Physical Education ■ Family and Community

BEAN BAG ROCK & ROLL CD



Rollicking routines promote coordination, teamwork, motor development and following directions. Includes Shake Rattle and Roll, Blue Suede Shoes, Happy Days and other favourites from the rock 'n roll era.

Cost: \$24.69

Contact: School Specialty Sportime
1-866-519-2816
www.schoolspecialty.ca

Zone: Scheduled Physical Education
Classroom Action

BEGINNING RUNNER'S HANDBOOK



An easy-to-use, practical guide offering expert advice on preparing for a 10K race. Includes training schedules, cross-training options, injury prevention tips, details on proper footwear, and answers to commonly asked questions.

Cost: \$19.95

Contact: SportMedBC
604-903-3880 or 1-888-755-3375
info@sportmedbc.com
www.sportmedbc.com

OR: Purchase online or from your local bookstore
ISBN: 978-1553658603

Zone: Scheduled Physical Education
Family and Community

► NOTE: Visit SportMedBC's website for more information on walking and running programs.

BEST GAMES FOR FUN & FITNESS DVD



Programming ideas, skills and drills, and games to last class after class. Sections focus on crowd control and organization, partner play, warm-ups and cool-downs, circle and group games, tag variations, and cooperative creative play games.

Cost: \$22.99

Contact: Education Station
service@educationstation.ca
www.educationstation.ca

Zone: Scheduled Physical Education

BIGGEST LITTLE GAMES BOOK EVER

**Vol 1: For Teachers & Community
Leaders Everywhere**

Vol 2: Games Using Small Equipment



Hundreds of games and activities. Volume 1 includes tag games, strength activities, warm-up games, goofy relays, and fun activities for acrobats. Volume 2 focuses on small equipment: bean bags, hoops, balls, sticks and pucks, scoops, paddle bats and racquets, and jump ropes. Each activity includes a description, illustrations and variations, with instructions for students of all skill levels.

Cost: \$19.98 each

Contact: PHE Canada
613-523-1348 or 1-800-663-8708
info@phecanada.ca
www.phecanada.ca/store

Zone: Scheduled Physical Education
Classroom Action

BIKE SMARTS



Helps teachers improve the safe cycling knowledge, skills and attitudes of children. Instructors with little or no background can assist children to learn safe cycling skills that convert into lifetime habits.

Cost: Download for FREE

Contact: Insurance Corporation of BC
curriculumorders@icbc.com
www.icbc.com/4teachers

Zone: Scheduled Physical Education
Family and Community
Extra-Curricular

► NOTE: For more road safety resources see RoadSense Kids (p. 117).

BOUNCEBALL



Created in BC, this innovative team sport requires a high level of participation from all players while teaching cooperation, defensive zone coverage, offensive strategies, and sporting spirit. Instructional set includes manual and teaching video.

Cost: \$30

Contact: Bounceball Sports
250-756-4356
cnmex@shaw.ca

Zone: Scheduled Physical Education
Extra-Curricular

BRAIN GYM®



Activities that address the physical skills associated with learning such as posture, eye movement, balance, coordination (both fine motor and gross motor) and more; making concentration, memory, reading, writing, organizing, and listening easier. A number of teaching resources and a music CD are available. Website includes information about Canadian training opportunities.

Cost: Prices vary

Contact: Brain Gym International
info@braingym.org
1-800-356-2109
www.braingym.org

Zone: Classroom Action

BUILDING STRONG BONES & MUSCLES



Circuits and stations, games, gymnastics, dance and other activities that are research-based, easy to implement, require little equipment, and are appropriate for a variety of settings. Includes illustrations, reproducibles, and assessment tools.

Cost: \$25.95

Contact: Purchase online or from your local bookstore
ISBN: 978-0736044868

Zone: Scheduled Physical Education
Classroom Action

CANOE, KAYAK, OUTRIGGER & DRAGONBOAT WORKSHOPS



Class, full day multi-session, or multi-week programs in a variety of boats including recreational canoes and kayaks, sprint racing boats, voyageur canoes, outriggers and dragon boats. Multi-session programs are available in conjunction with club or community events and festivals, such as the Burnaby School Dragonboat Festival in May. Teacher workshops for CANOEKIDS (a coaching in community sport NCCP coaching certification) and Level 1 Dragon Boating are available upon request. All equipment (including PDFs) is supplied and coaches are certified.

- ▶ NOTE: Workshops are offered throughout BC in areas where CKBC has member clubs. Some clubs have staff/volunteers qualified to deliver PaddleALL programs for students with cognitive and physical disabilities.
- ▶ NOTE: Dragonboating is a great team building activity – contact CKBC for your next professional development day.

Cost: Prices vary

Contact: Canoe Kayak BC
604-465-5268
info@canoekayakbc.ca
www.canoekayakbc.ca

Zone: Scheduled Physical Education
Family and Community
Extra-Curricular

CATCH A BRAIN WAVE FITNESS FUN



Motivating guided-movement workouts set to energetic music promote physical fitness, support child development, and stimulate whole-brain integration. CD (with mini-guide) includes clear verbal instructions. Teacher's manual expands on movement actions and their benefits, and includes activity worksheets.

Cost: CD \$19.95; Manual \$23.95; Both \$39.95

Contact: Song Support
1-877-465-7010
Ronno@RonnoSong.com
www.RonnoSong.com

Zone: Classroom Action

- ▶ NOTE: Educational workshops and concerts are available.

CHICKEN & NOODLE GAMES 141 Fun Activities with Innovative Equipment



Easy-to-find equipment used in non-traditional ways to capture participants' interest and keep them coming back for more.

Cost: \$25.95

Contact: PHE Canada
613-523-1348 or 1-800-663-8708
info@phecanada.ca
www.phecanada.ca/store

Zone: Scheduled Physical Education
Extra-Curricular

CHILDREN IN SPORT: A Fundamental Skill Development Program



Builds fundamental skills through games and skill progressions to encourage life-long participation in sport. Program materials include parent, teacher and sport leader guides, a video, and promotional materials.

Cost: Prices vary; some resources available for FREE download

Contact: Sask Sport Inc.
306-975-0800 or 1-800-319-4263
sasksport@sasksport.sk.ca
www.sasksport.sk.ca/cis/cis.html

Zone: Scheduled Physical Education
Family and Community

CHILDREN'S GAMES FROM AROUND THE WORLD



A compilation of games that focus on multiculturalism, creativity and cooperative learning. Features traditional games from around the world, and unique games invented by children from 50 countries.

Cost: \$47.95

Contact: PHE Canada
613-523-1348 or 1-800-663-8708
info@phecanada.ca
www.phecanada.ca/store

Zone: Scheduled Physical Education

CHINESE JUMP ROPE



A comprehensive DVD and resource booklet with skills and a history of Chinese jump rope.

Cost: DVD \$22.89; Booklet \$7.29

Contact: School Specialty Sportime
1-866-519-2816
www.schoolspecialty.ca

Zone: Scheduled Physical Education ■ Classroom Action

► NOTE: School Specialty Sportime sells Chinese jump ropes.

THE CIRCUIT! STATION SOLUTIONS CDs LEVELS 1 & 2



Two CDs, each with 63 downloadable station cards, vocal tracks describing each station, and musical tracks with “change activity” and “change station” cues to use with your class. Targeted resources for grades K-3 and 4-8.

Cost: \$24.99 each

Contact: Kids into Action
416-451-5542
josh@kidsintoaction.com
www.kidsintoaction.com

Zone: Scheduled Physical Education ■ Classroom Action

► NOTE: See also Sports Circuit! Sport Stations CDs (p. 82); for more Kids into Action CDs look in the index.

CLASSROOM ACTION RESOURCE



Innovative physical activity ideas supporting scheduled physical education, the implementation of daily physical activity, and the development of fundamental movement skills. One page lesson plans with implementation ideas for classrooms and alternative spaces, action tips, recommended resources, and learning outcomes. A series of colourful posters complements the lesson plans (p. 71). Targeted resources for grades K-7 and middle schools. Interactive workshops support implementation. Developed with generalist teachers in mind.

Cost: In BC: FREE to registered Action Schools
Outside BC: Resource \$10; call for workshop costs

Contact: Action Schools! BC
604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca
www.actionschoolsbc.ca

Zone: Classroom Action

- NOTE: Student Leadership Training is available (p. 112).
- NOTE: A Classroom Healthy Eating Action Resource is also available (p. 129).
- NOTE: An introductory DVD provides an overview of the Action Schools! BC initiative, and highlights daily physical activities and healthy eating in action.
- NOTE: The Action Schools! BC Planning Guide for Schools and Teachers assists elementary and middle schools in creating individualized action plans to promote healthy living while achieving academic outcomes (p. 10).

COOPERATIVE GAMES & SPORTS



Children live what they learn through games and play. Teach children how to play with – rather than against – each other, using 150 field-tested games and activities that are designed to build a child’s self-worth through cooperation, acceptance, inclusion, and fun.

Cost: \$24.95

Contact: PHE Canada
613-523-1348 or 1-800-663-8708
info@phecanada.ca
www.phecanada.ca/store

Zone: Scheduled Physical Education

CRAZY FROG'S EVERYBODY DANCE NOW CD



Eleven songs for dancing including the Cha Cha Slide, Jump, Join the Frog, and Daddy DJ.

► NOTE: Two other Crazy Frog CDs are available – “Crazy Hits” and “More Crazy Hits”.

Cost: \$24.99

Contact: Grand River Toys
1-800-567-5600
www.grandrivertoys.com

Zone: Scheduled Physical Education
Classroom Action
Extra-Curricular

DENE GAMES Culture & Resource Manual & DVD



Provides step-by-step movement descriptions of the traditional activities, and coaching and instructional methods based on traditional values and practices. Package includes a set of instructional posters and a DVD with demonstrations.

Cost: \$50

Contact: Municipal & Community Affairs, Sport & Recreation Division
Government of Northwest Territories
867-873-7245
damon_crossman@gov.nt.ca
www.maca.gov.nt.ca

Zone: Scheduled Physical Education
Family and Community

► NOTE: Similar manuals are available for Arctic Sports (p. 31), Inuit Games and Inuit-Style Wrestling (p. 58), and Snowshoeing (p. 80).

DEVELOPING PHYSICAL LITERACY



Without the development of fundamental movement and sport skills, or physical literacy, many children and youth withdraw from physical activity and sport and turn to more inactive and/or unhealthy choices during their leisure time, impacting their physical activity later in life. viaSport is working with schools and other members of the school community to support the development of physical literacy in BC through online and hard copy resource materials, presentations and PD apps.

Cost: Download for FREE

Contact: Drew Mitchell, viaSport
778-327-5166
dmitchell@viasport.com

www.activeforlife.ca www.canadiansportforlife.ca

Zone: Scheduled Physical Education ■ Family and Community

DPA BINDERS



Binders with 90 activity cards, divided in categories including active games, tag games, and dance. Activities require little or no equipment, are suitable for the classroom, and include safety considerations. Some activities are integrated with math, science and technology, the arts, and language. Targeted binders for primary, junior and intermediate divisions are available.

Cost: \$60 each

Contact: Ophea
416-426-7120
dpa@ophea.net www.ophea.net/order

Zone: Classroom Action

DPA KIT



A collection of Ophea's DPA resources including a DPA Binder (p. 41), Movin' Music for DPA CD (p. 67), Dancing for DPA DVD (p. 98), and more, all in a plastic carrying tote. Available for primary, junior or intermediate divisions individually, or in combination.

Cost: Kit \$220; individual resources available separately

Contact: Ophea
416-426-7120
dpa@ophea.net www.ophea.net/order

Zone: Classroom Action

DPA PAGES!



Support the integration of daily physical activity (DPA) within the school. Each page contains one Action Schools! BC activity with implementation ideas for classrooms, physical education and alternative spaces, action tips, and recommended resources. Topics include skipping, dance, dynamic stretching, juggling, exercise bands, balance balls in the classroom, full day kindergarten classroom circuit, Get Strong 101 circuit, outdoor circuit ideas, school-wide DPA.

Cost: Download for FREE

Contact: Action Schools! BC Support Team
604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca www.actionschoolsbc.ca

Zone: Scheduled Physical Education
Classroom Action

ENERGIZER BOX



One hundred and one energizers on 4" x 6" cards in a desk-top box, ready for you to energize your students. Each card has a step-by-step description of the activity, and room for teachers to write their own notes on the back.

Cost: \$24.95 USD

Contact: CenterSource Systems, LLC
707-838-1061
tribes@tribes.com
<http://tribes.com/store/energizer-box/>

Zone: Classroom Action

ENERGIZERS!



Eighty-eight energizers to get students playing, moving, laughing, chanting and singing to support more productive learning. Appropriate for anytime, anywhere – inside or outside the classroom, with children circled up, at their desks or tables, or waiting in line.

Cost: \$22 USD

Contact: Responsive Classroom
1-800-360-6332
info@responsiveclassroom.org
www.responsiveclassroom.org

Zone: Classroom Action

EVERYBODY MOVE!

Daily Vigorous Physical Activity



Teaching resource, music CD, and demonstration DVD provide game ideas, dance suggestions, and administrative tips. Gets everybody moving whether in a small, confined space or a large, spacious gymnasium.

Cost: \$60

Contact: CIRA Ontario
905-648-2226
ciraontario@gmail.com
www.ciraontario.com

Zone: Scheduled Physical Education
Classroom Action

EVERYONE JUMP



A cross-curricular interactive music CD and teacher's guide designed to teach students about the importance of regular physical activity and healthy eating in preventing type 2 diabetes.

Cost: FREE – limited quantities available

Contact: Ophea
416-426-7120
everyonejump@ophea.net
www.everyonejump.ca

Zone: Scheduled Physical Education
Classroom Action

EXERCISE IN DISGUISE



Resources for daily vigorous physical activity. Two teaching resources full of classroom, hallway and playground games. Descriptions include activity sequences, variations, equipment lists, and teacher tips. A teacher in-service DVD features teacher modeling and student leadership, curriculum connections, and assessment opportunities.

Cost: Resources \$9.99 each; DVD \$15.99
Combination and bulk purchasing discounts are available

Contact: Waterloo Catholic District School Board
519-578-3660
Melody.grominsky@rdo.ca www.wcdsb.ca/cr/cr.html

Zone: Classroom Action

F.I.T. BREAKS: Fun-Innovative Time for the Classroom Environment



Student-led activities that engage teams of students in developing a theme, choosing music, creating an imaginative adventure with music, and leading their classmates through the adventure. Can be used with small or large groups, in the classroom, gym, outdoors, or at assemblies. Teacher guide provides ideas, lesson suggestions, themes and music suggestions with lyrics. DVD features teacher and student-led F.I.T. Breaks. Music CD features 10 musical tracks, with and without lyrics.

Cost: \$49.95

Contact: PHE Canada

613-523-1348 or 1-800-663-8708

info@phecanada.ca www.phecanada.ca/store

Zone: Classroom Action

FEEL THE BEAT CD & GUIDE Funky Fitness Fun



A complete exercise program from warm-ups and isolations, to aerobics, to relaxing cool-downs. Initial routines are simple for younger grades, becoming more difficult. Guide includes instructions, vocabulary, and more. CD includes instrumental music for creative movement, rope jumping, or class-led choreography; 19 songs in total.

Cost: \$15.95 USD

Contact: Kimbo Educational

732-229-4949 or 1-800-631-2187

www.kimboed.com

Zone: Scheduled Physical Education ■ Classroom Action

FEEL THE VIBE DVD



Ten minute physical activity routines that can be done in the classroom . . . or anywhere! Includes multiple levels to challenge students.

Cost: \$24.99 each; package and bulk discounts available

Contact: Kids into Action

416-451-5542

josh@kidsintoaction.com www.kidsintoaction.com

Zone: Scheduled Physical Education ■ Classroom Action

► NOTE: See also The Circuit! Station Solutions CDs (p. 38) and Sports Circuit! Sport Stations CDs (p. 82).

FITBALL® KIDS DVD Fun On The Ball!



Three 20 minute workouts designed to teach students a fun way to be active. Workouts include cardio, strengthening and stretching; and use free weights, medicine balls and stability balls to improve balance, coordination, flexibility and general fitness skills.

Cost: \$14.95 USD

Contact: Ball Dynamics

1-800-752-2255

orders@balldynamics.com

www.balldynamics.com

Zone: Scheduled Physical Education

Classroom Action

FITDECK JR.



A 50-card exercise game. Shuffle the deck to create millions of possible workouts. Each card contains an illustration and instructions describing 50 different upper, middle, lower and full body exercises at three different skill levels. Includes an instructional booklet.

Cost: \$21.95

Contact: PHE Canada

613-523-1348 or 1-800-663-8708 ext. 233

info@phecanada.ca

www.phecanada.ca

Zone: Scheduled Physical Education

► NOTE: Adult FitDecks for pilates, yoga, stretching and more are available from PHE Canada or from www.fitdeck.com – appropriate for middle and secondary schools.

FITNESS ON THE BALL: A Core Program for Brain & Body



Swiss balls are a unique tool to help students develop balance, coordination, rhythm and fitness skills. Book with DVD features 124 activities, lesson plans, reproducible pages, assessment tools, and suggestions for using the balls in adapted physical education.

Cost: \$30.95

Contact: Human Kinetics Publishers
1-800-465-7301
www.humankinetics.com

Zone: Scheduled Physical Education
Classroom Action

FLAG FOOTBALL



A co-ed program created to introduce football fundamentals. Teacher's guide includes lesson plans, instructional DVD, rule books, and playbooks. Team kit includes equipment for 5 on 5 flag football.

Cost: Prices vary

Contact: Football Canada
613-564-0003 ext. 226
noncontact@footballcanada.com www.footballcanada.com

Zone: Scheduled Physical Education
Extra-Curricular

FROM A TO Z BY BIKE



A fun, easy to read, ethnically inclusive publication that teaches children to ride bicycles safely and defensively, to wear helmets, and to apply good judgment to potentially dangerous traffic situations. Safe cyclists become safe motor vehicle drivers. Dictionary format provides quick access to important information.

► NOTE: Resource targeted to grades 4-6, but appropriate for grades K-8.

Cost: From \$1.50 per book; generous bulk prices available

Contact: Roma Dehr, AMC Media
1-800-667-6119
phonehome@shaw.ca

Zone: Scheduled Physical Education
Extra-Curricular

FUN CLASSROOM FITNESS ROUTINES DVDs



Keep students active and moving with limited space and physical education time. Specific resources for grades K-3 and 4-8.

Cost: \$24.95 each

Contact: Human Kinetics Publishers
1-800-465-7301
www.humankinetics.com

Zone: Scheduled Physical Education ■ Classroom Action

FUNCTIONAL FITNESS CHARTS



Sturdy laminated charts for teachers to customize cardio-respiratory, speed, agility, balance and resistance routines. Four series, each containing 40 charts are available, based on the LTAD model – Active Start: Fundamental Movements; Perfect Practice: Learn to Play; Game On: Ready to Play; and Yoga I: Begin to Explore. Includes a teacher manual, access to video demonstrations and workshops, and additional online support for successful implementation.

► NOTE: Secondary level charts are also available.

Cost: \$279.94 per series

Contact: Thompson Educational Publishing
416-766-2763 or 877-366-2763
http://thompsonbooks.com/k-12.html

Zone: Scheduled Physical Education ■ Classroom Action

FUNCTIONAL FITNESS SERIES



Simple lesson plans based on a station approach to incorporate progressive multi-directional movement skills in daily physical activity. Includes agility, quickness, reactivity, balance and whole body strength skills. Designed to ensure all students can move their body safely and effectively during exercise, sport and functional living. Some exercises can be incorporated into practice sessions for skill development and injury prevention training. Targeted resources for elementary, middle and secondary schools are available.

Cost: \$21.71 each

Contact: PHE Canada
613-523-1348 or 1-800-663-8708
info@phecanada.ca www.phecanada.ca/store

Zone: Scheduled Physical Education ■ Classroom Action ■ Extra-Curricular

FUNDAMENTAL MOVEMENT SKILLS Carabiner



A quick and portable reference tool to teach the 12 Fundamental Movement Skills. Includes teaching tips, a student assessment checklist, and an array of fun games and activities all attached to a carabiner.

Cost: \$23.95

Contact: PHE Canada
613-523-1348 or 1-800-663-8708
info@phecanada.ca
www.phecanada.ca/store

Zone: Scheduled Physical Education

FUNDAMENTAL MOVEMENT SKILLS SERIES



Easy to use handbooks to aid in teaching fundamental movement and sport skills in an effective, fun and interactive manner. Targeted packages featuring descriptions, teaching tips, and activities are available for Active Start & FUNdamentals, Learning to Train, Beyond the Fundamentals – A Games Approach, and Alternative Activities and Pursuits. Online video collections support implementation. Series aligns with the Long Term Athlete Development (LTAD) model created by Canadian Sport for Life (CS4L).

Cost: Handbook \$40 each; Online video subscription \$25 each

Contact: PHE Canada
613-523-1348 or 1-800-663-8708
info@phecanada.ca
www.phecanada.ca/store

Zone: Scheduled Physical Education
Family and Community

- ▶ NOTE: Two handbooks are also available for children with physical disabilities and children with developmental and/or behavioural disabilities (see p. 49).
- ▶ NOTE: For more information about Canadian Sport for Life visit www.canadiansportforlife.ca.

FUNDAMENTAL MOVEMENT SKILLS: For Children with Developmental and/or Behavioural Disabilities



Theory, tips and activities to assist in teaching motor skills with specific adaptations for children with a developmental and/or behavioural disability. Skill development focuses on stability skills, object manipulation skills, and locomotor skills for students in the Active Start and FUNdamentals Stages of the Long Term Athlete Development (LTAD) model created by Canadian Sport for Life.

Cost: \$40

Contact: PHE Canada
613-523-1348 or 1-800-663-8708
info@phecanada.ca
www.phecanada.ca/store

Zone: Scheduled Physical Education
Family and Community

FUNDAMENTAL MOVEMENT SKILLS: Active Start and FUNdamentals Stages for Children with Physical Disabilities



A user-friendly, multi-sensory teaching tool providing theory, tips and activities to assist in teaching motor skills with specific adaptations for children with mobility aids, mobility limitations, visual impairments, hearing impairments, and in wheelchairs. All the skills address the three major skill categories within the LTAD Model: stability skills, object manipulation skills, and locomotor skills. A video collection support implementation.

Cost: Resource \$40; Video Collection \$25

Contact: PHE Canada
613-523-1348 or 1-800-663-8708
info@phecanada.ca
www.phecanada.ca/store

Zone: Scheduled Physical Education
Family and Community

FUNDAMENTAL MOVEMENT SKILLS WORKSHOPS



Focus on training coaches working with athletes in the Active Start or Fundamentals stages of long-term athlete development. Explores core NCCP themes such as fair play, safety responsibility, and communication with an innovative skill development process. Participants are given the opportunity to practice strategies to improve fundamental movement skills such as throwing, hopping, skipping, jumping, kicking, striking, balancing, catching, and agility.

► NOTE: Workshops are organized provincially/territorially – visit the CAC’s website to find a workshop in your area.

Cost: Prices vary

Contact: Coaching Association of Canada

613-235-5000

coach@coach.ca

www.coach.ca/multi-sport-s15501

Zone: Scheduled Physical Education
Family and Community

FUN-DAMENTALS OF FITNESS PRESENTATIONS



Two grade-targeted presentations from the Purple Pirate. Pirate Practice (grades K-2) is a 20 minute interactive, aerobic dance themed treasure hunt. FUN-damentals of Fitness (grades 3-7) is a 40 minute interactive performance that teaches nutrition, safety and the FUN of active living.

Cost: \$350-\$550

Contact: Purple Pirate Productions

604-805-4395

www.purplepirate.com

Zone: School Spirit

► NOTE: See Basketball Moves Residency (p. 32) and Get Active with the Purple Pirate (p. 51) for other Purple Pirate resources.

GAELIC FOOTBALL WORKSHOPS



Introduce students to Ireland’s national sport. Gaelic football integrates skills found in volleyball, soccer, football and basketball. This innovative sport is easy to set up, with simple rules.

Cost: TOC costs and travel expenses

Contact: John O’Flynn

604-803-7232

john.oflynn@gmail.com

www.cul4kidz.com www.gaelicfootballforkids.com

Zone: Scheduled Physical Education ■ Family and Community

GET ACTIVE WITH THE PURPLE PIRATE



Get students moving with this interactive music and dance-based presentation for grades K-2.

Cost: \$150

Contact: Purple Pirate Entertainment

604-805-4395

www.purplepirate.com

Zone: School Spirit

► NOTE: See Basketball Moves Residency (p. 32) and FUN-damentals of Fitness Presentations (p. 50) for other Purple Pirate productions.

GET STRONG 101 DVD



One hundred and one strength and conditioning skills, drills and games for use in the classroom, gym or on a field. Focuses on strength, quickness, balance, speed and agility for everyday activities, sport, or just to feel great! Each skill is a separate video clip. Includes sample workouts, or teachers and students can create their own.

Cost: \$21.95

Contact: Engage Communications Inc.

604-874-7700

info@eyelearner.com www.eyelearner.com

Zone: Scheduled Physical Education ■ Classroom Action
Family and Community

► NOTE: For Get Strong 101 Workshops or DPA Pages! Circuit (p. 42) contact Action Schools! BC at info@actionschoolsbc.ca.

► NOTE: “Kids Fitness Trio” – Purchase 6 Fit Kids’ Workouts (p. 93), 65 Energy Blasts (p. 93) and Get Strong 101 online and save 15%.

GREAT ACTIVITIES FOR PHYSICAL EDUCATION DVDs



Developmentally appropriate physical education activities designed to promote student fitness and skill development. Grades K-2 DVD features 15 games and activities including Walking Through the Jungle, the Seven Jumps Dance, Octopus Tag and more. Grades 3-5 DVD features 16 games and activities including Sitting Square Dance, Bowling for Fitness, Multiplication Tag and more. Grades 6-8 DVD features 18 games and activities including Roller Ball, Hoop Ball, High Five Softball, Ultimate Ping Pong and more.

Cost: \$30 USD each; \$75 USD for set of 3

Contact: Sport Videos
sportvideo@ureach.com
www.sportvideos.com

Zone: Scheduled Physical Education

▶ NOTE: A number of sport-specific DVDs are also available.

GREAT GAMES BY GREAT KIDS



A collection of more than 60 games from Ontario's young leaders.

Cost: \$20

Contact: CIRA Ontario
905-648-2226
ciraontario@gmail.com www.ciraontario.com

Zone: Scheduled Physical Education
Extra-Curricular

GREAT GATOR GAMES



Contains 40 games for use in physical education, intramurals or playground programs. Gator skin balls are adaptable, lightweight and available in a variety of sizes enabling children to learn motor skills without fear of the ball. Specific activities include icebreaker, team, tag, mass and dodgeball games.

Cost: \$20

Contact: CIRA Ontario
905-648-2226
ciraontario@gmail.com www.ciraontario.com

Zone: Scheduled Physical Education ■ Classroom Action ■ Extra-Curricular

GYM RIOT



An event designed to enhance school spirit, Gym Riot can involve any number of teams and students. Every aspect of the event is explained in detail. Specific resources for grades 2-6 and 7-12.

Cost: \$9.98 each

Contact: PHE Canada
613-523-1348 or 1-800-663-8708
info@phecanada.ca
www.phecanada.ca/store

Zone: Scheduled Physical Education
Extra-Curricular
School Spirit

GYM SCOOTER FUN & GAMES



Gym scooter activities that promote the development of various movement skills and fitness. Features large and small group games that focus on participation, cooperation and fitness development.

Cost: \$16.95

Contact: Purchase online or from your local bookstore
ISBN: 978-0966972771

Zone: Scheduled Physical Education

HAND, PADDLE & RACQUET-TYPE GAMES



Learning activities and games to develop hand-eye coordination. The resource includes teaching tips, lesson plans, and game overviews.

Cost: \$11.75

Contact: PHE Canada
613-523-1348 or 1-800-663-8708
info@phecanada.ca
www.phecanada.ca/store

Zone: Scheduled Physical Education

HAVING A BALL Stability Ball Games



Get students bouncing, laughing, moving and having fun while improving their balance, coordination and overall fitness skills. Features 73 stability ball games with variations, challenges, races, relays and team games.

Cost: \$22.95

Contact: Human Kinetics Publishers
1-800-465-7301
www.humankinetics.com

Zone: Scheduled Physical Education

HEAD-TO-TOE STRETCH POSTER



Reinforces the importance of stretching when posted in the gymnasium or classroom. Safe stretching exercises endorsed by SportMedBC, BCRPA, CSEP-BC and PE-BC.

Cost: In BC: FREE to registered Action Schools
Outside BC: \$5; add \$1 for lamination

Contact: Action Schools! BC Support Team
604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca www.actionschoolsbc.ca

Zone: Scheduled Physical Education ■ Classroom Action
Family and Community

► NOTE: Available as part of the Physical Activity Poster Pack (p. 71).

HEALTHY OPPORTUNITIES FOR PRESCHOOLERS



Developmentally appropriate movement activities for daily physical activity. Includes modifications and teaching and safety tips. Designed to suit varying time, space and environments. Videos of sample activities available online. Developed for preschoolers, but appropriate for grades K to 1.

Cost: Download for FREE from the University of Victoria at
www.educ.uvic.ca/faculty/temple/pages/hop.htm

Contact: Action Schools! BC Support Team for hard copies
604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca www.actionschoolsbc.ca

Zone: Scheduled Physical Education ■ Classroom Action

HEART HEALTHY KIDS LESSON PLANS



Grade specific heart health units that include lesson plans and student worksheets.

Cost: Download for FREE

Contact: Heart & Stroke Foundation of Canada
www.heartandstroke.ca – click “Healthy Kids”

Zone: Classroom Action

► NOTE: For more resources from the Heart & Stroke Foundation look in the index.

HEART HEALTHY KIDS PHYSICAL ACTIVITY HANDBOOK



Support in integrating physical activity into the daily classroom schedule.

Cost: Download for FREE

Contact: Heart & Stroke Foundation of Canada
www.heartandstroke.ca – click “Healthy Kids”

Zone: Classroom Action

► NOTE: For more resources from the Heart & Stroke Foundation look in the index.

HOOPS & HOOPLA



More than 40 shooting games, shooting drills, and exciting shooting challenges guaranteed to add fun to all programs. Bonus games can be used for dribbling and passing competitions.

Cost: \$20

Contact: CIRA Ontario
905-648-2226
ciraontario@gmail.com
www.ciraontario.com

Zone: Scheduled Physical Education
Extra-Curricular

HOOPS FOR HEART JUMP ROPE FOR HEART



Two long-standing school programs combine physical activity with fun to teach students the importance of healthy living, active lifestyles and social responsibility . . . while raising awareness and vital funds for life-saving research by the Heart & Stroke Foundation. A FREE registration kit includes everything needed to run a successful program. Be a Heart Hero by allowing your students to find out that they have the power to make a difference in the lives of kids who need help.

Cost: FREE

Contact: Heart & Stroke Foundation of Canada
1-888-473-4636
www.heartandstroke.ca
www.jumpropeforheart.ca www.hoopsforheart.ca

Zone: Scheduled Physical Education ■ Classroom Action ■ School Spirit

► NOTE: Visit the Heart and Stroke Foundation website for additional resources and provincial/territorial contacts.

I CAN BE HEALTHY: Classroom Activities



Designed so teachers or students can turn to any page and lead the class in easy-to-follow activities. Each activity includes instructions, a list of any special equipment, and the recommended grade. Healthy tips are included throughout.

Cost: Download for FREE

Contact: Windsor-Essex County Health Unit
519-258-2146 or 1-800-265-5822
www.wehealthunit.org – search “I Can Be Healthy”

Zone: Classroom Action

INCLUSIVE GAMES



A collection of 50 games, helpful illustrations, and hundreds of variations for students to practice, play and improve their physical activity skills together.

Cost: \$23.95

Contact: Purchase online or from your local bookstore
ISBN: 978-0573226394

Zone: Scheduled Physical Education

INDOOR/OUTDOOR LACROSSE School Curriculum Program



Provide your students with the opportunity to participate in Canada’s national summer sport, regardless of experience, or the equipment and facilities available to your school. Appropriate for a gymnasium or field; equipment adaptations are provided based on facilities and skill and age of participants. Resource package includes the School Curriculum Manual with lesson plans and various drills, and an introductory DVD.

► NOTE: The BCLA operates a FREE stick loan program; contact the lacrosse association in your own province/territory about similar programs.

Cost: FREE

Contact: BC Lacrosse Association
604-421-9755
info@bclacrosse.com
www.bclacrosse.com

Zone: Scheduled Physical Education
Family and Community
Extra-Curricular

INTER-CROSSE



Introduce students to Canada’s national summer sport with this modified game. Inter-Crosse is founded upon the values of respect, movement, communication and adaptability. Resource package includes an introduction to Inter-Crosse, warm-up activities, lessons, drills and games, and an introductory DVD.

► NOTE: The BCLA operates a FREE stick loan program; contact the lacrosse association in your province/territory about similar programs.

Cost: FREE

Contact: BC Lacrosse Association
604-421-9755
info@bclacrosse.com
www.bclacrosse.com

Zone: Scheduled Physical Education
Family and Community
Extra-Curricular

INTRAMURALS

Takin' it into the Classroom



This resource takes intramurals into the classroom and offers challenges for all ages and levels. Classroom intramurals promote fun, fair play, cooperation and are a great way to meet DPA requirements. Activities are designed to enhance motor skill development with minimal preparation, minimal cost, and minimal equipment required.

Cost: \$20

Contact: Don Hutchinson
dhutchinson@sd43.bc.ca

Zone: Classroom Action

INUIT GAMES

Training & Resource Manual & DVD

INUIT-STYLE WRESTLING

Instruction & Resource Manual



Two manuals providing step-by-step movement descriptions of the traditional activities, and coaching and instructional methods based on traditional values and practices. Inuit Games resource includes a set of instructional posters and a DVD with demonstrations.

Cost: \$50 each

Contact: Municipal & Community Affairs, Sport & Recreation Division
Government of Northwest Territories
867-873-7245
damon_crossman@gov.nt.ca
www.maca.gov.nt.ca

Zone: Scheduled Physical Education

► NOTE: Similar manuals are available for Arctic Sports (p. 31), Dene Games (p. 40), and Snowshoeing (p. 80).

JIGGAJUMP ADVENTURES



Active musical adventures get children moving, stretching, singing-along and having fun, planting the seed for a lifetime of healthy active living. A CD contains 18 songs woven into 6 adventures with lyrics, movement sheets and activity pages. A leader's guide includes play-based extension activities with curriculum links.

Cost: \$34.95; download leader's guide for FREE

Contact: JiggaJump
www.jiggajump.com

Zone: Classroom Action

JOY OF JUGGLING



Learning tools for juggling with scarves, bean bags, balls, ring and clubs. Illustrated manual covers basic and advanced skills.

Cost: Manual \$9.89

Contact: School Specialty Sportime
1-866-519-2816
www.schoolspecialty.ca

Zone: Scheduled Physical Education
Classroom Action

► NOTE: A juggling workshop is available from Action Schools! BC (p. 71).

JUGGLETIME DVD



Demonstrations and instructional hints to speed-up the teaching-learning process. Helps students develop persistence, positive thinking and a sense of self-confidence.

Cost: DVD \$17.29

Contact: School Specialty Sportime
1-866-519-2816
www.schoolspecialty.ca

Zone: Scheduled Physical Education
Classroom Action

JUGGLING: FROM START TO STAR



In the classroom or gym, juggling is fun and active. This easy-to-use manual includes tips, fun games, photographs, diagrams and different apparatus suggestions for all levels of jugglers.

Cost: \$23.99

Contact: School Specialty
1-866-519-2816
www.schoolspecialty.ca

Zone: Scheduled Physical Education
Classroom Action

JUMP ROPE FOR FITNESS & CONDITIONING



Learn how to enhance athletic training and fitness conditioning with jump rope skills and drills. DVD features 78 segments covering strength, speed, power, endurance and agility; accompanied by a training manual.

Cost: \$19.95

Contact: Atec Marketing Limited
905-648-0178
atec@jumprope.com
www.jumprope.com

Zone: Scheduled Physical Education
Extra-Curricular

JUMP ROPE WALL CHARTS



Jump rope skills are clearly explained and illustrated on four large (19 in. x 27 in.) instructional posters. Each of the four charts (Single Rope Basics, Partner Activities, Long Rope Skills, Double Dutch) includes more than 20 skills, activities and challenges.

Cost: \$5.95 each; Set of 4 \$17.95

Contact: Atec Marketing Limited
905-648-0178
atec@jumprope.com
www.jumprope.com

Zone: Scheduled Physical Education
Extra-Curricular

JUMP2BFIT



An activity and fitness program designed to improve fitness, skill development, teamwork, leadership skills, and self-esteem through skipping. Instructor kit includes manual, DVD, music CD, one skipping rope, instructional posters, and a sample student activity booklet. Classroom kit includes 35 single ropes, 2 double dutch ropes, and resources in instructor kit.

Cost: Instructor Kit \$49.95; Classroom Kit \$134.95

Contact: Atec Marketing Limited
905-648-0178
atec@jumprope.com www.jumprope.com

Zone: Scheduled Physical Education ■ Extra-Curricular

- ▶ NOTE: A similar French resource, Saut à la corde – Forme et plaisir, is available.
- ▶ NOTE: Atec sells 100% made in Canada skipping ropes.

JUMP2BFIT DOUBLE DUTCH



Another activity and fitness program designed to improve fitness, skill development, teamwork, leadership skills, and self-esteem through skipping. Instructor kit includes manual, DVD, music CD, and 2 instructional posters. Classroom kit includes rope sets and resources in instructor kit.

Cost: Instructor Kit \$29.95; Classroom Kit \$89.95

Contact: Atec Marketing Limited
905-648-0178
atec@jumprope.com www.jumprope.com

Zone: Scheduled Physical Education ■ Extra-Curricular

- ▶ NOTE: Atec sells 100% made in Canada skipping ropes.

JUMPBEATS



Jump rope training and participation is enhanced by using music with a great beat. The instrumental CD incorporates the styles of hip hop, drums and bass, soul and more. Each track has a steady BPM, with tracks ranging from 90 BPM to 157 BPM.

Cost: \$7.95

Contact: Atec Marketing Limited
905-648-0178
atec@jumprope.com www.jumprope.com

Zone: Scheduled Physical Education

JUMPFIT



A jump rope workout program. Booklet and DVD start with basic skills and progress to tricks. A web-based Personal Challenge Program with downloads complements the program. Music CD was compiled for rope jumping; tempos increase from track one to track twelve.

Cost: Booklet & DVD \$17.95; Music CD \$7.95

Contact: Atec Marketing Limited
905-648-0178
atec@jumprope.com www.jumprope.com

Zone: Scheduled Physical Education
Extra-Curricular

JUMPING INTO THE CURRICULUM



Jump rope activities with curricular connections to language, math, science, the arts, and social studies.

Cost: Download for FREE

Contact: Heart & Stroke Foundation of Canada
www.heartandstroke.ca

Zone: Scheduled Physical Education
Classroom Action

► NOTE: For more resources from the Heart & Stroke Foundation look in the index.

JUST ANOTHER GREAT GAMES BOOK



With five themed sections, including Awesome Autumn, 'Tis the Season to be Jolly, Spring has Sprung, and Group Activities, this resource will help with your themed week and special event programming and large group activities. A "best of" compilation from CIRA Ontario's Mass Appeal, Another Games Book, and Not Just Another Games Book.

Cost: \$20

Contact: CIRA Ontario
905-648-2226
ciraontario@gmail.com
www.ciraontario.com

Zone: Scheduled Physical Education
Classroom Action
School Spirit

JUST SCOOTIN'



Individual and large group scooter board games and activities, great for students of all ages and abilities. Twenty games in total.

Cost: \$20

Contact: Don Hutchinson
dhutchinson@sd43.bc.ca

Zone: Scheduled Physical Education
Extra-Curricular

K-3 GAMES



A practical resource to teach sport skills through games. Promotes game and social skills, physical fitness, knowledge and understanding, and positive attitudes.

Cost: \$12.95

Contact: PHE Canada
613-523-1348 or 1-800-663-8708
info@phecanada.ca
www.phecanada.ca/store

Zone: Scheduled Physical Education

KANGA BALL



A unique, safe, modified form of cricket offering fun, action and equal participation. Easy to set up, and with simple rules, Kanga Ball can be played on any indoor or outdoor level surface. Suitable for co-ed physical education, intramural play, interschool competition, or informal play. Manual includes age-targeted lesson plans and adaptations.

Cost: Manual \$6; Equipment sets from \$40

Contact: Top Gear Sports/Model Craft Inc.
604-437-1166
info@modelcraft.com

Zone: Scheduled Physical Education
Family and Community
Extra-Curricular

► NOTE: In BC, contact Jack Kyle about Kanga Ball workshops for intermediate grades and teachers at 604-276-9488.

KEEPING KIDS ACTIVE KEEPING EVERYONE ACTIVE



Two traveling resource kits of alternative physical education equipment, teaching resources, and lesson plans supporting the K-5 and 6-12 Saskatchewan Physical Education curriculum. Designed to assist generalists and PE specialists deliver quality physical education programs.

Cost: Available to SPEA members; Schools are responsible for kit's transportation to next school (approx. \$25)

Contact: Saskatchewan Physical Education Association
306-656-4423
spea@xplornet.com www.speaonline.ca

Zone: Scheduled Physical Education ■ Classroom Action

► NOTE: Contact SPEA about a traveling set of pedometers.

KIDS CANMOVE SCHOOL PROGRAM



A comprehensive program designed to help teachers deliver effective, positive and safe gymnastics experiences to their students while meeting provincial curriculum. Includes a teaching manual with sample lessons and task cards; access to teacher in-services and in-class instruction; and other support resources.

Cost: Prices vary

Contact: Gymnastics BC
604-333-3494
info@gymnastics.bc.ca www.kidscanmove.com

Zone: Scheduled Physical Education ■ Family and Community

KIDS INTO ACTION CDs: Volumes 1, 2 & 3



Instructional music CDs that provide physical activity routines with warm-ups, stretching, and cool-downs. Targeted CDs for grades K-2, 3-5, and 6-9.

► NOTE: Volume 1 resources are available in French.

Cost: \$24.99 each

Contact: Kids into Action
416-451-5542
josh@kidsintoaction.com www.kidsintoaction.com

Zone: Scheduled Physical Education ■ Classroom Action

► NOTE: Two station/circuit CDs are available – see p. 38 and p. 82.

KIN-BALL



Created in Canada, Kin-Ball promotes cooperation, fairplay and teamwork. The game involves three teams playing with a giant (4-foot diameter) ball. Instructional manual provides information about tactics, refereeing and technique. DVD introduces the sport and teaches the basics of the game to get students active. Other technical resources are available.

Cost: Manual \$16.99; DVD \$29.99; Kin-Ball prices vary

Contact: Omnikin Inc.
1-800-706-6645
www.omnikin.com

Zone: Scheduled Physical Education ■ Extra-Curricular

LEARN TO PLAY



Introduces students to softball through a wide variety of games and activities that promote fun, friends and action. Designed with less experienced coaches and instructors in mind, instructional manual provides 18 on-field lesson plans with warm-up and lead-up games. DVD demonstrates drills, and contains lesson print-outs. Skill posters breakdown fundamental skills (throwing, catching, batting, base running, fielding) and provide corresponding activities.

Cost: Prices vary

Contact: Softball Canada for provincial/territorial contacts
613-523-3386
ltp@softball.ca www.softball.ca

Zone: Scheduled Physical Education ■ Family and Community

► NOTE: A FREE equipment rental program is available on the Softball BC website – www.softball.bc.ca

LITTLE SIXERS



Combines basketball fundamentals with early mathematics learning through 30 lesson plans with warm-ups, activities, fundamental skill lessons, and cool-downs.

► NOTE: Clinics and teacher workshops are available in Ontario.

Cost: \$95

Contact: Ontario Basketball
416-426-7200
info@basketball.on.ca www.basketball.on.ca

Zone: Scheduled Physical Education ■ Extra-Curricular

THE LIVING WHEEL CIRCLES OF LIFE: First Nations Yoga



“Whole body prayers” of the Living Wheel, routines for body/mind/spirit. Created in partnership with the Klahoweya Centre. For more from The Yoga Tree see *Yoga + Kids = Infinite Possibility* (p. 88).

Cost: \$15

Contact: Maalaa, The Yoga Tree
604-730-1026 or 250-244-1553
maarosalie@kidsyoganow.com www.kidsyoganow.com

Zone: Scheduled Physical Education ■ Classroom Action
Family and Community ■ Extra-Curricular

MAKING CONNECTIONS



Sixty activities planned around curriculum concepts in movement, music, and literacy to keep children moving and singing as they develop their literacy skills. Includes a music CD to complement the activities.

Cost: \$32.69

Contact: School Specialty Sportime
1-866-519-2816
www.schoolspecialty.ca

Zone: Classroom Action

MEGA HOOPS



Introduce basketball skills in a fun, action-packed environment. Progressive activities teach students the proper execution of 6 basic fundamentals: shooting, dribbling, passing, rebounding, movement, and lay-ups. Teacher resource manual includes activity wall cards, a skill development video and poster, four pylons, and participation certificates.

Cost: \$75

Contact: Ontario Basketball
416-426-7200
info@basketball.on.ca www.basketball.on.ca

Zone: Scheduled Physical Education ■ Family and Community
Extra-Curricular

► NOTE: Three-hour skill sessions, teacher clinics, and 8 week clinics are available in Ontario; prices vary.

MINI VOLLEY: Instructor's Guide & DVD



Modified volleyball to encourage learning, promote success, and increase enjoyment. Instructor guide provides games and activities; DVD provides activity visuals. Endorsed by PHE Canada and the FIVB.

Cost: \$69.95

Contact: Doug Anton, Volleyball Canada
613-748-5681 ext. 231
danton@volleyball.ca
www.volleyball.ca

Zone: Scheduled Physical Education

► NOTE: Mini volley starter kits with equipment are available.

MOVIN' MUSIC FOR DPA CD Volumes 1 & 2



Designed to get your students moving during DPA. Volume 1 features 21 tracks of motivational music. Volume 2 features 20 multi-genre tracks of energizing music including Latin, rock, hip hop, pop, and dance.

Cost: \$15 each

Contact: Ophea
416-426-7120 or 1-888-446-7432
dpa@ophea.net
www.ophea.net/order

Zone: Classroom Action

MULTICULTURAL GAMES



Ideas and strategies to help students develop an awareness of and appreciation for other cultures while being physically active. Featuring 75 games from 43 countries on 6 continents, this practical reference is an excellent source for building an interdisciplinary and multicultural curriculum.

Cost: \$25.95

Contact: PHE Canada
613-523-1348 or 1-800-663-8708
info@phecanada.ca
www.phecanada.ca/store

Zone: Scheduled Physical Education

NATIONAL GOLF IN SCHOOLS PROGRAM



Elementary and Secondary School programs that assist teachers (specialists and generalists) to plan and deliver quality learning experiences through golf. Learning resource was designed to meet the learning outcomes of elementary school curricula across Canada. Designed to be delivered with or without golf specific equipment, schools can purchase specialized hard plastic equipment that is child-friendly, safe, and easy to store (comes with storage bag).

► NOTE: Contact your provincial/territorial golf association about innovative activation programming. See also the Playground to Fairway School Golf Program (p. 72).

Cost: Learning resource \$25; with Tri-Golf junior equipment \$175; secondary school equipment \$595; equipment subsidies are available for eligible schools annually

Contact: National Golf in Schools
1-800-263-0009 ext. 475
ngis@golfcanada.ca www.nationalgolfinschools.com

Zone: Scheduled Physical Education ■ Family and Community

NO STANDING AROUND IN MY GYM



Creative ideas for teaching fitness, basic skills and games. Includes six teaching units, 70 games, and lots of modifications. Illustrations, diagrams, a game finder, and classroom-tested lesson plans make trying something new easy.

Cost: \$31.95

Contact: PHE Canada
613-523-1348 or 1-800-663-8708
info@phecanada.ca www.phecanada.ca/store

Zone: Scheduled Physical Education

OMNIKIN



Activities using giant balls for cooperation, collective games, and skill development. A teaching manual and giant basketballs, giant volleyballs, and giant footballs are available.

Cost: Manual \$32.99; Balls from \$42.99 each

Contact: Omnikin Inc.
1-800-706-6645
service@omnikin.com www.omnikin.com

Zone: Scheduled Physical Education

ON THE MOVE WITH SPEED STACKS



More than 70 sport stacking activities that promote fitness, strength, agility, movement, coordination and teamwork.

Cost: \$15.95 USD

Contact: Speed Stacks Inc.
1-877-468-2877
www.speedstacks.com

Zone: Scheduled Physical Education ■ Classroom Action

OODLES OF NOODLES



Warm-ups, tag games, team games, tasks/challenges, and cooperative games using pool noodles.

Cost: \$20

Contact: CIRA Ontario
905-648-2226
ciraontario@gmail.com www.ciraontario.com

Zone: Scheduled Physical Education

p.s.a.p. – TEACHING THE BASICS



A physical education resource program designed to help teachers and instructors teach children and youth their basic sport skills, supporting the development of physical literacy and fundamental movement skills. Sport specific manuals for badminton, basketball, curling, disc sports, golf, gymnastics, ice skating, judo, orienteering, soccer, softball, track & field, and volleyball provide detailed lesson plans and skill breakdowns. Skill poster sets provide visual and skill cue reminders. Personal goal-setting crests motivate participants to master their skills.

► NOTE: Recommended learning resources in AB, BC, MB, NL, NT, SK, YT and NU.

► NOTE: Contact the p.s.a.p. Team about physical education workshops and presentations.

Cost: BC Schools: Manuals \$10, poster sets \$4-\$10, crests FREE
Outside BC: Manuals \$15, poster sets \$6-\$14, crests \$1

Contact: Premier's Sport Awards Program (p.s.a.p.)
604-738-2468 or 1-800-565-7727
psap@jwsporta.ca www.psap.jwsporta.ca

Zone: Scheduled Physical Education ■ Extra-Curricular

PARACHUTE GAMES & BALL GAMES DVD



Games, drills, and teaching skills. Parachute play includes group interaction, teacher strategies, and games for all. Ball games incorporate partner play, cooperative team games, and individual skill development.

Cost: \$22.99

Contact: Education Station
service@educationstation.ca
www.educationstation.ca

Zone: Scheduled Physical Education

PARACHUTE GAMES WITH DVD



Features 59 low, moderate and high activity games with photos, adaptations for differing levels of fitness or ability, and tips for leading play sessions. Also includes information on purchasing repairing, cleaning and storing your parachute. DVD demonstrates games.

Cost: \$28.95

Contact: Human Kinetics
1-800-465-7301
www.humankinetics.com

Zone: Scheduled Physical Education
Extra-Curricular

PE STATIONS SURVIVAL GUIDE



More than 200 themed station ideas with student learning objectives, illustrations, directions, simple set-ups, photocopy-able station extras, and more.

Cost: \$30 USD

Contact: Great Activities Publishing Company
1-800-927-0682
www.greatactivities.net

OR: Purchase online or from your local bookstore
ISBN: 1945872179

Zone: Scheduled Physical Education

PHYSICAL ACTIVITY, PHYSICAL EDUCATION & SPORT WORKSHOPS



Customizable workshops for schools, districts and professional development conferences on physical education, daily physical activity, circuits and stations, brain builders, full day kindergarten activities, chair aerobics and classroom workouts, outdoor games, orienteering, alternative sports, dance, gymnastics, juggling, yoga and more!

Cost: In BC: FREE to registered Action Schools
Outside BC: Call for workshop costs

Contact: Action Schools! BC Support Team
604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca www.actionschoolsbc.ca

Zone: Scheduled Physical Education ■ Classroom Action ■ Extra-Curricular

► NOTE: See also Healthy Eating Workshops (p. 143).

PHYSICAL ACTIVITY POSTER PACK



Colourful, action-inspiring posters for the classroom, gymnasium, and/or school hallway. Features four posters: BrainDance; Bounce-at-the-Bell; Head-to-Toe Stretch; and Sporting Spirit.

Cost: In BC: FREE to registered Action Schools; Outside BC: \$15

Contact: Action Schools! BC Support Team
604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca www.actionschoolsbc.ca

Zone: Scheduled Physical Education ■ Classroom Action ■ School Spirit

► NOTE: Complements the content of the Classroom Action Resource (p. 39).

► NOTE: A Healthy Eating Poster Pack is also available (p. 142).

PHYSICAL ED



Features original songs of movement and locomotor activities to get kids moving. Includes Stomp and Clap, Stir-it Up, Ba Ba Bones, and Physical Ed. Lyrics and activity instructions included.

Cost: \$15 USD

Contact: Learning Station
1-800-789-9990
www.learningstationmusic.com

Zone: Scheduled Physical Education ■ Classroom Action

PLAY DAY, MAY DAY



A guide to play days, theme days and spirit days. Includes suggestions for rotation schedules and round robin play days.

Cost: \$20

Contact: CIRA Ontario
905-648-2226
ciraontario@gmail.com
www.ciraontario.com

Zone: School Spirit

PLAYGROUND STENCILS



Transform your playground into an exciting and active arrangement of games students and families love to play. Forty stencils to choose from; made of durable and reusable Coroplast.

Cost: Prices vary, from \$36.25-\$248.75 each

Contact: PHE Canada
613-523-1348 or 1-800-663-8708
info@phecanada.ca
www.phecanada.ca/store

Zone: School Environment

PLAYGROUND TO FAIRWAY SCHOOL GOLF PROGRAM



Introduces basic golf skills to school-aged children throughout BC in a simple, safe and fun progression, indoors or outdoors, using modified equipment. Skills sessions are taught by trained instructors. Instructor certification, equipment and manual are available for teachers wanting to conduct their own sessions. Three targeted programs are available: K-3 Physical Literacy and Golf; Grades 4-7 Golf Specific Skill Development; and High School Traditional Golf Program.

Cost: Prices vary

Contact: Kathy Gook, British Columbia Golf
604-279-2580 or 1-888-833-2242
kathy@bcga.org
www.playgroundtofairway.org

Zone: Scheduled Physical Education ■ Family and Community
Extra-Curricular

PLAYSPORT



An online database of target, net/wall, striking/fielding, and invasion/territory games. Features an "Activity Quick Find" based on equipment, skills, game complexity, or available space. Teaches kids games by playing games.

Cost: FREE

Contact: www.playsport.net

Zone: Scheduled Physical Education

POSITIVE PLAYGROUNDS



Provides elementary schools with tools to plan successful playground programs, energize physical education, or activate classroom physical activity programs. Includes wall and tarmac ball games, field and tag games, skipping, hopscotch, snow games, Frisbee and juggling.

Cost: Positive Playgrounds Vol. 1 \$24.95
Positive Playgrounds Vol. 2 \$34.95
Program Manual and Game Resource \$69.95

Contact: Positive Playgrounds
780-466-9612
sales@positiveplaygrounds.com
www.positiveplaygrounds.com

Zone: Scheduled Physical Education
Classroom Action
Extra-Curricular

► NOTE: A Positive Playground Funshop workshop is available.

RACQUETBALL WORKSHOPS & DEMOS



Designed to introduce students to racquetball. All equipment is provided, and instruction is delivered by certified coaches. Instruction for ESL and hearing impaired students or classes is also available. Teacher orientation to support the introduction of racquetball prior to the on-court session is provided.

Cost: Court fees may apply

Contact: BC Racquetball Association
604-753-9023
bcracquetball@hotmail.com www.racquetballbc.ca

Zone: Scheduled Physical Education ■ Family and Community

REACH FOR IT!



More than 60 simple, yet technically solid, drills to help students master essential sport skills related to coordination, reaction time, speed-endurance, strength endurance, flexibility, agility, and core strength. Resource also includes an assessment framework, nutrition tips, muscle trivia and a quiz.

Cost: \$14.95

Contact: Coach Bijan
604-512-1306
bijany@coachbijan.com
www.coachbijan.com

Zone: Scheduled Physical Education
Classroom Action

READY-TO-USE P.E. ACTIVITIES



More than 1,600 success-oriented activities to help children improve physical fitness and develop social interaction skills, fair play, and self-esteem. Included are ready-to-use forms for creating well-balanced daily, weekly and yearly physical education plans tailored to the developmental needs of students. Specific resources for grades K-2, 3-4, 5-6, 7-9.

Cost: \$47.65 each

Contact: PHE Canada
613-523-1348 or 1-800-663-8708
info@phecanada.ca
www.phecanada.ca/store

Zone: Scheduled Physical Education

READY-TO-USE PRE-SPORT SKILLS



One hundred month-by-month lessons with activities, games and assessments for elementary grades.

Cost: \$39.79

Contact: School Specialty Sportime
1-866-519-2816
www.schoolspecialty.ca

Zone: Scheduled Physical Education

RECESS SUCCESS!



More than 250 games and activities for the playground focused on participation, cooperation, skill building, and fitness development.

Cost: \$20.99

Contact: School Specialty
1-866-519-2816
www.schoolspecialty.ca

Zone: Scheduled Physical Education
Classroom Action ■ Extra-Curricular

RECIPE CARD LESSON PLANS



Ready to go lesson plans from experienced Alberta physical education specialists. Two sets available for grades K-3 and 4-6; one set for grades 7-9. Each set includes 5-6 units, each with 6 lessons.

Cost: \$20 each

Contact: Ever Active Schools
780-454-4754
info@everactive.org
www.everactive.org

Zone: Scheduled Physical Education
Classroom Action

REPLAY: Safe & Fun, Environmentally-Friendly Games & Activities



A new resource that provides fun and safe games promoting the green movement for environmental and ecology units. Games use recycled and reused everyday materials. Fun and interesting environmental facts and quotes throughout the book help stimulate discussion.

Cost: \$20

Contact: CIRA Ontario
905-648-2226
ciraontario@gmail.com
www.ciraontario.com

Zone: Scheduled Physical Education
Classroom Action

RHYTHMIC GYMNASTICS WORKSHOPS



Practical workshops for students and teachers. Programs require minimal equipment, and include 5 hours of instruction by a certified coach that can be tailored to meet the needs of the school – as teacher workshops, single or multiple school visits, or to prepare children for a school performance.

► NOTE: Workshops limited to communities with BCRSGF registered clubs – contact the BCRSGF for locations.

Cost: \$30

Contact: BCRSGF
604-608-5350
bcsgf@rhythmicsBC.com
www.rhythmicsBC.com

Zone: Scheduled Physical Education
Family and Community

RICOCHET & Other Fun Games with an Odd Ball



Games using odd, reaction and Z-balls. Descriptions include rules of play, equipment/space needs, suggested age, and special considerations.

Cost: \$12.95 USD

Contact: Learning Unlimited Corporation
1-888-622-4203
<http://learningunlimited.stores.yahoo.net/ricochet.htm>

OR: Purchase online or from your local bookstore
ISBN: 978-1885473885

Zone: Scheduled Physical Education

A ROUND OF CIRCLE GAMES



101 quick activities and longer games to make any circle gathering fun. Features many new and unique games, as well as modifications of old favourites.

Cost: \$20

Contact: CIRA Ontario
905-648-2226
ciraontario@gmail.com
www.ciraontario.com

Zone: Classroom Action
Scheduled Physical Education

RUN JUMP THROW



A “FUNdamentals” resource teaching the basics of running, jumping and throwing as the basis for all other sports, and the technical progressions for track and field events. Resources include training and certification for generalists and PE specialists, teaching resources with lesson plans, and equipment bags with everything needed to implement the program. Lesson plans include adaptations for students with disabilities. Instructors are available to deliver the program in schools.

Cost: Prices vary

Contact: Taunya Geelhoed, First Contact Coordinator
604-333-3554
runjumpthrow@bcathletics.org
www.bcathletics.org/main/rjt.htm

Zone: Scheduled Physical Education
Family and Community
Extra-Curricular

► NOTE: Designed for grades 1-6, but adaptable for older grades.

SCOOPBALL



Scoopball games involve learning activities and games that develop hand-eye coordination. Resource includes teaching tips, lesson plans, and game overviews. Bring out the scoops for a fun and unique indoor or outdoor activity.

Cost: \$11.75

Contact: PHE Canada
613-523-1348 or 1-800-663-8708
info@phecanada.ca
www.phecanada.ca/store

Zone: Scheduled Physical Education
Extra-Curricular

SEPAK TAKRAW 101



Introduce your students to sepak takraw, an Asian blend of soccer and volleyball, played on a badminton court, using a unique hand-woven ball. Instructional manual (3rd edition) includes rules, lesson plans, progress charts, check lists, illustrations, lead-up activities, games and drills, and step-by-step “how tos” for 20 kicks and spikes. A “Just for Kicks” video/DVD introduces and demonstrates the sport; the “Centennial Cup” video/DVD features commentated match-play.

Cost: Manual \$28.15 USD; Videos/DVDs \$7.95-\$22 USD

Contact: Sepak Takraw Association of Canada
306-584-8778
stac@takrawcanada.com
www.takrawcanada.com

Zone: Scheduled Physical Education

► NOTE: Contact the STAC about additional sepak takraw resources, equipment, clinics and a list of schools involved with the sport.

SILLY SPORTS & GOOFY GAMES



More than 200 cooperative brain breaks, energizers, teambuilders, classbuilders, and challenges in a step-by-step format.

Cost: \$29

Contact: Order online or from your local bookstore
ISBN: 1879097567

Zone: Scheduled Physical Education

SITTERCISE CD



Stretching, warm-ups, near-aerobic activities, cool-downs, and relaxation . . . all from the comfort of your chair.

Cost: \$21.99

Contact: School Specialty Sportime
1-866-519-2816
www.schoolspecialty.ca

Zone: Scheduled Physical Education
Classroom Action

SKI FIT NORTH



A cross country ski program delivered to communities in northern Saskatchewan, comprised primarily of First Nations and Métis populations. Field workers visit communities to introduce the sport, and coordinate races, gearing up for the Great Northern Ski Quest Loppet Series. Initiated in 1989 as an inexpensive activity for youth, and a means to keep them in school.

Cost: Call for more information

Contact: Cross Country Saskatchewan
306-780-9240
www.crosscountrysask.ca/youth.html#fit

Zone: Scheduled Physical Education
Family and Community

SMART FITNESS WORKOUT DVD



Easy-to-follow fitness routines set to fun, energetic music motivate kids to get up and get moving. The scientifically designed movements strengthen learning while supporting whole-brain integration. Packaged with Smart Fitness, Smart Foods! Teacher's Manual (p. 149).

Cost: DVD \$19.95; with Teacher's Manual \$39.95

Contact: Song Support
1-877-465-7010
Ronno@RonnoSong.com
www.RonnoSong.com

Zone: Classroom Action

► NOTE: Educational workshops and concerts are also available.

SNOWSHOEING Resource & Instructional Manual



A great recreational activity or competitive sport. Manual provides information about equipment and terminology; activities, games and contests; and coaching and instructional methods based on traditional values and practices of the Dene, Athapaskans, Inuit, Eskimo and Kalaallit peoples.

Cost: \$50

Contact: Municipal & Community Affairs, Sport & Recreation Division
Government of Northwest Territories
867-873-7245
damon_crossman@gov.nt.ca
www.maca.gov.nt.ca

Zone: Scheduled Physical Education

► NOTE: Similar manuals are available for Arctic Sports (p. 31), Dene Games (p. 40), and Inuit Games and Inuit-Style Wrestling (p. 58).

SPEED STACKS



An exciting activity improving hand-eye coordination, reaction time and concentration while using both sides of the body and brain. A teaching guide, instructional DVD and sets of equipment are available.

Cost: Prices vary

Contact: School Specialty Sportime
1-866-519-2816
www.schoolspecialty.ca

In SK: Saskatchewan Physical Education Association
306-656-4423
spea@xplor.net
www.speaonline.ca

Zone: Scheduled Physical Education
Classroom Action

► NOTE: See also On the Move with Speed Stacks (p. 69).

SPEEDMINTON® Speed Badminton



Three-minute set-up and non-stop fun without a net or court make this “addictively fun” game a teacher and parent favourite. No skill is required, so everyone can play; ideas for challenging modifications are provided. Play indoors or out, in any wide-open area – playground, parking lot, gym, outdoor court, field, or beach. The lightweight, durable Speedracquet, specially designed with a shorter handle and large sweet spot, means early success for increased confidence.

Cost: Equipment prices vary; Teacher pricing available on sets

Contact: Michele Matthews, m4 ideas inc.
604-760-2995
info@speedminton.ca
www.speedminton.ca

Zone: Scheduled Physical Education
Family and Community
Extra-Curricular

SPORTFIT™



A free, easy-to-use, online fitness and sport education program to get children and youth interested in physical activity by discovering new sports. Identifies summer and winter sports matching participants’ personal preferences and physical abilities, based on feedback in 8 physical challenges and answers to an online questionnaire. Also provides leadership opportunities for older students to assist in program delivery. An initiative of viaSport supported by the Province of BC and the Government of Canada.

Cost: Download for FREE

Contact: SportFit™
778-327-5166
SportFit@viasport.com
www.SportFitCanada.com

Zone: Scheduled Physical Education

SPORTS CIRCUIT! SPORT STATIONS CDs LEVELS 1 & 2



Two CDs, each with 40 downloadable, curriculum based station cards (10 cards for each of basketball, soccer, volleyball, and yoga), vocal tracks describing each station, and musical tracks with “change station” cues to use with your class. Targeted resources for grades K-3 and 4-8.

Cost: \$24.99 each

Contact: Kids into Action
416-451-5542
josh@kidsintoaction.com www.kidsintoaction.com

Zone: Scheduled Physical Education ■ Classroom Action

► NOTE: See also The Circuit! Station Solutions CDs (p. 38); for more Kids into Action CDs look in the index.

SPROCKIDS



A two-wheeled approach to building self-esteem through a healthy life-long activity. Curriculum includes mountain bike maintenance, riding techniques and skills, and safety rules and etiquette. Visit the Sprockids website for course schedules, available instructors, or for information about becoming a certified instructor.

Cost: \$252

Contact: Doug Detwiller, Sprockids Office
604-886-0772
ddetwiller@dccnet.com www.sprockids.com

Zone: Scheduled Physical Education
Family and Community ■ Extra-Curricular

► NOTE: Created in Gibsons BC by elementary school teacher Doug Detwiller.

STATION GAMES



Station-based lesson plans that promote maximum activity time and lots of movement. Includes grade level, objectives, skills, equipment, safety tips and modifications.

Cost: \$25.95

Contact: PHE Canada
613-523-1348 or 1-800-663-8708
info@phecanada.ca www.phecanada.ca/store

Zone: Scheduled Physical Education

SWEETGRASS FITNESS DVD



A low intensity workout for all ages and body-types. Delivers diabetes prevention and promotion messages through exercise and awareness.

Cost: \$25

Contact: Southern Ontario Aboriginal Diabetes Initiative
1-888-514-1370
officeadministrator@soadi.ca
www.soadi.ca

Zone: Scheduled Physical Education
Classroom Action

TEACHING THE NUTS & BOLTS OF PHYSICAL EDUCATION



Emphasizes the need to provide children with “building blocks” for participation. Focuses on 24 basic locomotor and manipulative skills. Features lesson plans, worksheets, troubleshooting charts, and illustrations to help make teaching skills fun and hassle-free. Includes CD-ROM.

Cost: \$29.95

Contact: Human Kinetics Publishers
1-800-465-7301
www.humankinetics.com

Zone: Scheduled Physical Education

TEAM HANDBALL



Handball is a mix of soccer, water polo and basketball – a great way to build students’ fundamental movement skills. Website features standardized rules and techniques, lesson plans and adapted rules of play for diverse skill levels and age groups, e.g. mini-handball. Workshops are available to support schools in introducing the sport.

Cost: Download for FREE; workshop costs negotiable

Contact: Marcel Sachse, BC Team Handball Federation
778-899-2102
info@bchandball.ca
www.bchandball.ca

Zone: Scheduled Physical Education

TENNIS BC SCHOOL PROGRAM



An in-school or after school tennis program featuring Tennis Canada's Action Method: no one ever stands around – everyone moves the whole time! Includes four sessions during regularly scheduled physical education with a certified instructor (customized lesson programs available); all equipment provided. Training and mentorship opportunities for teachers interested in starting a regular program are also available.

Cost: \$8/student; student discounts on Wilson Jr. racquets available

Contact: Sarah Kadi, Tennis BC
604-737-3123

sarah@tennisbc.org www.tennisbc.org

Zone: Scheduled Physical Education ■ Family and Community
Extra-Curricular

TOP 10 DAILY PHYSICAL ACTIVITIES FOR MOVE FOR HEALTH DAY



Assists educators in planning for Move for Health Day, a World Health Organization event celebrated internationally each year in May. Includes ideas for the classroom, the school, and engaging families.

Cost: Download for FREE

Contact: Action Schools! BC Support Team
604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca www.actionschoolsbc.ca

Zone: Classroom Action ■ Scheduled Physical Education
Family and Community ■ Extra-Curricular

Note: See Move for Health Day (p. 21).

UP DOWN ALL AROUND



Ready-to-use lesson plans for gymnastics. An emphasis on six key movement patterns enables students to develop life-long body management skills and confidence at mastering the movement of their own bodies. Specific resources for grades 1-2, 3-4, 5-6.

Cost: \$31.30 each

Contact: AB Learning Resources Centre
780-427-2767
www.lrc.learning.gov.ab.ca

Zone: Scheduled Physical Education

URBAN POLING



One of Canada's fastest growing fitness trends, urban poling/Nordic walking is like cross country skiing on sidewalks, parks, gyms and outdoor tracks . . . without the skis. Professional development workshops and a four-hour certification program are available to train teachers and community instructors how to integrate urban poling into elementary and secondary schools.

Cost: Prices vary

Contact: Mandy Shintani, Urban Poling Inc.
1-877-499-7999
www.urbanpoling.com

Zone: Scheduled Physical Education
Family and Community
Extra-Curricular

► NOTE: Contact Urban Poling to purchase poles – schools are eligible for discounts up to 43%.

WALKING FOR FITNESS



Walking is a beneficial, low-impact, all purpose physical activity. This comprehensive guide provides a program model appropriate for any fitness level.

Cost: \$19.95

Contact: SportMedBC
604-903-3880 or 1-888-755-3375
info@sportmedbc.com
www.sportmedbc.com

OR: Purchase online or from your local bookstore
ISBN: 978-1553652199

Zone: Scheduled Physical Education
Family and Community
Extra-Curricular

► NOTE: Visit SportMedBC's website for more information on walking and running programs.

WALKING GAMES & ACTIVITIES



Introduce students to the benefits of walking with 40 practical walking games and activities. Each activity includes objectives, safety tips, and equipment needs. Also includes sample walking units, information on nutrition, and suggested guidelines for different age groups.

Cost: \$29.95

Contact: Human Kinetics
1-800-465-7301
www.humankinetics.com

Zone: Scheduled Physical Education
Classroom Action
Extra-Curricular

WHAT I SEE, I CAN BE



Introduce yoga into the classroom, gymnasium or outdoors through a safe, age-appropriate and fun yoga flow. Complementary resources include a teacher manual, storybook, audio CD, DVD, instructional poster and Yoga Match: a memory and movement card game. Workshops, and presentations are also available.

Cost: Prices vary

Contact: Light Connections Press
905-501-1927
info@childrensyogabooks.com
www.childrensyogabooks.com

Zone: Scheduled Physical Education
Classroom Action

WHEELCHAIR SPORTS: Teaching Resource



A handbook to help teachers make physical activity a priority for everyone inside and outside of the classroom with a special focus on wheelchair sports.

Cost: \$10

Contact: BC Wheelchair Sports Association
604-333-3520
info@bcwheelchairsports.com
www.bcwheelchairsports.com

Zone: Scheduled Physical Education ■ Classroom Action

WINTERBALL



Introduce baseball fundamentals in a fun, non-competitive activity. Manual includes complete lesson plans for grades K-2, 3-4 and 5-6 with warm-ups, games, cool-downs, teaching tips, diagrams, and glossary of terms. Kit includes teaching resources and equipment.

Cost: FREE

Contact: Baseball BC
604-586-3310
info1@baseball.bc.ca
www.baseball.bc.ca

Zone: Scheduled Physical Education

WINTER PLAY



One hundred and fifty indoor and outdoor winter activities to get through the long Canadian winter! Includes Winter Play Days, Winter Olympic Days, and more.

Cost: \$20

Contact: CIRA Ontario
905-648-2226
ciraontario@gmail.com
www.ciraontario.com

Zone: Scheduled Physical Education
School Spirit

WRESTLING WORKSHOPS



BC Wrestling offers practical and fun workshops for students, teachers and coaches in elementary schools. Comfortable clothes and gym mats are all that is required; you don't even need a gym!

► **NOTE:** Workshops dependant on instructor availability.

Cost: Prices vary

Contact: BC Wrestling
604-737-3092
info@bcwrestling.com
www.bcwrestling.com

Zone: Scheduled Physical Education
Family and Community

YOGA + KIDS = INFINITE POSSIBILITY



Yoga Asanas (postures) instill strength, steadiness, flexibility, balance, rest and fun. Resources include three teaching manuals for developing a yoga session or incorporating yoga into the classroom (recommended for teachers with yoga experience); a CD of music, poetry and song; The Want Monster – a book and CD for dance and action theatre; Here Comes the Bees music CD and booklet to accompany yoga sequences and the Kids Yoga for Everyone DVD. A series of four booklets (Compassion, Patience, Focus, Giving) related to the Path of Happiness teach values through the intelligent body and reflective mind. Classroom workshops and teacher training are available.

Cost: Prices vary

Contact: Maalaa, The Yoga Tree
604-730-1026 or 250-244-1553
maarosalie@kidsyoganow.com
www.kidsyoganow.com

Zone: Scheduled Physical Education
Classroom Action
Extra-Curricular

YOGA ACTIVITY BOOK



Create a fun, healthy lifestyle for children through yoga. This complete yoga experience helps children develop strength, flexibility, concentration, focus, relaxation, cooperation and creativity. Hours of fun with fresh ideas for yoga play. More than 20 games and activities. Complete pose instructions are included in the back of the book.

Cost: \$11.69

Contact: School Specialty Sportime
1-866-519-2816
www.schoolspecialty.ca

Zone: Scheduled Physical Education
Classroom Action

YOGA GAMES FOR CHILDREN BOOK



An accessible introduction to yoga that promises relaxation and calm through movement and yoga poses. Children can enjoy these activities at school or at home, while developing strength, flexibility, coordination and awareness.

Cost: \$33.79

Contact: School Specialty Sportime
1-866-519-2816
www.schoolspecialty.ca

Zone: Scheduled Physical Education
Classroom Action
Family and Community

YOGA IN YOUR SCHOOL: Exercises for Classroom, Gym & Playground



A series of 3 minute yoga breaks to insert into the classroom schedule regularly or as needed when attention or energy begins to wane. Active and breathing exercises can be combined to create longer sequences for physical education classes. Exercises develop concentration, improve motor skills and physical fitness, and develop strength, flexibility and balance. Workshops are available.

Cost: \$19.95

Contact: Yoga in Your School
www.yogainyourschool.com

Zone: Scheduled Physical Education
Classroom Action ■ Extra-Curricular

YOGA KIT FOR KIDS



Stretch your imagination muscles! Combines imaginative play with physical challenges for independent fun that develops strength, balance, flexibility and concentration. Kit includes 24 cards with illustrations and a short rhyming poem, instruction book, music CD, and poster highlighting several poses.

Cost: Kit \$18.35 USD

Contact: Education 4 Kids
www.edu4kids.com – search “yoga” in the E4K Store

Zone: Scheduled Physical Education
Classroom Action

YOGA PRETZELS DECK: 50 Fun Yoga Activities for Kids & Grownups



Stretch your way to a fun and healthy lifestyle with each of the fifty yoga poses in this colourful deck. Written by Yoga Ed. For more resources by the same authors visit www.yogaed.com or barefootbooks.ca.

Cost: \$20.59

Contact: School Specialty Sportime
1-866-519-2816
www.schoolspecialty.ca

Zone: Scheduled Physical Education ■ Classroom Action
Family and Community

YOGAKIDS

Educating the Whole Child Through Yoga



Treats yoga as a medium for learning, using different elements – anatomy, music, visual art, ecology, and language – designed to stimulate and teach. More than 50 carefully selected poses arranged in groups (e.g. Four-Legged Friends, Peace & Quiet, Moving & Grooving) are paired with special activities that stimulate students' verbal, spatial, and artistic skills. Information about using yoga with students with autism, cerebral palsy, Down's syndrome, ADD, and ADHD is also included.

Cost: \$19.95 USD

Contact: www.yogakids.com
customercare@yogakids.com

Zone: Scheduled Physical Education ■ Classroom Action
Family and Community

► NOTE: Also available via www.amazon.ca.

YOGAKIDS DVDs



Yoga-style moves and activities to develop physical fitness, flexibility, coordination, learning skills, and confidence. Posters take cues from animals, trees and the natural world. Three themed DVDs available: The Original DVD, ABCs, and Silly to Calm.

Cost: \$15 USD each, or set for \$39

Contact: PHE Canada
www.yogakids.com customercare@yogakids.com

Zone: Scheduled Physical Education ■ Classroom Action

► NOTE: Also available via www.amazon.ca.

YOGAKIDS TOOLS FOR SCHOOLS Yoga for Physical Education DVD Yoga for the Classroom DVD



Two DVDs, each featuring three 15 minute yoga-based movement and breathing sequences that can be used in the classroom or physical education class anytime, with every child.

Cost: \$19.99 each

Contact: www.yogakids.com
customercare@yogakids.com

Zone: Scheduled Physical Education
Classroom Action

► NOTE: Pose cards, posters, and a complete kit are also available.

► NOTE: Also available via www.amazon.ca.

YOU'RE IT! TAG, TAG . . . & MORE TAG



More than 130 tag games that children and youth will enjoy and play over and over. Chapter topics include traditional games, partner and group games, tag games using balls, tag with a twist... and much, much more. A new section of 56 end-to-end games has been added.

Cost: \$20

Contact: CIRA Ontario
905-648-2226
ciraontario@gmail.com
www.ciraontario.com

Zone: Scheduled Physical Education
Classroom Action

ZANY ACTIVITIES WITH A RUBBER CHICKEN



A coop full of improvisation ideas, this resource will add fun to your intramural or recreation program, physical activity club, classroom or staff meeting.

Cost: \$12

Contact: PHE Canada
613-523-1348 or 1-800-663-8708
info@phecanada.ca
www.phecanada.ca/store

Zone: Classroom Action
Extra-Curricular

► NOTE: PHE Canada sells rubber chickens.

ZANY ACTIVITIES WITH PANTY HOSE, BOXER SHORTS & LEOTARDS



Improvisation ideas suitable for all age groups. Activities include group development, challenges, tag games, relays, target games and team activities.

Cost: \$12

Contact: PHE Canada
613-523-1348 or 1-800-663-8708
info@phecanada.ca
www.phecanada.ca/store

Zone: Scheduled Physical Education
Classroom Action

Dance

6 FIT KIDS' WORKOUTS DVD



Re-energize students with these fun, contemporary, pedagogically sound dance routines appropriate for any school space, any time, any day. Includes four 5-minute and two 10-minute workouts; each concludes with a healthy message. Created by BC school teacher Judy Howard.

Cost: \$21.95

Contact: Engage Communications Inc.
604-874-7700
info@eyelearner.com
www.eyelearner.com

Zone: Scheduled Physical Education
Classroom Action

► NOTE: "Kids Fitness Trio" – Purchase 6 Fit Kids' Workouts, 65 Energy Blasts (below) and Get Strong 101 (p. 51) online and save 15%.

65 ENERGY BLASTS DVD



Sixty-five one minute and fifteen second dance blasts to get students up and having fun in the classroom. Each blast teaches one simple dance move in one of four genres: African, Latin, Aerobic, and Athletic. Features BC teacher Judy Howard, who incorporates health hints in each blast, and encourages students to keep active and healthy by having fun with their family and friends.

Cost: \$21.95

Contact: Engage Communications Inc.
604-874-7700
info@eyelearner.com
www.eyelearner.com

Zone: Scheduled Physical Education
Classroom Action

► NOTE: "Kids Fitness Trio" – Purchase 6 Fit Kids' Workouts (above), 65 Energy Blasts, and Get Strong 101 (p. 51) online and save 15%.

AEROBIC DANCES FOR KIDS CD & GUIDE



A music CD and teacher guide for the primary level. CD includes music with cues and music only options. Teacher guide includes suggested movement activities with warm-up and cool-down sequences.

Cost: \$27.55

Contact: Alberta Learning Resources Centre
780-427-2767
www.lrc.education.gov.ab.ca

Zone: Scheduled Physical Education

ALL TIME FAVORITE DANCES



Popular dances for groups of all ages and sizes. DVD includes step-by-step demonstrations for the Twist, Mexican Hat, Alley Cat, and more. CD includes a booklet with easy-to-follow instructions.

Cost: DVD \$25.99; Music CD \$24.69

Contact: School Specialty Sportime
1-866-519-2816
www.schoolspecialty.ca

Zone: Scheduled Physical Education

BOBS & LOLO CDs

Action Packed & Musical Adventures



Two CDs that will get students up and moving. "Action Packed" features 12 songs with kid-friendly analogies like trains, superheroes and more; dedicated to children whose action packed lives make a difference for themselves and the world around them each day. "Musical Adventures" features 15 songs about healthy living, conserving wildlife and going green. Curriculum-based activity guides are available FREE on request.

Cost: CDs \$14.99; Digital albums \$9.99

Contact: Bobs & Lolo
778-329-8644
info@bobsandlolo.com
www.bobsandlolo.com/store.html

Zone: Classroom Action

BRAIN-COMPATIBLE DANCE EDUCATION



Explores innovative teaching methods and describes how to present dance lessons to engage learners "to think as well as to move." Includes the BrainDance conceptual explorations and improvisations, movement combinations and folk dances, dance making and dance talking, reflection and assessment, and practical appendices.

Cost: \$50 USD

Contact: Creative Dance Center
206-525-0759
www.creativedance.org/store

Zone: Scheduled Physical Education
Classroom Action

BRAINDANCE DVD & CD



Based on eight fundamental movement patterns that wire the central nervous system. Movements can be used to enhance brain reorganization and body connectivity/alignment, or as a centring body/brain warm-up or calm-down. DVD applies movements for use with different ages in different settings; includes written insert about brain development and the rationale behind the BrainDance. Music CD contains a variety of musical selections and includes a poster and background information.

Cost: DVD \$30 USD; CD and poster \$19 USD

Contact: Creative Dance Center
206-525-0759
www.creativedance.org/store

Zone: Scheduled Physical Education
Classroom Action

CHASE A RAINBOW



A teaching manual and music CD package. Curriculum content and lesson plan pages provide a comprehensive outline of the style, theme and skill development for each song, as well as teaching suggestions and curriculum connections to extend the classroom experience.

Cost: \$24.95

Contact: Kidz Kidding
905-477-9492

paul@kidzkidding.com www.kidzkidding.com

Zone: Scheduled Physical Education ■ Classroom Action

CHILDREN'S ALL-TIME FAVORITES



Dances and singing games for early childhood core curriculum, physical fitness objectives, and multicultural goals. Easy-to-follow book illustrates moves for fun and easy learning.

Cost: \$22.59

Contact: School Specialty Sportime
1-866-519-2816

www.schoolspecialty.ca

Zone: Scheduled Physical Education ■ Classroom Action

COMPLETE BOOK OF LINE DANCING



Christy Lane's comprehensive resource package of line dances for beginner, intermediate and advanced levels. Reference manual features an in-depth look at 64 dances, and provides terminology, diagrams, couples partner dances, and techniques and tips for teachers. Video/DVD includes 22 dances and a terminology section. Music CD includes 13 vocal-free, double-length classics.

Cost: \$21.95 USD

Contact: Christy Lane Enterprises
1-800-555-0205

customerservice@christylane.com www.christylane.com

Zone: Scheduled Physical Education ■ Family and Community

► NOTE: Resources are available individually from School Specialty Sportime –
www.schoolspecialty.ca.

COOL AEROBICS FOR KIDS CD



Fun and innovative, this music CD with guide includes warm-ups, vigorous workouts, challenging coordination exercises, and speed drills.

Cost: \$29.69

Contact: School Specialty Sportime
1-866-519-2816

www.schoolspecialty.ca

Zone: Scheduled Physical Education
Classroom Action

CREATIVE DANCE FOR ALL AGES



Hundreds of ideas, lesson plans, photos and how-to suggestions for any teacher of movement and dance. Ideas and lessons cover 15 different space, time, force, movement and body concepts. Includes information on class management, special education, assessment, videos, books, music and props.

Cost: \$35 USD

Contact: Creative Dance Center
206-525-0759

www.creativedance.org/store

Zone: Scheduled Physical Education

► NOTE: A two-hour companion DVD, Teaching Creative Dance (p. 103), is also available.

DANCE PARTY FUN CD



A classic music CD including the Twist, Train, Hustle, Macarena, Monster Mash and Wipe Out. Guide includes lyrics and dance step instructions.

Cost: \$29.69

Contact: School Specialty Sportime
1-866-519-2816

www.schoolspecialty.ca

Zone: Scheduled Physical Education
Classroom Action

DANCES EVEN I WOULD DO



More than 50 dances in the areas of folk, mixers, novelty, singing games and special occasions. Can be used in physical education classes or school-wide events. Detailed descriptions of each dance with suggested songs are provided. Dances are co-educational and multicultural.

Cost: \$20

Contact: CIRA Ontario
905-648-2226
ciraontario@gmail.com www.ciraontario.com

Zone: Scheduled Physical Education ■ School Spirit

DANCING FOR DPA – THE OPHEA WAY! DVD



An instructional DVD developed to assist educators using dance during DPA, includes step-by-step instructions for 50 essential dance movements and 4 choreographed dances.

▶ NOTE: DVD features bonus video clips of Ophea's 50 Fitness Activities demonstrated by students, designed specifically for small spaces.

Cost: \$15

Contact: Ophea
416-426-7120 or 1-888-446-7432
dpa@ophea.net www.ophea.net/order

Zone: Classroom Action

DANSEZ EN FRANÇAIS: French Dances for Classroom & Community



A collection of 21 dances with roots in France and Quebec. The teaching manual, written in English, provides song lyrics and titles in French, and includes musical scores, historical notes, and weblinks. An accompanying CD includes vibrant dance music from France and Canada.

Cost: \$29.95

Contact: Marian Rose
604-254-5678
www.marianrose.com

Zone: Scheduled Physical Education ■ Family and Community

▶ NOTE: Contact Marian Rose about complementary teacher training workshops, school residencies, and community dances.

EVERYBODY DANCE!



Favourite dances including Hot, Hot, Hot, the Locomotion, Mashed Potato, Electric Slide, and YMCA. DVD features 10 songs and dances demonstrated step-by-step by kids having fun and celebrating fitness. Music CD includes instruction guide with easy steps.

Cost: DVD \$23.29; Music CD \$24.69

Contact: School Specialty Sportime
1-866-519-2816
www.schoolspecialty.ca

Zone: Scheduled Physical Education ■ Classroom Action

FUNKY FREESTYLE DANCING DVD

MORE FUNKY FREESTYLE DANCING DVD



Two collections of funky dance moves from Christy Lane. Funky Freestyle Dancing includes the Butterfly, Reggae Chop, Hot Spot, Pump and Electric Slide. More Funky Freestyle Dancing includes the Sidewinder, Stop and Go, and Funky Jump. Dance moves start slowly, moving to faster tempos to challenge students. Routines at the end of each DVD can serve as models or inspiration for recitals, school assemblies or other events.

Cost: \$19.95 USD each

Contact: Christy Lane Enterprizes
1-800-555-0205
customerservice@christylane.com www.christylane.com

Zone: Scheduled Physical Education ■ Classroom Action
Extra-Curricular ■ School Spirit

INTERDISCIPLINARY LEARNING

THROUGH DANCE: 101 MOVEntures



Standards-based, teacher-tested lesson plans to integrate dance into science, social studies, language arts, math, physical education and creative arts. Lessons include an introduction, "moving adventure," assessment, and extensions. Includes DVD and music CD.

Cost: \$65.95

Contact: Human Kinetics
1-800-465-7301
www.humankinetics.com

Zone: Scheduled Physical Education ■ Classroom Action

KIDS IN MOTION CD



Physical fitness activities to fun music.

Cost: \$28.59

Contact: School Specialty Sportime
1-866-519-2816
www.schoolspecialty.ca

Zone: Scheduled Physical Education
Classroom Action

MOVING & GROOVING: A Dance Program for Schools & Community Groups



A teaching manual and 8 CD set. Includes trios, lines, circles and squares, with diagrams of each formation, walk-thrus, and cued music.

Cost: \$65 donation

Contact: BC Square & Round Dance Federation
250-392-2432 or 1-800-335-9433
info@squaredance.bc.ca
www.movingandgrooving.squaredance.bc.ca

Zone: Scheduled Physical Education
Extra-Curricular

MULTICULTURAL FOLK DANCE TREASURE CHEST



Featuring 18 authentic ethnic dances, this complete teaching resource consists of two volumes, each containing a guide with valuable teaching tips, an instructional DVD, and music CD. Suggestions for linking physical education with other subjects are also provided.

Cost: \$115.95

Contact: PHE Canada
613-523-1348 or 1-800-663-8708
info@phecanada.ca
www.phecanada.ca/store

Zone: Scheduled Physical Education

► NOTE: Individual volumes are available from Human Kinetics Publishers
www.humankinetics.com.

MUSIC & MOVEMENT IN THE CLASSROOM



Concise, easy-to-follow lesson plans are designed to help teachers channel children's natural enthusiasm for music and movement into a rich, positive experience. Includes teaching resource and two music CDs for novice or experienced teachers. Targeted resources for kindergarten, and grades 1-2.

Cost: \$25.35 each

Contact: Alberta Learning Resources Centre
780-427-2767
www.lrc.education.gov.ab.ca

Zone: Classroom Action

MUSIC FOR CREATIVE DANCE



Instrumental albums with a variety of musical styles and sounds appropriate for different dance applications. Pieces feature contrasts in tempo, texture and other musical elements which correspond to the elements of dance. Movement ideas are included in the CD booklet. Four volumes are available.

Cost: \$17 USD

Contact: Aventurine Music
1-877-576-8742
info@aventurinemusic.com
www.aventurinemusic.com

Zone: Scheduled Physical Education
Classroom Action

PARTY DANCE



Christy Lane's collection of nostalgic party dances from the 1950's to today (does not include current club dances). DVD includes modifications, interactive ideas and ways to use props. Music CD includes 20 dance favourites.

Cost: DVD & Music CD package \$45 USD

Contact: Christy Lane Enterprises
1-800-555-0205
customerservice@christylane.com
www.christylane.com

Zone: Scheduled Physical Education

PUTUMAYO KIDS CDs PUTUMAYO WORLD MUSIC CDs



Amazing music from around the world to energize and inspire. Two children's series, Playground and Dreamland, feature music that entertains, educates and inspires cultural curiosity. CDs feature multilingual liner notes. Teacher tools for grades K-6 are available FREE online.

Cost: Prices vary

Contact: Putumayo World Music
www.putumayo.com

Zone: Scheduled Physical Education
Classroom Action
Family and Community

► NOTE: Putumayo CDs are available in stores across Canada.

STEP LIVELY: Dances for Schools & Families STEP LIVELY 2: Canadian Dance Favourites STEP LIVELY 3: Primary Dances



Three collections of dances from traditions such as folk dancing, square dancing, contra dancing, and singing games. Designed for use by generalist teachers, the books feature illustrations and clear, explicit instructions. Includes a section on expanding dance into other curriculum areas; and a music CD.

Cost: \$39.95 each

Contact: Marian Rose
604-254-5678
www.marianrose.com

Zone: Scheduled Physical Education
School Spirit

► NOTE: Contact Marian Rose about complementary teacher training workshops, school residencies, and community dances.

► NOTE: See Dancez en Français (p. 98) for Marian Rose's French resource.

TEACHING CHILDREN DANCE BOOK



Provides a practical framework and approach for presenting creative dance lessons to children. Combines essential dance content with detailed strategy descriptions for delivering 20 dance learning experiences.

Cost: \$33.79

Contact: School Specialty Sportime
1-866-519-2816
www.schoolspecialty.ca

Zone: Scheduled Physical Education

TEACHING CREATIVE DANCE DVD



Bring Anne Green Gilbert's Creative Dance for All Ages book (p. 97) to life. Teaching methods are highlighted through 8 different dance classes with infants through middle school students in classrooms and studios. Includes insert with detailed information about lesson planning, dance concepts, and music choices.

Cost: VHS/DVD \$30 USD

Contact: Creative Dance Center
206-525-0759

www.creativedance.org/store/

Zone: Scheduled Physical Education
Extra-Curricular

■ Pedometer Resources

STEP INTO ACTION



A teacher resource manual to implement a pedometer-based walking program. Includes implementation tips and ideas, and practical forms to track steps and administer the program. Developed in Penticton BC.

Cost: FREE

Contact: Action Schools! BC
604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca www.actionschoolsbc.ca

Zone: Scheduled Physical Education
Classroom Action ■ Family and Community

STEPSCOUNT PEDOMETERS & SCHOOL TOOLKITS



High quality, research-grade pedometers. Purchase includes license to LogYourSteps.com where students/teachers can log steps, set goals, track progress, set-up/monitor competitions, and reset pedometer accounts for new classes.

► NOTE: A variety of teaching resources are available at www.StepsCount.com/catalogue.

Cost: Single pedometers from \$12 each;
Class sets of 36 from \$396; School toolkit \$210

Contact: StepsCount
1-866-342-2328
info@stepscount.com
www.StepsCount.com

Zone: Scheduled Physical Education
Classroom Action
Family and Community

Safety, Fair Play & Leadership

ACTIVATE



A national youth leadership program launched every year with a week-long leadership conference in Ottawa. Youth participants are empowered to lead projects in their communities, supported throughout the year by Motivate Canada. Participants and staff alike are motivated by the idea that sport and physical activity have the power to connect people across all cultures, languages, geographic location and socioeconomic status.

Cost: FREE for successful applicants

Contact: ACTIVATE – a program of Motivate Canada
613-789-3333

activate@motivatecanada.ca www.motivatecanada.ca/en/activate

Zone: Family and Community

ACTIVE LIVING AFTER SCHOOL A Program Guide for Student Leaders



A program guide for planning and implementing active after school programs to help children and youth keep active, learn about healthy lifestyles, develop leadership skills, and have fun.

Cost: \$10

Contact: PHE Canada
613-523-1348 or 1-800-663-8708

info@phecanada.ca www.phecanada.ca/store

Zone: Extra-Curricular

► NOTE: See *Leading the Way: Youth Leadership Guide* (p. 110) for PHE Canada's youth leadership development program.

ALBERTA'S FUTURE LEADERS



Seeks to develop youth leaders in Aboriginal communities in sport, culture and recreation. Youth leaders receive training and are placed in communities from a period of May through to the end of August to provide summer programming and build community capacity. Leaders are employees of the community. The program provides a three-year funding commitment to the community at which time the community is encouraged to create and fund an ongoing position.

Contact: Alberta Sport, Recreation, Parks and Wildlife Foundation
www.asrpf.ca – search “future leaders”

Zone: Family and Community

CONVENOROLGY

So You Want to Be a Convenor



A 12-step process for student leadership groups or intramural committees to coordinate sports, physical activities, and special events.

Cost: \$10

Contact: PHE Canada
613-523-1348 or 1-800-663-8708
info@phecanada.ca
www.phecanada.ca/store

Zone: Extra-Curricular

ESTEEM TEAM



A national goal-setting initiative to inspire young people to follow their dreams, to provide them with tools for success, and to activate them for life. The Team is made up of a group of Olympians, Paralympians, and other elite athletes from across Canada that deliver a positive message of goal-setting and living a healthy and active lifestyle through their personal stories. A school resource is sent out upon booking with complementary goal setting lessons, games and techniques. A new online “S.M.A.R.T. Goal Setting Coach” is available to help students achieve their dreams on and off the field of play. The Team’s regularly updated roster can be found online.

Cost: Prices vary (from \$0-\$1,000 depending on regional subsidies)

Contact: Esteem Team – a program of Motivate Canada
613-789-3333
info@esteemteam.com wwwesteemteam.com

Zone: Family and Community ■ School Spirit

FAIR PLAY FOR KIDS



Activities designed to help children learn moral judgment and fair play values. Handbook includes more than 40 activities to teach students the importance of integrity, fairness and respect in sport and in life.

Cost: \$19.95

Contact: Canadian Centre for Ethics in Sport
613-521-3340 or 1-800-672-7775
info@cces.ca
www.cces.ca

Zone: Scheduled Physical Education
Family and Community
Extra-Curricular

► NOTE: See Fair Play It’s Your Call (p. 159) for resources for parents, coaches, officials, etc.

FOLLOW THE LEADER



More than 100 games, with debriefing questions, designed to teach respect, trust, communication, team work and problem solving skills. The Ontario Ministry of Education leadership expectations for each grade level are included.

Cost: \$20

Contact: CIRA Ontario
905-648-2226
ciraontario@gmail.com
www.ciraontario.com

Zone: Scheduled Physical Education
Classroom Action
Extra-Curricular

FRIENDS FOR LIFE



Three grade-specific, evidenced-based resiliency-building and anxiety prevention programs that promote self-esteem and increase problem solving and life skills. Resources include one day leader training; leader manual and student workbooks for a 10-12 week series of program activities; and a parent training component.

Cost: FREE to BC Schools

Contact: Kelly Angelius, FRIENDS Manager
250-387-7056
mcf.cymhfriends@gov.bc.ca
www.mcf.gov.bc.ca/mental_health/friends.htm
www.friendsparentprogram.com

Zone: School Environment
Classroom Action

► NOTE: Visit www.friendsinfo.net/ca for provincial/territorial contacts.

GEN7



An Aboriginal role model program that engages Aboriginal athletes, peer leaders and mentors as Messengers to engage, connect, educate and lead Aboriginal youth in a process of self-discovery. Inspirational stories, experiences and activities empower youth to meet life's challenges and reach their full potential. Through multiple community visits, GEN7 Messengers also listen and learn from youth, Elders and others in the community, helping to identify areas of interest for community development, and providing tools, resources and support that help them to succeed.

Contact: GEN7 – a program of Motivate Canada
613-789-3333
gen7@motivatecanada.ca
www.motivatecanada.ca/en/gen7

Zone: Family and Community

HEALTH PROMOTING SCHOOLS A Toolkit for Student Leaders



A 10 step approach to creating healthy school communities.

Cost: \$5

Contact: PHE Canada
613-523-1348 or 1-800-663-8708
info@phecanada.ca
www.phecanada.ca/store

Zone: Extra-Curricular

► NOTE: See also PHE Canada's Health Promoting Schools Toolkit for Administrators (p. 16).

NOTE: See Leading the Way: Youth Leadership Guide (p. 110) for PHE Canada's youth leadership development program.

HSBC CLEAN AIR ACHIEVERS



A curriculum-connected program about decreasing reliance on the automobile and promoting physical activity through active transportation. Includes a dedicated website calculator (to measure kms traveled and CO₂ reductions) and a teacher manual with lessons and activities, student games, and links to other programs and resources.

► NOTE: Clean Air Champions (national team, Olympic and Paralympic athletes), launch the program, and reinforce important messages.

Cost: FREE but registrations are limited each year

Contact: Clean Air Champions
613-730-7353
info@cleanairchampions.ca
www.cleanairachievers.ca
www.cleanairchampions.ca

Zone: Scheduled Physical Education
School Spirit

INTRAMURALS “MAKING IT FUN”



School culture building and enhancing activities including mass advisory challenges, competitive leagues, fundraisers, theme events, and multi-day events. Activities are designed to provide students an opportunity to participate in activities without a “win at all costs” atmosphere.

Cost: \$30

Contact: Don Hutchinson
dhutchinson@sd43.bc.ca

Zone: Extra-Curricular

LEADING THE WAY Youth Leadership Guide



Developed to improve youth leadership skills and encourage participation in physical activity. Supports young people in developing the skills they need to successfully plan, organize and implement their own programs.

Cost: \$45

Contact: PHE Canada
613-523-1348 or 1-800-663-8708
info@phecanada.ca
www.phecanada.ca/store

Zone: Extra-Curricular

► NOTE: See Active Living After School (p. 105) and Health Promoting Schools (p. 109), two complementary program guides for student leaders.

PLAYGROUND LEADERSHIP PROGRAM



A child and youth led approach to creating safe spaces to play. Promotes active living, respect for others, and safe play while developing students’ leadership skills.

Cost: \$22

Contact: PHE Canada
613-523-1348 or 1-800-663-8708
info@phecanada.ca
www.phecanada.ca/store

Zone: Scheduled Physical Education
Classroom Action
Extra-Curricular

RECESS REVIVAL



An implementation guide assisting teachers, playground supervisors, and peer leaders to promote fun and cooperative physical activity on the playground.

Cost: Download for FREE

Contact: CIRA Ontario
905-648-2226
ciraontario@gmail.com
www.ciraontario.com – click “Free downloads”

Zone: Extra-Curricular

► NOTE: A complementary resource to Active Playgrounds (p. 29).

RICK HANSEN SCHOOL PROGRAM



Promotes social awareness and social responsibility through stories, lesson plans and activities inspired by Rick Hansen’s legendary Man In Motion World Tour. Initiatives and resources include Rick Hansen Schools In Motion, the Rick Hansen Awards Program, the BC Life Skills Program, the Let’s Play Toolkit, lesson plans for grades K-8, and age appropriate books and DVDs. Use Rick Hansen’s story to inspire students to make a difference in the world.

Cost: FREE

Contact: Rick Hansen Foundation
778-295-8149 or 1-800-213-2131
www.rickhansen.com/schools

Zone: Scheduled Physical Education
Family and Community ■ School Spirit

SPORTING SPIRIT POSTER



Illustrates 10 commitments to fair play.

Cost: In BC: FREE to registered Action Schools
Outside BC: \$5; add \$1 for lamination

Contact: Action Schools! BC
604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca
www.actionschoolsbc.ca

Zone: Scheduled Physical Education ■ Classroom Action

STUDENT LEADERSHIP TRAINING



Outdoor games, classroom workouts, or healthy eating leadership training for students in grades 4-8. Involves training a select group of 10-20 students to be leaders in their schools. Schools receive resources, equipment, and certificates. Tri-mentor Student Leadership Training is also available for secondary school students to teach younger students or for their own development and volunteer hours.

Cost: FREE to registered Action Schools in BC
Outside BC: Call for workshop costs

Contact: Action Schools! BC Support Team
604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca
www.actionschoolsbc.ca

Zone: Scheduled Physical Education
Classroom Action
Extra-Curricular

WHY PAPER & SCISSORS ROCK!!!



A unique way to integrate teamwork, cooperation, decision-making and movement skills. Resource includes warm-ups, individual and team games, and sport variations; as well as a rock, paper, scissors responsibility code, official rules, history, and variations.

Cost: \$20

Contact: CIRA Ontario
905-648-2226
ciraontario@gmail.com
www.ciraontario.com

Zone: Scheduled Physical Education

Gender Equity

For gender equity workshops contact CAAWS, the Canadian Association for the Advancement of Women and Sport and Physical Activity; or BC's ProMOTION Plus, AB's InMotion Network, or PQ's Égale Action – provincial organizations for girls and women and physical activity and sport.

ACTIVELY ENGAGING WOMEN AND GIRLS: Addressing the Psycho-Social Factors



Designed to increase awareness about the experiences of women and girls, and provides recommendations to address the psycho-social factors that influence female athlete development, leadership and life-long participation in sport and physical activity. Targeted recommendations for educators and school administrators, community coaches and program leaders, and families. A supplement to Canadian Sport for Life (CS4L).

Cost: FREE to download

Contact: CAAWS
613-562-5667
caaws@caaws.ca
www.caaws.ca

Zone: School Environment
Scheduled Physical Education
Classroom Action
Family and Community
Extra-Curricular

COACHING FEMALE ATHLETES



Practical tips from coaches and athletes and information about the unique needs, interests and experiences of female athletes. Updated in 2011.

Cost: Download for FREE

Contact: Coaches BC
604-333-3600 or 1-800-335-3120
info@coachesbc.ca
www.coachesbc.ca

Zone: Scheduled Physical Education
Extra-Curricular

FAIR GAME: PIONEERING CANADIAN WOMEN IN SPORTS



Historic clips from the CBC archives. Educational activities explore the history of women's participation focussing on their history, role, support, and rise in Canadian sport.

Cost: Download for FREE

Contact: CBC Archives

http://archives.cbc.ca/sports/more_sports/topics/714/

Zone: Scheduled Physical Education

- NOTE: The Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS) hosts dedicated websites to follow the involvement of female athletes at the Olympics, Paralympics, Commonwealth Games, and Pan-American Games. Visit www.caaws.ca for more information.

IN HER VOICE: An Exploration of Young Women's Sport and Physical Activity Experiences



Provides insight into the sport and physical activity experiences of girls and young women. Information gathered from focus groups with women aged 13-17 from 5 diverse communities across Canada offers program providers and decision-makers a better understanding of the diverse needs, interests and experiences of young women, supporting the creation of better programs and more responsive health promotion initiatives.

Cost: Download for FREE

Contact: CAAWS

613-562-5667

caaws@caaws.ca

www.caaws.ca

Zone: School Environment
Scheduled Physical Education
Family and Community
Extra-Curricular

MAKING HEALTHY CONNECTIONS WITH RACIALIZED COMMUNITIES Girls and Young Women's Experiences with Sport, Physical Activity and Healthy Living



A report with recommendations based on focus groups with girls and young women with diverse ethnocultural backgrounds, and practitioners involved with sport and physical activity programs and services for this target group. Quotes bring the issues, successes, and challenges to life.

Cost: FREE to download

Contact: CAAWS

613-562-5667

caaws@caaws.ca

www.caaws.ca

Zone: School Environment
Scheduled Physical Education
Classroom Action
Family and Community
Extra-Curricular

ON THE MOVE HANDBOOK



A practical guide to creating positive programs and inclusive environments for inactive girls and young women. Discusses the issues surrounding girls' and young women's participation in sport and physical activity; highlights successful programs from across Canada; and provides programming tips and implementation suggestions. Workshops are available.

Cost: FREE to download; hard copies \$10; Workshop prices vary

Contact: CAAWS

613-562-5667

caaws@caaws.ca

www.caaws.ca

Zone: School Environment
Scheduled Physical Education
Family and Community
Extra-Curricular

SEX DISCRIMINATION IN SPORT



An up-to-date legal snapshot of the issues around female participation on male teams. The general rule – girls will be permitted to try out for and play on boys' teams regardless of the nature of the opportunity available to girls. Features 7 real-life discrimination scenarios to highlight the subtle issues that enter into legal analysis.

Cost: Download for FREE

Contact: CAAWS

613-562-5667

caaws@caaws.ca

www.caaws.ca

Zone: School Environment
Family and Community

■ Safety & Injury Prevention

“INJURY FREE KARMA” LIFESAVING PROGRAM



Teaches that positive actions can create positive outcomes. Helps students evaluate and apply 4 key survival skills in all their physical activities. Program has expanded online to several media platforms with lots of dynamic content.

► NOTE: Presentations are limited to the Lower Mainland (including Whistler).

Cost: Many resources available for FREE download

Contact: Mary Ellen Lower, BC Injury Prevention Centre

604-875-4991

BCInjuryPreventionCentre@vch.ca

www.injuryfreekarma.com

Zone: Scheduled Physical Education
Family and Community

ROADSENSE KIDS

Activities for Learning Road Safety (K-3) Smart Choices – Safe Choices (4-7)



Students in grades K-3 complete a variety of road safety activities related to staying safe as passengers, pedestrians and cyclists, and develop their own road safety album. Teaching resources are complemented by a RoadSense Kids Songs CD. Road safety lessons for students in grades 4-7 support cross-curricular learning outcomes including the real-world application of subjects such as math, science and social studies, through innovative learning applications to walking, biking, distractions and other road safety concerns.

Cost: FREE to BC schools; call for out of province prices

Contact: Insurance Corporation of BC

curriculumorders@icbc.com

www.icbc.com/4teachers

Zone: Scheduled Physical Education
Family and Community

► NOTE: Resources for grades 8, 9 and 10 are available online.

SMARTRISK No Regrets



More than 700 youth die each year in Canada from injury; you can do something about it! This national, peer-led program helps students learn to prevent injury and take smart risks through positive messaging. Trained student leaders host a variety of injury prevention initiatives throughout the school year that promote five key messages: Buckle Up, Look First, Wear the Gear, Get Trained and Drive Sober. A one-hour presentation by an injury survivor, featuring a high-impact DVD, speaks to students in their own language and offers strategies that are based in the real world where risk is a part of life.

Cost: Prices vary

Contact: Parachute

416-596-2706 or 1-888-537-7777

noregrets@parachutecanada.org

www.smartrisknoregrets.ca

www.parachutecanada.org

Zone: School Environment
Family and Community
School Spirit

SPORT & RECREATION INJURY PREVENTION RESOURCE



An online resource supporting safe participation in sport and physical activity. Provides a single source for information and links to injury prevention organizations across BC and Canada.

Cost: FREE

Contact: BC Injury Research & Prevention Unit
604-875-3776
www.injuryresearch.bc.ca – click “Injury Topics”
then “Sports, Recreation and Leisure Injuries”

Zone: Scheduled Physical Education
Family and Community

THINKFIRST FOR KIDS



Resources to increase understanding of the brain and spinal cord, and promote recreational and community sport safety. Interactive lesson plans can be enhanced by presentations by community resource personnel, representatives from provincial/territorial ThinkFirst chapters, or injury survivors. Specific resources for grades K-8; full program available on CD-ROM.

Cost: FREE

Contact: Parachute
416-915-6565 ext. 223 or 1-800-335-6076
info@parachutecanada.org
www.thinkfirst.ca www.parachutecanada.org

Zone: Scheduled Physical Education ■ Family and Community
Extra-Curricular

WALK SMART – BIKE SAFE DVD



Join hosts Daunte and Tiera as they present the do’s and don’ts of pedestrian and bike safety on city and country roads. Segments are organized according to age group and skill level. Includes teaching notes.

Cost: FREE to BC schools; call for out of province prices

Contact: Insurance Corporation of BC
curriculumorders@icbc.com
www.icbc.com/4teachers

Zone: Scheduled Physical Education ■ Family and Community

WHEEL SAFETY: Bikes, Blades & Boards



Narrated by two teens, this video discusses proper equipment, safe handling, dealing with emergency situations, and accident statistics for cyclists, inline skaters and skateboarders.

Cost: DVD: Single site \$89.95; Public performance rights \$195
VHS: Single site \$69.95; Public performance rights \$185

Contact: Canadian Learning Company – call to order
1-800-267-2977
info@canlearn.com
www.canlearn.com

Zone: Scheduled Physical Education
Family and Community

■ Self-Esteem & Body Image

ALWAYS CHANGING VIBRANT FACES



Two programs (grades 5-6 and 7-8) providing specific information about puberty for girls and boys, reproducible student worksheets, and suggested themed activities relating to physical activity, body image and self-image. Programs include a teacher’s guide, student booklets, and free product samples.

Cost: FREE

Contact: PHE Canada
613-523-1348 or 1-800-663-8708
www.phecanada.ca/programs/

Zone: Classroom Action

BEING ME: Promoting Positive Body Image



Designed to teach students about the development of positive body image and self-esteem, and delivers messages that help prevent disordered eating. Includes grade-specific 20 minute curriculum based lessons. Developed in collaboration with the Provincial Health Services Authority, BC Mental Health & Addiction Services, Family Services of the North Shore, Kelty Mental Health and the Canadian Association for the Advancement of Women and Sport and Physical Activity.

Cost: Download for FREE; hard copies available upon request

Contact: Action Schools! BC Support Team
604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca
www.actionschoolsbc.ca

Zone: Classroom Action
Family and Community

► NOTE: Compliments the Classroom Healthy Eating Action Resource (p. 129).

BODY THIEVES: Help Girls Reclaim Their Natural Bodies & Become Physically Active



By Vancouver-based educator, therapist and consultant Sandra Friedman. Addresses physical activity promotion, self-esteem development, and eating disorder/obesity prevention in a practical, easy-to-read book for teachers and parents.

Cost: \$19.95

Contact: ProMOTION Plus
604-333-3475
info@promotionplus.org
www.promotionplus.org

OR: Purchase online or from your local bookstore
ISBN: 978-0969888338

Zone: Scheduled Physical Education
Classroom Action
Family and Community

► NOTE: Find out more about Sandra's other books on the ProMOTION Plus website.

BODYSENSE



Positive body image starts with a positive state of mind. Workshop introduces the 10 BodySense Basics, a set of simple guidelines that can help teachers and coaches nurture positive body image and self-esteem in young athletes, both male and female. Resource kits and workshops are available.

Cost: Many resources available for FREE download; workshop costs vary

Contact: Canadian Centre for Ethics in Sport
613-521-3340 ext. 3200
info@bodysense.ca www.bodysense.ca

Zone: School Environment ■ Family and Community

DISORDERED EATING IN SPORT Taking a New Direction



Information and practical tips for parents, coaches and teachers about the continuum from disordered eating to eating disorders. Includes background information, signs and symptoms, and recommendations when action is needed.

Cost: Download for FREE

Contact: CAAWS
613-562-5667
caaws@caaws.ca www.caaws.ca

Zone: School Environment ■ Family and Community

► NOTE: Contact the National Eating Disorders Resource Centre for more information about disordered eating – www.nedic.ca.

SELF-ESTEEM, SPORT & PHYSICAL ACTIVITY



A common sense guide to help coaches, physical education teachers, and active living leaders enhance self-esteem in children and youth, particularly girls and young women. Provides girls and young women with incentives to participate and succeed in sport and physical activity.

Cost: Download for FREE

Contact: CAAWS
613-562-5667
caaws@caaws.ca www.caaws.ca

Zone: Scheduled Physical Education ■ Family and Community

■ Tobacco, Alcohol & Drug Use Prevention & Cessation

ACTIVE & FREE: Young Women, Physical Activity & Tobacco



A practical tool for teachers and program leaders to encourage a healthy lifestyle for girls and young women by keeping them physically active and tobacco free for life! Resources discuss the links between physical activity and tobacco use prevention and cessation, and highlight the health impacts and consequences of tobacco use, the influence of tobacco advertising and promotion on girls and young women, and the role of the tobacco industry. Resources specifically for youth include tips for resisting peer pressure, an interactive cost-calculator, personal stories and messages from girls who choose to stay physically active and tobacco free, and a healthy living pledge to stay “Active & Free”.

Cost: Download for FREE

Contact: CAAWS
613-562-5667
caaws@caaws.ca
www.caaws.ca

Zone: School Environment
Classroom Action
Family and Community

LUNGS ARE FOR LIFE



A smoking prevention and cessation program providing students with information on the health and social consequences of smoking. Resources for teachers include lesson plans, assessment and evaluation tools, a resource list, and curriculum connections. Targeted resources for grades K-3, 4-6, 7-8 and 9-12.

Cost: Download for FREE

Contact: Ontario Lung Association
1-800-972-2636
www.lungsareforlife.ca

Zone: Scheduled Physical Education
Family and Community

► NOTE: Visit the Canadian Lung Association’s website at www.lung.ca for additional teaching resources.

MAKING DECISIONS



BC Ministry of Education approved educational resources to combat drug and alcohol abuse, and encourage social responsibility. Equips students to make informed decisions, promoting life skills and critical thinking. Series currently includes specific teaching resources and support materials for grades 4-9.

Cost: Prices vary, \$15-\$25

Contact: Alcohol-Drug Education Service
604-944-4155
info@ades.bc.ca www.ades.bc.ca

Zone: Scheduled Physical Education ■ Family and Community

► NOTE: FREE “Parents as Preventors” workshops typically organized by PACs, and quarterly Prevention Network newsletters are available.

TAKE ACTION



A comprehensive program designed to support educators and engage school communities in teaching safety awareness regarding medicines, and the prevention of tobacco, alcohol and cannabis use. Resource includes teacher guide with cross-curricular lesson plans, rubrics and blackline masters with curriculum links.

Cost: FREE in ON; by request outside ON

Contact: Ophea
416-426-7120 or 1-888-446-7432
takeaction@ophea.net
www.ophea.net

Zone: Classroom Action

► NOTE: The elementary resource is no longer available.

TOBACCO FREE SPORTS



An international initiative aiming to reduce the harm of tobacco by addressing the relationship between tobacco use and sport. Support on the development and implementation of tobacco-free sport policies, and education about the negative effects of tobacco use and its direct link to a decrease in sport performance is available.

Cost: FREE resources online

Contact: www.playlivebetobaccofree.ca

Zone: School Environment ■ Family and Community

Healthy Eating

ACTION SCHOOLS! BC HEALTHY EATING PLACEMAT



A colourful placemat that educates students about Canada's Four Food Groups and vegetable and fruit Food Guide Serving sizes.

Cost: In BC: FREE to registered Action Schools
Outside BC: \$4

Contact: Action Schools! BC
604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca
www.actionschoolsbc.ca

Zone: Classroom Action
Family and Community

BAKE BETTER BITES: Recipes & Tips for Healthier Baked Goods



A resource for parents, community volunteers, school staff, and students to use when preparing baked goods for sale to students. Includes recipes that meet the Guidelines for Food and Beverage Sales in BC Schools (p. 140), as well as tips to make favourite recipes healthier. Developed by Dietitians of Canada.

Cost: Download for FREE

Contact: Healthy Eating at School
contact@healthyeatingatschool.ca
www.healthyeatingatschool.ca

Zone: School Environment
Family and Community
School Spirit

BC AGRICULTURE IN THE CLASSROOM FOUNDATION



Lesson ideas, programs, teaching resources, workshops, science fair ideas, contacts for farm tours, and complementary information for students and parents. The organization works with educators to bring BC's agriculture to students. Resources include the Grow BC resource guide and poster (p. 139), Spuds in Tubs (p. 150) and the BC School Fruit and Vegetable Nutritional Program (p. 126).

Cost: Download for FREE

Contact: BC Agriculture in the Classroom Foundation
604-556-3088
info@aitc.ca
www.aitc.ca/bc

Zone: School Environment
Classroom Action
Family and Community
Extra-Curricular

► NOTE: Visit www.aitc.ca for provincial/territorial contacts.

BC FARM TO SCHOOL PROGRAM



A school-based program that connects schools and local farms to ensure children have access to fresh, local, nutritious, safe and culturally appropriate foods while at school. Programs are designed to improve student nutrition, and to provide students with educational opportunities about foods and the local food system, while supporting local farmers and the local food economy.

Cost: FREE online

Contact: Public Health Agency of BC
www.phabc.org/farmtoschool

Zone: School Environment
Family and Community

► NOTE: See A Fresh Crunch in School Lunch listing (p. 138) for Farm to School Salad Bar resources.

BC'S FOOD MOSAIC



A chart of foods common to South Asian, First Nations, Chinese, Southeast Asian, and Latin American cultures, listed according to the 4 food groups in Canada's Food Guide.

Cost: Download for FREE; Hard copies 25¢ each

Contact: BC Dairy Association
604-294-3775 or 1-800-242-6455
nutrition@bcdairy.ca www.bcdairyassociation.ca

Zone: Classroom Action

BC SCHOOL FRUIT & VEGETABLE NUTRITIONAL PROGRAM



Promotes healthy eating and increases access to healthier school snacks. Schools receive one serving of fresh vegetables and fruit once every other week during the school year, with teaching resources. All vegetables and fruit arrive ready to eat.

Cost: FREE

Contact: BC Agriculture in the Classroom Foundation
1-866-517-6225
tammy@aitc.ca www.aitc.ca/bc/index.php?page=snacks

Zone: School Environment ■ Classroom Action

► NOTE: The Classroom Healthy Eating Action Resource (p. 129) provides tracking, tasting, snacking and learning activities.

BE A PAL BACK-TO-SCHOOL TOOLKIT Protect a Life™ from Food Allergies



Resources to ensure students, teachers, school staff and families are educated about food allergies. Downloadable tools include Be a PAL brochure and poster, a customizable presentation, food allergy action plan, teacher checklist, and school guidelines. Additional tools are available to purchase. Targeted resources for elementary and secondary schools.

Cost: Download for FREE

Contact: The Food Allergy & Anaphylaxis Network
1-800-929-4040
www.foodallergy.org/section/back-to-school-tool-kit
www.allergysafecommunities.ca

Zone: School Environment

BETTER TOGETHER WORKSHOP The Importance of Family Meals



Learn why children, youth, and other social groups benefit when families eat together. BC Dairy Association completed research that analyzed why families eat together or don't. Find out how you can support students to value family meals.

Cost: FREE

Contact: Program Coordinator, BC Dairy Association
604-294-3775 or 1-800-242-6455
nutrition@bcdairy.ca
www.bcdairyassociation.ca

Zone: Family and Community

BONE ZONE



Three DVD vignettes and a teacher guide with activities to help students learn how to build healthy bones through calcium intake and exercise. FREE workshop available for teachers. Download FREE lesson plans online.

Cost: DVD \$15 or FREE online

Contact: Program Coordinator, BC Dairy Association
604-294-3775 or 1-800-242-6455
nutrition@bcdairy.ca
www.bcdairyassociation.ca

Zone: Classroom Action

BRAND NAME FOOD LIST



Nutrition ratings for packaged and franchised foods and beverages to help identify "choose most" and "choose sometimes" items that meet the Guidelines for Food and Beverage Sales in BC Schools.

Cost: FREE online

Contact: www.brandnamefoodlist.ca
Zone: School Environment
Family and Community
Extra-Curricular
School Spirit

CALCIUM CALCULATOR™



An interactive brochure designed to help individuals assess their calcium intake and plan changes.

Cost: Download for FREE; hard copies 5¢ each

Contact: Program Coordinator, BC Dairy Association
604-294-3775 or 1-800-242-6455
nutrition@bcdairy.ca
www.bcdairyassociation.ca

Zone: Classroom Action
Family and Community

► NOTE: A table-top display is available on loan from the BC Dairy Association.

CALCIUM, VITAMIN D & BONE HEALTH WORKSHOP



Learn about current research on nutrition and bone health. This workshop highlights the importance of adequate calcium and vitamin D intake throughout life to reduce risk for osteoporosis. Find out your personal risk for osteoporosis and what you can do about it.

Cost: FREE

Contact: Program Coordinator, BC Dairy Association
604-294-3775 or 1-800-242-6455
nutrition@bcdairy.ca
www.bcdairyassociation.ca

Zone: Classroom Action
Family and Community

CARING ABOUT FOOD SAFETY



A short, self-guided, online course about the safe and healthy preparation and handling of food.

Cost: Download for FREE

Contact: BC Ministry of Health
www.health.gov.bc.ca/protect/food-safety-module/files/home.htm

Zone: School Environment
Classroom Action
Family and Community

CLASSROOM HEALTHY EATING ACTION RESOURCE



Lesson plans with implementation ideas, recommended resources, and curriculum connections that support healthy eating in the classroom and throughout the school. Focuses on increasing vegetable and fruit consumption, reducing intake of sugary drinks, reducing sodium intake, and media awareness. A series of colourful posters complements the lesson plans (p. 142). An interactive workshop supports implementation.

► NOTE: Registered Action Schools in BC are eligible to receive a Healthy Eating School Food Grant to assist with implementation.

Cost: In BC: FREE to registered Action Schools
Outside BC: Resource \$10; call for workshop costs

Contact: Action Schools! BC
604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca
www.actionschoolsbc.ca

Zone: Classroom Action

► NOTE: Student Leadership Training is available (p. 112).

► NOTE: A Classroom Action Resource supporting daily physical activity is also available (p. 39).

► NOTE: The Action Schools! BC Planning Guide for Schools and Teachers assists schools in creating individualized action plans to support healthy living while achieving academic outcomes (p. 10).

COOK!



Tried and tested recipes from the kitchens of everyday Canadian families.

Cost: \$25

Contact: Dietitians of Canada
www.dietitians.ca/store.aspx

Zone: Family and Community

COOKING FUN FOR FAMILIES



A practical guide and tools to start or expand “hands-on” cooking and healthy eating programs that bridge the school and community environments. Website features a searchable database of BC community kitchens and cooking/nutrition skill building programs, and a database of more than 400 community kitchen resources.

Cost: Download for FREE; manual \$10

Contact: Website: Diane Collis, Fresh Choice Kitchens
604-876-0659 ext. 118
cooking@foodbank.bc.ca
www.communitykitchens.ca/main/?en&CKToolkit
Manual: Barbara Crocker, Vancouver Coastal Health
604-675-3988 ext. 20333
barbara.crocker@vch.ca

Zone: Family and Community

CRITERIA CHART FOR FOOD AND BEVERAGE SALES GUIDELINES



A summary of the nutrition criteria used in the Guidelines for Food and Beverage Sales in BC Schools (p. 140) to classify products in the following categories: Choose Most, Choose Sometimes, Choose Least and Not Recommended.

Cost: Download for FREE

Contact: Healthy Eating at School
www.healthyeatingatschool.ca

Zone: School Environment
Family and Community

CRUNCH & SIP™



Information and tools supporting healthy snack break practices in the classroom.

Cost: Download for FREE

Contact: www.crunchandsip.com.au

Zone: School Environment
Classroom Action
Family and Community

EARTHBOX



Indoor or outdoor garden boxes to support school or community garden initiatives designed to teach students about the full garden cycle – from seed to harvest.

Cost: \$85.95 per box

Contact: Spectrum Nasco
905-898-0031
customerservice@spectrumed.com
<https://education.spectrum-nasco.ca> – search “earthbox”

Zone: Classroom Action
Family and Community

► NOTE: Look up “School Gardens” in the index for other school garden resources in the Action Pages!

EAT BETTER, EAT TOGETHER TOOLKIT



Promotes the importance of family meal time. Website includes downloadable fact sheets with ideas, success tips and recipes; background research; and information about organizing a community meal.

Cost: FREE online

Contact: Washington State University
<http://nutrition.wsu.edu/ebet/toolkit.html>

Zone: Family and Community

EAT WELL & BE ACTIVE EDUCATIONAL TOOLKIT



Practical tools to teach children and adults about healthy eating and physical activity, and encourage individuals to take action to maintain and improve their health. Resources include activity plans, a poster, and images.

Cost: Download for FREE

Contact: Health Canada
1-866-225-0709
www.hc-sc.gc.ca/fn-an/food-guide-aliment/educ-comm/toolkit-trousse/index-eng.php

Zone: Classroom Action
Family and Community

EAT WELL & KEEP MOVING PLANET HEALTH



Two interdisciplinary physical activity and nutrition curricula aimed at building a foundation for active living among students. Eat Well & Keep Moving is for grades 4-5. Planet Health is for grades 6-8. Both include lesson plans, curriculum connections, and plenty of tools to promote active living messages to students, parents and administrators.

Cost: \$55.95 each

Contact: School Specialty
1-866-519-2816
www.schoolspecialty.ca

Zone: Scheduled Physical Education
Family and Community

EATING WELL WITH CANADA'S FOOD GUIDE



National recommendations on how much food you need, what types of foods are better for you, and the importance of physical activity in your day. A resource for educators provides background information, tips and tools to complement each recommendation in the Food Guide. Available in 12 languages.

Cost: Download for FREE; free hard copies available

Contact: Health Canada
1-866-225-0709
publications@hc-sc.gc.ca
www.healthcanada.gc.ca/foodguide

Zone: School Environment
Classroom Action
Family and Community

► NOTE: Website features My Food Guide and My Food Guide Servings Tracker, and information on using the Nutrition Facts panel on food packages to compare products and their contribution to daily nutrition.

EATING WELL WITH CANADA'S FOOD GUIDE: First Nations, Inuit & Métis



A tailored guide recognizing the importance of traditional and store-bought foods for Aboriginal people living in Canada.

Cost: Download for FREE; free hard copies available

Contact: Health Canada
1-866-225-0709
publications@hc-sc.gc.ca
www.healthcanada.gc.ca/foodguide

Zone: School Environment
Classroom Action
Family and Community

EATracker



An online Eating + Activity Tracker. Track daily food and activity choices and receive personalized feedback on your total energy intake (calories) and essential nutrients, and comparison to national recommendations for your age, gender and activity level.

Cost: FREE online

Contact: Dietitians of Canada
www.eatracker.ca

Zone: Classroom Action
Family and Community

THE EDIBLE SCHOOLYARD



Lessons on ancient grains, outdoor cooking, mathematics in cooking and more, designed to integrate kitchen and garden programs with classroom learning. From Martin Luther King, Jr. School in Berkeley, California.

Cost: Download for FREE

Contact: The Edible Schoolyard
info@edibleschoolyard.org
www.edibleschoolyard.org

Zone: Classroom Action
Family and Community

EGGCELLENT RESOURCES for Alberta Teachers



A wide variety of egg-related resources, including cross-curricular lesson plans, egg-spiraments and “tricks”, videos, recipe books and craft ideas.

Cost: Prices vary; download some resources for FREE

Contact: Egg Farmers of Alberta
1-877-302-2344
info@eggs.ab.ca
www.eggs.ab.ca

Zone: Classroom Action

ELDERS OF ALL NATIONS COOKBOOK



Traditional and conventional recipes submitted by Elders and adapted to be diabetes-friendly. Includes breakfast dishes, salads, starches, soups, mains, treats and teas, as well as nutritional analysis for each recipe.

Cost: \$15

Contact: Vancouver Native Health Society
604-254-9949
adapt.vnhs@gmail.com
www.vnhs.net/programs-services/adapt/resources

Zone: School Environment
Classroom Action
Family and Community

ELEMENTARY SCHOOL MILK PROGRAM



An initiative to make fresh, cold milk available at school. Visit the website for provincial/territorial contacts and resources.

Cost: Prices Vary

Contact: Elementary School Milk Program
www.milkschool.ca

Zone: School Environment

► NOTE: See School Milk BC (p. 149).

FIGHTBAC!



Learning programs, teachers’ guides, posters and videos examine the science behind food safety. Downloadable student activities, fact sheet, and a family newsletter.

Cost: FREE online

Contact: Partnership for Food Safety Education
www.fightbac.org

Zone: Classroom Action
Family and Community

FOOD DUDES



A nutrition education resource focused on “Food is Fun!” lesson plans with extension activities and curriculum connections, and activities to encourage the involvement of parents/caregivers.

Cost: Download for FREE

Contact: Fraser Health
www.fraserhealth.ca/media/FoodDudes1.pdf

Zone: Classroom Action

FOOD EXPLORERS



Students explore a variety of new foods and food experiences. Teacher’s kit includes teacher guide with recipes, and class sets of recipe collector cards and colourful stickers. Student materials re-supplied annually for FREE.

Cost: \$20 with FREE workshop

Contact: Program Coordinator, BC Dairy Association
604-294-3775 or 1-800-242-6455
nutrition@bcdairy.ca
www.bcdairyassociation.ca

Zone: Classroom Action
Family and Community

FOOD FOR US!



An interactive 10-lesson program teaches students the basics for making healthy food choices – classifying food into the four food groups, choosing healthy snacks and balanced meals, and where food comes from. Teacher’s kit includes teacher guide, student workbooks, poster and food pictures. Student materials re-supplied annually for FREE.

Cost: \$20 with FREE workshop

Contact: School Programs Coordinator, BC Dairy Foundation
604-294-3775 or 1-800-242-6455
nutrition@bcdcf.ca
www.bcdairyfoundation.ca

Zone: Classroom Action
Family and Community

FOOD SENSE



Designed to teach students the skills necessary to check their food choices, create plans for improvement, and put them into practice. Students use real life experiences to solve personal nutrition problems. Teacher’s kit includes teacher guide, student workbooks, poster, food and physical activity records, and parent brochures. Student materials re-supplied annually for FREE.

Cost: \$20 with FREE workshop

Contact: Program Coordinator, BC Dairy Association
604-294-3775 or 1-800-242-6455
nutrition@bcdairy.ca
www.bcdairyassociation.ca

Zone: Classroom Action
Family and Community

FOOD TIMELINE



When in history did people start eating that? Where? What we eat, our recipes, and how we celebrate with food are a product of culinary evolution. Follow a timeline full of fascinating food lore and contradictory facts.

Cost: FREE

Contact: www.foodtimeline.org

Zone: Classroom Action

FOOD, FINGERS & FUN



Healthy eating ideas for children. Includes recipes and specific tips for introducing a variety of foods, dealing with picky eaters, and quick healthy lunches and snacks.

Cost: Download for FREE; Hard copies 25¢ each

Contact: School Programs Coordinator, BC Dairy Association
604-294-3775 or 1-800-242-6455
nutrition@bcdairy.ca
www.bcdairyassociation.ca

Zone: Classroom Action
Family and Community

► NOTE: A table-top display is available on loan from the BC Dairy Association.

FOODSAFE



Courses on safe food handling procedures. FOODSAFE Level 1 covers responsible food handling using safe methods and preparation techniques. Delivered by BC Health Authorities, schools, colleges, community centres, and BC Open School (online course). Contact FOODSAFE to find a course near you.

Cost: Prices vary

Contact: FOODSAFE
<http://foodsafe.ca>

Zone: School Environment
Family and Community

FOODTRACK™



Nutrition education resources that help students check their food choices to see if they are on track for food group balance, fibre, caffeine and fat. Find out how you can teach using these resources, and whether your own diet is on track with Canada’s Food Guide (p. 133). Optional FREE workshop is available in BC.

Cost: Download for FREE; Leader’s kit \$15 in BC, \$25 out of province

Contact: BC Dairy Association
604-294-3775 or 1-800-242-6455
nutrition@bcdairy.ca
www.bcdairyassociation.ca

Zone: Classroom Action

► NOTE: A table-top display is available on loan from the BC Dairy Association.

FREGGIE TALES



The promotion efforts of the “Fruits & Vegetables – Mix it Up” (p. 147) campaign for elementary aged school children by the Canadian Produce Marketing Association. Site for educators includes lesson plans, a newsletter, and links.

Cost: FREE online

Contact: www.freggietales.com
www.fruitsandveggies.ca

Zone: Classroom Action

A FRESH CRUNCH IN SCHOOL LUNCH BC Farm to School Salad Bar Guide



An instructional resource and reference guide, covering the core elements of a Farm to School Salad Bar program – from engaging farmers to finding funds. Includes steps to establish a program, food safety tips, menus, recipes and more.

Cost: Download for FREE

Contact: Public Health Association of BC
www.phabc.org/farmtoschool
www.phabc.org/modules/Farmtoschool/files/F2S-Guide.pdf

Zone: School Environment
Family and Community

FRUIT & VEGGIES – MORE MATTERS FRUIT & VEGGIE COLOR CHAMPIONS BINGO! GAME



Website features activities and tips to engage students in exploring different varieties of fruit and vegetables, and recipes and serving ideas. The classic game of bingo teaches kids the benefits of veggies and fruit in English and Spanish.

Cost: \$9.99 USD

Contact: Produce for Better Health Foundation
www.fruitsandveggiesmorematters.org
www.pbhcatalog.com

Zone: Classroom Action
Family and Community

► NOTE: In BC, contact Action Schools! BC (p. 201) for complimentary copies of Bingo! Game.

GROW BC



A comprehensive 200+ page resource guide and poster-sized map outlining the agricultural regions of BC and the commodities produced.

Cost: Download for FREE

Contact: BC Agriculture in the Classroom Foundation
604-556-3088
info@aitc.ca
www.aitc.ca/bc – click on “Resources” then “General Resources”

Zone: Classroom Action
Family and Community

► NOTE: Additional teaching resources are available online.

GUIDE TO FOOD LABELLING & ADVERTISING



Provides information on food labelling and advertising requirements, as well as policies which apply to statements and claims made for foods.

Cost: Download for FREE

Contact: Canadian Food Inspection Agency
www.inspection.gc.ca/english/fssa/labeti/guide/toce.shtml

Zone: School Environment
Family and Community

GUIDE TO GROWING SCHOOL GARDENS IN ALBERTA



A practical guide for starting and maintaining a school garden, including the involvement of students and community members. Includes suggestions to support for learning opportunities that can be integrated across the curriculum.

Cost: Download for FREE

Contact: Government of Alberta, Agriculture and Rural Development
[www1.agric.gov.ab.ca/\\$department/deptdocs.nsf/all/cbd13179](http://www1.agric.gov.ab.ca/$department/deptdocs.nsf/all/cbd13179)

Zone: Classroom Action
Family and Community

GUIDELINES FOR FOOD & BEVERAGE SALES IN BC SCHOOLS



Designed to maximize students' access to healthier options at school. Provides schools and school food/beverage providers with a standard for decision-making.

Cost: Download for FREE

Contact: Healthy Eating at School
www.healthyeatingatschool.ca

Zone: School Environment

GUIDELINES FOR FOOD & BEVERAGES AVAILABLE AT SPORTING EVENTS IN BC



Designed to maximize access to healthier snack options at sporting venues and events for athletes and spectators. Provides foodservice organizations and concession operators with a standard for decision-making.

Cost: Download for FREE

Contact: BC Ministry of Community, Sport and Cultural Development
www.cscd.gov.bc.ca/sport/pdf/Sporting_event_guidelines_FINAL_june2010.pdf

Zone: Family and Community ■ School Spirit

HANDS-ON COOK-OFF CONTEST



Brings together food and fun in the kitchen by teaming up students with adult family members or friends to celebrate making meals together by creating a video demonstrating how to prepare a recipe. Recipes in any category are acceptable: breakfast, dinner, BBQ, pizza, salad, snacks, etc. Contest opens in July and closes in September – contest details are online.

Cost: FREE to participate

Contact: Better Together
604-294-3775 toll-free within BC at 1-800-242-6455
www.bettertogetherbc.ca/contest

Zone: Family and Community

► NOTE: Better Together BC is a partnership between the BC Ministry of Health and BC Dairy Association and is a resource for, and a network of, people sharing their stories and tips around eating together.

HEALTHLINK BC FILES



Easy-to-understand fact sheets on healthy eating. Topics include food safety, low sodium choices, dietary fat, fibre, sources of iron, and sources of calcium. A number of BC HealthFile topics have been translated into other languages, including Chinese, French, Punjabi, Spanish, and Vietnamese.

Cost: Download for FREE

Contact: HealthLink BC
www.healthlinkbc.ca/healthfiles

Zone: Classroom Action
Family and Community

HEALTHY EATING & PHYSICAL ACTIVITY LEARNING RESOURCE



Grade specific classroom healthy eating and physical activity lesson plans. Designed to be congruent with and meet minimum prescribed learning outcomes for Health and Career Education, Planning 10, and Graduation Transitions Curricula.

Cost: Download for FREE

Contact: BC Ministry of Education – Healthy Schools
www.bced.gov.bc.ca/health/healthy_eating/physical_activity_learning.htm

Zone: Classroom Action

HEALTHY EATING AT SCHOOL



In-depth, online, how-to resources for teachers, administrators and other members of the school community to support healthy eating at school. Includes action tips, downloadable resources, and a section on food producing school gardens.

Cost: Download for FREE

Contact: contact@healthyeatingatschool.ca
www.healthyeatingatschool.ca

Zone: School Environment
Classroom Action

HEALTHY EATING BOOKLIST



An annotated listing of English and French children's book titles that focus on vegetables and fruit.

Cost: Download for FREE

Contact: Action Schools! BC Support Team
604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca www.actionschoolsbc.ca

Zone: Classroom Action ■ Family and Community

► NOTE: See Classroom Healthy Eating Action Resource (p. 129) and Healthy Eating Pages! (below) for additional resources.

HEALTHY EATING PAGES!



Support the integration of healthy eating in the classroom, and throughout the school. Each page contains one Action Schools! BC activity with implementation ideas, action tips, and recommended resources. Topics include Eat Smart Celebrations, Non-Food Rewards, Food Fit for Sports or Physical Activity Fun Days, Super Snacks, Vegetables and Fruit Diary, and the Play First Lunch Toolkit (see p. 148).

Cost: Download for FREE

Contact: Action Schools! BC Support Team
604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca www.actionschoolsbc.ca

Zone: Scheduled Physical Education ■ Classroom Action ■ School Spirit

HEALTHY EATING POSTER PACK



Colourful, informative vegetable and fruit posters for the classroom, gymnasium, school hallway, offices, and/or meeting room. Features five posters: Colourful Choices; Vegetables; Fruit; Edible Plant Parts; and Serving Sizes.

Cost: In BC: FREE to registered Action Schools; Outside BC: \$20

Contact: Action Schools! BC Support Team
604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca www.actionschoolsbc.ca

Zone: Classroom Action ■ School Spirit

► NOTE: Complements the content of the Classroom Healthy Eating Action Resource (p. 129).

► NOTE: A Physical Activity Poster Pack is also available (p. 71).

HEALTHY EATING WORKSHOPS



Customizable workshops for schools, districts and professional development conferences focusing on increasing vegetable and fruit consumption, sodium and sugary drink reduction and enhancing media awareness.

Cost: In BC: FREE to registered Action Schools
Outside BC: Call for workshop costs

Contact: Action Schools! BC Support Team
604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca
www.actionschoolsbc.ca

Zone: School Environment ■ Scheduled Physical Education
Classroom Action ■ Family and Community

► NOTE: Complements the Classroom Healthy Eating Action Resource (p. 129).

► NOTE: See also Physical Activity, Physical Education and Sport Workshops (p. 71).

HEALTHY FOODS FROM HEALTHY SOILS: Hands-On Resource for Educators



Help students discover where food comes from, how their bodies use food, and what happens to food waste. Content supports children's understanding of how their food choices affect their health, their community, farmers, and the environment.

Cost: \$19.95

Contact: Purchase online or from your local bookstore
ISBN: 978-0884482420

Zone: School Environment ■ Classroom Action ■ Family and Community

HEALTHY FUNDRAISING FOR SCHOOLS



A practical guide for parents and educators. Suggests ideas for sales, services and events using different themes, and follows the Guidelines for Food and Beverage Sales in BC Schools.

Cost: Download for FREE

Contact: Healthy Eating at School
contact@healthyeatingatschool.ca
www.healthyeatingatschool.ca/resources

Zone: School Environment ■ Family and Community ■ School Spirit

HEALTHY KIDS CHALLENGE



Supports healthy eating and physical activity choices by helping children and families **Connect Health And Needs** and **Get Excited (C.H.A.N.G.E.)**. Resources include a School Activity Kit with more than 100 ideas to integrate healthy eating and physical activity messages; a Take the Challenge Picture Book that supports the development of a school or community initiative; à la carte interactive lessons; Food Museum with the grocery store being the ultimate “food museum;” and Setting Up for Success, a series of simple healthy message display ideas along with fun and games to teach nutrition on a shoestring budget.

Cost: Prices vary

Contact: Vickie James
Healthy Kids Challenge
620-397-5999
Vickie@healthykidschallenge.com
www.healthykidschallenge.com

Zone: School Environment
Scheduled Physical Education
Classroom Action
Family and Community
Extra-Curricular
School Spirit

HEALTHY KIDZ



A teaching manual and 17 song music CD package promoting healthy eating, active participation, safety, personal hygiene and self-esteem. Each 4-page song module contains lyrics, a lesson plan, student activities and curriculum connections.

Cost: \$16.99

Contact: Kidz Kidding
905-477-9492
paul@kidzkidding.com
www.kidzkidding.com

Zone: Scheduled Physical Education
Classroom Action

HEALTHY NUTRITION GAMES



A toolkit of games and crafts that combines healthy eating messages with physical activities. Developed by the Middlesex-London Health Unit.

Cost: Download for FREE

Contact: CIRA Ontario
905-648-2226
office@ciraontario.com
www.ciraontario.com
www.ciraontario.com/ehr/page/free_downloads#middlesex

Zone: Scheduled Physical Education
Classroom Action
Extra-Curricular

HOW TO TEACH NUTRITION TO KIDS



Promotes positive attitudes about food, fitness and body image through hands-on nutrition education activities. Supports the creation of a new nutrition culture for children.

Cost: \$19.95

Contact: Purchase online or from your local bookstore
ISBN-13: 9780964797000

Zone: Classroom Action

► NOTE: A complementary leader/activity guide, newsletters, handouts and a “Just for Kids” section are available at www.nutritionforkids.com.

KINDERGARDEN



Why and how to start a school garden.

Cost: FREE online

Contact: Texas A&M University
<http://aggie-horticulture.tamu.edu/kindergarten/kinder.htm>

Zone: School Environment
Classroom Action
Family and Community

LOWER SODIUM



Information on dietary sodium and blood pressure for teachers to reference. Tools include fact sheets and educational presentations with key messages, discussion questions, activity suggestions and background information.

Cost: Download for FREE

Contact: Hypertension Canada
www.lowersodium.ca

Zone: School Environment
Classroom Action
Family and Community

MÉTIS COOKBOOK AND GUIDE TO HEALTHY LIVING



A collection of recipes and stories from Métis across Canada. Also includes photographs, healthy living information reviewed by two dietitians, and tips on how to incorporate traditional Métis foods into a healthy lifestyle. The cookbook embraces the past, present and future of food and culture in a diverse Métis world.

Cost: Download for FREE; order hardcopy

Contact: www.naho.ca/metis/research/health-promotion/

Zone: School Environment
Classroom Action
Family and Community

MISSION NUTRITION



An educational program designed to promote healthy growth and development in Canadian children. Teacher's guide to help teach students about self-esteem, body image, nutrition and physical activity.

Cost: FREE online

Contact: Kellogg Canada Inc.
1-888-876-3750
www.missionnutrition.ca

Zone: Scheduled Physical Education

MIX IT UP!



Encourages Canadians of all ages to eat more fruits and vegetables as part of a healthy diet and active lifestyle to better their health. Campaign focuses on simple and practical ways to add a variety of fruits and veggies to every meal and snack. A variety of tools and resources are available.

Cost: Download for FREE

Contact: Canadian Produce Marketing Association
mixitup@fruitsandveggies.ca
www.fruitsandveggies.ca

Zone: Classroom Action
Family and Community

NATIONAL NUTRITION MONTH



March is National Nutrition Month. During this month, communities across Canada plan activities that encourage Canadians to make healthy eating a habit. Visit the Dietitians of Canada website to learn more about this year's Nutrition Month theme and find ideas to support a Nutrition Month event in your school or classroom.

Cost: FREE online

Contact: Dietitians of Canada
www.dietitians.ca

Zone: Classroom Action
Family and Community
School Spirit

PASSPORT TO HEALTHY LIVING



A six lesson unit integrating physical activity, nutrition and environmental awareness to challenge students to take responsibility for their own health. Student materials re-supplied annually for FREE.

Cost: \$15 with FREE workshop

Contact: School Programs Coordinator, BC Dairy Association
604-294-3775 or 1-800-242-6455
nutrition@bcdairy.ca
www.bcdairyassociation.ca

Zone: Classroom Action
Family and Community

PLAY FIRST LUNCH TOOLKIT



Supports a change in the traditional scheduling order of lunchtime and playtime – students go out to play first and then eat lunch. Toolkit explains the benefits of changing the schedule, gives a sample schedule, and outlines the steps involved to implement a Play First Lunch schedule. Featured in the Healthy Eating Pages! (p. 142).

Cost: Download for FREE

Contact: Action Schools! BC
604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca
www.actionschoolsbc.ca

Zone: School Environment

► NOTE: On the Action Schools! BC website, under “Quick Links” click “School and Family Resources” then scroll down to “Supplementary Resources.”

SAFE4KIDS



A number of resources including procedural and management guidelines, sample school policy, alert forms, informational posters, lesson plans and activities, and FAQs to care for children with allergies.

Cost: Download for FREE

Contact: Anaphylaxis Canada
1-877-322-9378
www.safe4kids.ca/content/schools/schools.asp
www.anaphylaxis.ca

Zone: School Environment

► NOTE: www.whyriskit.ca is a site for youth at risk for anaphylaxis.

SCHOOL MEAL & SCHOOL NUTRITION PROGRAM HANDBOOK



Supports school meal coordinators, administrators, caterers, and others involved in providing healthy food and beverages to vulnerable students. Includes operational information, guidelines, sample menus, healthy substitutions, and promising practices.

Cost: Download for FREE

Contact: BC Ministry of Education
www.bced.gov.bc.ca/communitylink/pdf/smph.pdf

Zone: School Environment ■ Family and Community

SCHOOL MILK BC



An initiative of BC Dairy Foundation to provide BC schools with tools and resources for serving milk at school.

Cost: Prices vary

Contact: Program Coordinator, BC Dairy Association
604-294-3775 or 1-800-242-6455
schoolmilkbc@bcdairy.ca ■ www.schoolmilkbc.ca

Zone: School Environment

SIP SMART! BC™



Teach students to make healthy drink choices. Teacher resource guide provides grade specific activities to engage students verbally, visually, and experientially, and includes handouts, overheads, assessment tools, posters, drink cut-outs, and teacher backgrounders. A Drink Diary Calculator and a family booklet are also available.

Cost: Download for FREE; Hard copies are available

Contact: Sip Smart! BC™
www.bcpeds.ca/sipsmart

Zone: School Environment ■ Classroom Action ■ Family and Community

SMART FITNESS, SMART FOODS!



Brain-based fitness and healthy nutrition songs. Guided physical fitness workouts use “brain-based” sequential movements (including Brain Gym® movements in the cool-down songs). Healthy eating songs promote nutritional awareness, active living, and healthy eating habits. CD (with mini-guide) includes clear verbal instructions. Teacher’s manual provides movement instructions with diagrams, creative nutrition/physical fitness activities and games, and nutrition song lyric sheets.

Cost: CD \$17.95; Manual \$24.95; Both \$39.95

Contact: Song Support
1-877-465-7010
Ronno@RonnoSong.com
www.RonnoSong.com

Zone: Classroom Action

► NOTE: A Smart Fitness Workout DVD (p. 79), and educational workshops and concerts, are available.

SMART FRUIT & VEGGIE SONGS MUSIC CD



Promotes healthy eating and teaches children of all ages to have fun with fruits and vegetables. Pass apples, gather fruit, pick berries, sing, dance and keep active with upbeat rhythms and a mouthful of catchy lyrics. Features 16 songs.

Cost: Available in the Classroom Healthy Eating Action Pack

Contact: Action Schools! BC
604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca
www.actionschoolsbc.ca

Zone: Classroom Action

SMART-MOUTH.ORG



This interactive website for students reveals truths about the food they eat – facts, quizzes and video clips.

Cost: FREE online

Contact: www.smart-mouth.org

Zone: Classroom Action

SODIUM 101



Information and resources on sodium including daily limits for children and adults, advice on reading food labels. Healthy eating tips, even an iPhone App!

Cost: Download for FREE

Contact: Canadian Stroke Network
www.sodium101.ca

Zone: School Environment
Classroom Action
Family and Community

SODIUM SENSE SUGARY DRINK SENSE



Two interactive tools to increase your sodium and sugary drink knowledge. Create plates of food to learn about the sodium content of popular foods. Hover your mouse over sugary beverages to learn about their sugar content. Can be used to support the Health and Career Education Curriculum. Suitable for students, teachers and parents.

Cost: FREE online

Contact: Healthy Families BC
www.healthyfamiliesbc.ca
www.healthyfamiliesbc.ca/sodium-sense
www.healthyfamiliesbc.ca/home/articles/sugary-drinks-how-much-sugar-are-you-drinking

Zone: Classroom Action
Family and Community

SPORT NUTRITION



Tips on food intake and fluid replacement for athletes and active individuals. Resource includes a self-assessment tool. A FREE workshop, available in BC, features hands-on activities and resources for students.

Cost: Download for FREE; Hard copies 10¢ each

Contact: Program Coordinator, BC Dairy Association
604-294-3775 or 1-800-242-6455
nutrition@bcdairy.ca
www.bcdairyassociation.ca

Zone: Scheduled Physical Education
Extra-Curricular
Family and Community

► NOTE: A table-top display is available on loan from the BC Dairy Association.

SPORT NUTRITION PROGRAM



Helps athletes, coaches, and parents access nutrition tips, tools, and advice to ensure good health and optimal athletic performance. Tip sheets include “Fuel for Fun – Healthy Snacks for Active Kids.” Fact sheets discuss healthy eating while in different countries. Links to other nutrition websites and resources.

Cost: Download for FREE

Contact: Coaching Association of Canada
613-235-5000
coach@coach.ca

www.coach.ca – click “Sport Nutrition Tips”

Zone: Family and Community
Extra-Curricular

SPUDS IN TUBS: Potato Tub Gardens for Schools



Designed to teach students the importance of access to fresh food as part of science, social studies and healthy living. The idea is to engage children in food production and teach them that food comes from the soil, and the ground and the water where we live, not from the grocery store. A step-by-step handbook is available for schools to implement a program on their own.

Cost: Download for FREE; a limited number of FREE tub gardens are available to BC schools

Contact: BC Agriculture in the Classroom Foundation
604-556-3088
info@aitc.ca

www.aitc.ca/bc/index.php?page=spuds-in-tubs-2

Zone: School Environment
Classroom Action

SUPERMARKET TOURS



Interactive supermarket tours at local stores, facilitated by a Registered Dietitian. Nutrition Tours Kit consists of teaching guides, classroom activities and grade specific materials. Available at Save-on-Foods, Overwaitea Foods, and PriceSmart Foods.

Cost: FREE for schools

Contact: Supermarket Tours

604-881-3690 or 1-800-242-9229

www.saveonfoods.com – click “Food & Nutrition”

www.overwaitea.com – click “Recipes & Nutrition”

www.pricessmartfoods.ca – click “Nutrition & Ingredients”

www.thriftyfoods.com – click “Wellness”, then “Health & Wellness Events”

www.choicesmarket.com – click “Nutrition – Store Nutrition Tours”

Zone: Classroom Action ■ Family and Community

TAKE A BITE OF BC



Supports teaching chefs in featuring locally grown product in secondary school teaching kitchens throughout the Lower Mainland & Fraser Valley Regional Districts. Students gain experience working with fresh products and begin to develop an appreciation for farmers in their community as they connect with the foods that are grown around them and learn about the benefits of eating healthy, fresh, and local.

Cost: Call for details

Contact: BC Agriculture in the Classroom Foundation

604-556-3088

info@aitc.ca

www.aitc.ca/bc/index.php?page=take-a-bite-of-bc

Zone: Classroom Action ■ Family and Community

TEACH NUTRITION



A continuing education site with lesson plans, teaching resources, and student activities for a variety of nutrition initiatives. Targeted to teachers in Ontario, Quebec and the Maritimes, but valuable for all.

Cost: FREE online resources

Contact: www.teachnutrition.org

Zone: Classroom Action

THIRST FOR NUTRITION



A brochure that compares major nutrients of seven beverages and a self-assessment tool to help students check their fluid intake and compare it to recommendations. Lesson plans are also available.

Cost: Download for FREE; hard copies 10¢ each

Contact: Program Coordinator, BC Dairy Association
604-294-3775 or 1-800-242-6455
nutrition@bcdairy.ca
www.bcdairyassociation.ca

Zone: Classroom Action
Family and Community

► NOTE: Thirst for Nutrition lesson plans are available online for grades 8+.

TIPS & RECIPES FOR QUANTITY COOKING: Nourishing Minds & Bodies



A resource to assist food services staff, chef instructors, caterers, school teams, students and Parent Advisory Councils in preparing food for sale to students. Includes tips on how to choose healthy recipes, substitutions to make favourite recipes healthier, and quantity recipes that meet the Guidelines for Food and Beverage Sales in BC Schools. Developed by Dietitians of Canada.

Cost: Download for FREE

Contact: Healthy Eating at School
www.healthyeatingatschool.ca

Zone: School Environment
Family and Community

TIPS FOR HEALTHY EATING



A meal balancing practice booklet appropriate for low literacy students.

Cost: Download for FREE; Hard copies 25¢

Contact: Program Coordinator, BC Dairy Association
604-294-3775 or 1-800-242-6455
nutrition@bcdairy.ca
www.bcdairyassociation.ca

Zone: Classroom Action
Family and Community

TITANIUM CHEF



Do your students have what it takes to compete in the Titanium Stadium? An internet-based role-playing game that engages students to discover, explore and compete to become the galaxy's greatest chef. During the course of the game, students learn skills such as figuring out food guide servings and planning healthy eating for a day and explore new worlds to discover and collect ingredients, meals and new gear. FREE Workshops are available in BC.

Cost: FREE online

Contact: Program Coordinator, BC Dairy Association
604-294-3775 or 1-800-242-6455
nutrition@bcdairy.ca
www.titaniumchef.ca www.bcdairyassociation.ca

Zone: Classroom Action

WHERE IN THE WORLD DOES YOUR FOOD COME FROM?



Activities and resources to teach students about the web of the global food system, from the realities of a global import-based food system to the positive alternatives found at the local level. Students may never see food the same way again!

Cost: Download for FREE

Contact: LifeCycles Project Society
250-383-5800
info@lifecyclesproject.ca
www.lifecyclesproject.ca

Zone: Classroom Action

WHO AM I? FLASHCARDS



Students learn about vegetables and fruit as they try to guess the answers to "Who am I?" riddles with this set of 115 large, full-colour vegetable and fruit flashcards.

Cost: Available in the Action Schools! BC
Classroom Healthy Eating Action Pack

Contact: Action Schools! BC
604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca
www.actionschoolsbc.ca

Zone: Classroom Action

Teacher Education

ABCD'S OF MOVEMENT



Alberta's grade-specific physical education curriculum support resources, relating to the curriculum's general outcomes: **A**ctivity, **B**enefits health, **C**ooperation, **D**o it daily, for life. Each manual contains lessons and support resources to teach a complete year of physical education.

Cost: \$58-\$61.55 each

Contact: Alberta Learning Resources Centre
780-427-5775
www.lrc.learning.gov.ab.ca

Zone: Scheduled Physical Education

ACTIVE LIVING



A bimonthly publication of resources, ideas, books, community program profiles, discussion of ideas and more for fitness, health, physical education and recreation professionals.

Cost: Hard copies \$40 for 6 issues; Electronic version \$35

Contact: The Fitness Report
705-445-4968
activeliving@rogers.com
www.activeliving-fitness.com

Zone: School Environment
Scheduled Physical Education
Family and Community
Extra-Curricular

ACTIVE MINDS ACTIVE BODIES BOOKLIST



Lists of children's books that promote the benefits of inclusive physical activity, targeted for grades K-5 and 6-8. Books are organized into five categories: Biographies/Inspirational Heroes, Recreational Non-Fiction, Recreational Fiction, Sports Non-Fiction and Sports Fiction. "Girl-friendly" and Canadian books are also indicated.

Cost: Download for FREE

Contact: Halton's Choices 4 Health
905-825-6000

www.choices4health.org – click "Be Active" then "Active Minds Active Bodies" then "Recommended Reading Lists"

Zone: Scheduled Physical Education ■ Classroom Action

BC HEALTH & CAREER EDUCATION



Find out how you can provide your students with the knowledge and skills to help them develop the attitudes they need to make informed decisions related to their health. Explore factors affecting health through engaging case studies, and how to use ministry-approved resources to help students assess their food choices. Optional free workshop available in BC.

Cost: Download for FREE

Contact: Program Coordinator, BC Dairy Association
604-294-3775 or 1-800-242-6455
nutrition@bcdairy.ca www.bcdairyassociation.ca

Zone: Classroom Action

DAILY PHYSICAL ACTIVITY IN SCHOOLS



Support resources to implement daily physical activity include planning and implementation guidelines, activities, sample timetables, and additional resource listings. Specific resources for grades 1-3, 4-6, 7-8, school boards, and school principals.

Cost: Download for FREE

Contact: Ontario Ministry of Education
www.edu.gov.on.ca/eng/teachers/dpa.html

Zone: Scheduled Physical Education ■ Classroom Action

► NOTE: Visit www.ophea.net/dpa for more DPA support resources.

DANCE EDUCATION TIPS FROM THE TRENCHES



Designed with new teachers in mind, this dance education survival guide offers practical tips and solutions for class management, logistics, motivation and gender issues when teaching creative dance.

Cost: \$27.95

Contact: Purchase online or from your local bookstore
ISBN: 978-0736045674

Zone: Scheduled Physical Education
Extra-Curricular

DOUGLAS COLLEGE Post-Degree Diploma in PE Instruction



A two year program providing a dynamic learning experience that emphasizes practical application of current theory and pedagogy. Designed for qualified teachers who want to pursue an interest in physical education, receive a TQS upgrade, but have no special training in the discipline. Programs for elementary, middle, and secondary.

Contact: Brian Storey, Douglas College
604-527-5512
storeyb@douglascollege.ca
www.douglascollege.ca/pespecialist

EVERYBODY GETS TO PLAY™



A national initiative to make recreation more accessible to children and youth in low-income families. Information about poverty in Canada and the benefits of recreation, tools to mobilize the community, workshops to support local action, and success stories from programs that have already made a difference. A targeted resource for Aboriginal communities is available.

Cost: Some resources available for FREE download

Contact: Canadian Parks & Recreation Association
613-523-5315
info@cpa.ca
www.everybodygetstoplay.ca www.cpra.ca

Zone: School Environment ■ Family and Community

FAIR PLAY IT'S YOUR CALL



Resources for parents, coaches, officials, recreation directors, and league organizers. Manuals contain an introduction to fair play, tips and tools, and creative ideas and suggestions for building awareness about fair play.

Cost: Download for FREE

Contact: Leisure Information Network
www.lin.ca – search “Fair Play”

Zone: Scheduled Physical Education ■ Family and Community
Extra Curricular

► NOTE: See Fair Play for Kids (p. 107) for student resources.

FITNESS REGISTRATION PROGRAM



Registering BC's fitness professionals to ensure the highest standards of safety, knowledge and training. Approved training/certification workshops, professional development conferences, practicum opportunities, and resources.

Cost: Prices vary

Contact: Fitness Program Coordinator, BC Recreation & Parks Association
604-629-0965 ext. 254
twelsford@bcrpa.bc.ca www.bcrpa.bc.ca

Zone: Scheduled Physical Education ■ Family and Community

GET OUTDOORS!

An Educator's Guide to Outdoor Classrooms & Other Special Places



Supports teachers in getting their students outside and engaged in experiencing the outdoor classroom. Linked to many prescribed learning outcomes and the BC Environmental Learning and Experience document, the guide includes steps for taking students outdoors – easy and powerful sensory awareness activities that help develop personal connections to nature. Also contains teacher tip sheets and checklists covering group management, materials, field trip planners and the importance of the “100-Metre Field Trip.”

Cost: Prices vary

Contact: WildBC
250-940-9786 or 1-800-387-9853
www.wildbc.org

Zone: Classroom Action ■ Extra-Curricular

HEALTHLINK BC FILES



Easy-to-understand fact sheets on healthy eating and active living. Nutrition topics include food safety, low sodium choices, dietary fat, fibre, sources of iron, and sources of calcium. A number of BC HealthFile topics have been translated into other languages, including Chinese, French, Punjabi, Spanish, and Vietnamese.

Cost: Download for FREE

Contact: HealthLink BC

www.healthlinkbc.ca/healthfiles/httoc.stm

Zone: Classroom Action ■ Family and Community

HIGH FIVE®



Canada's only quality standard for children's sport and recreation programs and service delivery. Supports a commitment to the safety, well-being and healthy development of children by providing parents, teachers and practitioners with tools, training and resources that promote the Principles of healthy child development. Based on research involving child development experts, recreation and sport professionals, families and leaders.

Cost: Prices vary; some resources available for FREE download

Contact: HIGH FIVE® National

1-888-222-9838

info@HIGHFIVE.org www.HIGHFIVE.org

In BC: BCRPA

604-629-0965 ext. 229

parksandrec@bcrpa.bc.ca

www.bcrpa.bc.ca

Zone: School Environment ■ Family and Community

Extra-Curricular

HUMAN KINETICS PUBLISHERS



A publisher and distributor of physical education, physical activity and fitness books, videos, software and other resources. When ordering, ensure you're on the Canadian site!

Contact: Human Kinetics Publishers

1-800-465-7301

www.humankinetics.com

INCLUDING CHILDREN WITH DISABILITIES



A reference for adapting playground, low-organizational and sports activities for children with physical and mental disabilities.

Cost: Download for FREE

Contact: CIRA Ontario

905-648-2226

ciraontario@gmail.com

www.ciraontario.com – click "Free Downloads" then "Inclusion"

Zone: Scheduled Physical Education

Classroom Action

Extra-Curricular

INTRAMURALOLOGY: A Quick Reference Guide for Intramural Programs



A how-to resource to create a new or enhance an existing intramural program. Includes a planning and implementation framework, and other valuable tools.

Cost: \$10

Contact: PHE Canada

613-523-1348 or 1-800-663-8708

info@phecanada.ca

www.phecanada.ca/store

Zone: Extra-Curricular

INVESTORS GROUP COMMUNITY COACHING CONFERENCE PROGRAM



Organizations hosting community coaching conferences or National Coaching Certification Program (NCCP) sport-specific workshops are eligible to apply for \$500-\$1,200 in financial assistance. An Investors Group Volunteer Administrator Award is available to community coaching conferences to honour a dedicated volunteer.

Contact: Coaching Association of Canada

613-235-5000

coach@coach.ca

www.coach.ca

Zone: Family and Community

MAKING ALL RECREATION SAFE



Resources to implement harassment and abuse prevention strategies to make physical activity and sport environments safer.

Cost: Prices vary; some resources available for FREE download

Contact: Canadian Parks and Recreation Association
613-523-5315
info@cpra.ca www.cpra.ca

Zone: School Environment
Family and Community

MAKING THE CASE FOR PHYSICAL EDUCATION IN CANADA



Up-to-date statistics and information on physical activity and how it relates to the health of Canadian children and youth. Includes information on the important role school-based physical activity programs can play in developing a foundation for healthy, active living.

Cost: Download for FREE

Contact: PHE Canada
613-523-1348 or 1-800-663-8708
info@phecanada.ca
www.phecanada.ca/advocacy/advocacy-tools

Zone: School Environment

MOVING TO INCLUSION



Designed for teachers and community leaders, this series of 9 disability-specific resources provides a practical approach to the inclusion of young people with different types of disabilities in physical activity programs. Each resource provides modifications for assessment, equipment and rules, instructional strategies, and learning objectives.

Cost: Download abridged versions for FREE;
contact ALA about workshop costs

Contact: Active Living Alliance for Canadians with a Disability
1-800-771-0663
ala@ala.ca www.ala.ca

Zone: School Environment ■ Scheduled Physical Education

► NOTE: Visit the Active Living Alliance's website for more inclusion resources.

MOVING TO INCLUSION ON-LINE



An online tool for sport and physical activity professionals, volunteers and students to provide enjoyable and satisfying sport and physical activity programs for those with disabilities, at all levels of participation – recreational, competitive, educational, or fitness and wellness pursuits. Identifies general concepts, strategies and practical approaches that can be useful in planning and leading inclusive physical activity situations.

Cost: \$250; contact ALA about group rates for schools,
school boards and physical activity organizations

Contact: Active Living Alliance for Canadians with a Disability
1-800-771-0663
ala@ala.ca www.ala.ca

Zone: School Environment
Scheduled Physical Education
Family and Community

NEW GAME PLAN: Using Sports to Raise Happy, Healthy, & Successful Kids



Strategies for teachers, coaches and partners to use physical activity and sport to build children's self-esteem, with answers to the tough questions about a child's involvement in sports.

Contact: Purchase online or from your local bookstore
ISBN: 978-1425112813

Zone: Scheduled Physical Education
Family and Community
Extra-Curricular

ONTARIO PHYSICAL EDUCATION SAFETY GUIDELINES



Minimum standards for risk management practice for schools boards. Six targeted resources are available: Elementary and Secondary Curricular Programs, Elementary and Secondary Intramural Clubs and Activities, and Elementary and Secondary Interscholar Athletics. Fully revised in 2008.

Cost: Available to School Boards by subscription;
Online access for associate members \$750/2 year subscription

Contact: Ophea
416-426-7120 or 1-888-446-7432
safety@ophea.net
www.ontariosafetyguidelines.ca

Zone: School Environment
Scheduled Physical Education

P.E. LINKS4U



Physical education lesson plans, innovative ideas, discussion forums, editorials and news.

Cost: Download for FREE

Contact: www.pelinks4u.org

Zone: Scheduled Physical Education

PE CENTRAL



Physical education resources for grades K-12 including lesson plans, ready-to-print assessments, and an online book and music store.

Cost: Download for FREE

Contact: www.pecentral.org

Zone: Scheduled Physical Education

PE-4-ME: Teaching Lifelong Health & Fitness



A blueprint for a unique program that integrates physical activity with movement concepts, social skills, stress reduction, nutrition, school safety, and drug resistance education.

Cost: \$35.95

Contact: Human Kinetics Publishers
1-800-465-7301
www.humankinetics.com

Zone: School Environment
Scheduled Physical Education

PHE JOURNAL



Features practical articles dealing with school physical education, active living, fitness, health education, professional development, dance, etc. Introduces readers to issues that shape the health and physical education profession. Published quarterly.

Cost: Annual subscription \$80

Contact: PHE Canada
613-523-1348 or 1-800-663-8708
info@phecanada.ca
www.phecanada.ca/store

Zone: Scheduled Physical Education

PHENex JOURNAL



An online, open-access, peer reviewed journal focused on research in physical and health education. Features empirical, theoretical and methodological research and position papers, as well as reviews and critical essays by Canadian and international authors.

Cost: Download for FREE

Contact: PHE Canada
613-523-1348 or 1-800-663-8708
info@phecanada.ca
www.phecanada.ca/store

Zone: Scheduled Physical Education

PHYSEDSOURCE



A website designed to provide links to physical education and physical activity resources from all over the world. Driven by WINTERGREEN.

Cost: FREE

Contact: www.physedsource.com

Zone: Scheduled Physical Education

PHYSICAL ACTIVITY LINE



A free resource for practical and trusted physical activity and healthy living information. Provides guidance to support healthy choices, education about the most update to date physical activity and health information, and connections with professionals and programs.

Cost: FREE

Contact: 604-241-2266 or 1-877-725-1149
www.physicalactivityline.com

Zone: School Environment
Family and Community

PHYSICAL EDUCATION METHODS FOR ELEMENTARY TEACHERS



Supports the development of a realistic and workable approach to teaching physical education. Includes game, activity and lesson ideas, curriculum connections, tips for including students with varying skill levels and abilities, and forms for evaluation. Packaged with a DVD with video clips and lesson plans.

Cost: \$72.95

Contact: Human Kinetics Publishers
1-800-465-7301
www.humankinetics.com

Zone: Scheduled Physical Education

PHYSICAL EDUCATION ONLINE



A database of lesson plans, a guide to physical education curriculum implementation, and links to authorized resources for teachers through the Alberta Learning Resources Centre.

Cost: FREE

Contact: www.education.alberta.ca/physicaleducationonline

Zone: Scheduled Physical Education

PHYSICAL EDUCATION TIPS FROM THE TRENCHES



A lighthearted resource that presents 83 solutions to real-world obstacles that confront every elementary physical education teacher.

Cost: \$25.95

Contact: Human Kinetics Publishers
1-800-465-7301
www.humankinetics.com

Zone: Scheduled Physical Education

PHYSICAL EDUCATION UPDATE



A membership website providing thousands of concise articles and instructional videos on the latest practical ideas, games, drills, tips, coaching cues and research for physical education, coaching, fitness, health and sport. A free monthly newsletter provides updates on free articles regularly added to the site. An eMagazine provides quarterly collections of all articles and blog postings.

Cost: \$24 for membership access to archives;
hundreds of articles available FREE

Contact: Dick Moss
editor@peUpdate.com
www.peUpdate.com

Zone: Scheduled Physical Education
Family and Community

PLANNING COMMUNITY SPORT: A Workbook for Communities



A tool to help communities build and maintain active sport programs for Aboriginal children and youth. Follows a community development approach to assist with determining, developing, providing and evaluating relevant and valuable programs based on each community's spirit.

Cost: Download for FREE

Contact: Saskatchewan in motion
306-780-9248 or 1-866-888-3648
info@saskinmotion.ca www.saskaboriginalresources.ca/pdfs/PCS.pdf

Zone: Family and Community

PLANNING GUIDE & FRAMEWORK FOR DEVELOPMENT OF ABORIGINAL LEARNING RESOURCES



Designed to help educators and Aboriginal communities work in partnership to develop learning resources that reflect and honour the cultures and history of the Aboriginal peoples. Can be used by teachers to support the provincial curriculum, and helps students to better understand the rich diversity of Aboriginal cultures that exist in the province.

Cost: Download for FREE

Contact: Aboriginal Education Enhancements Branch, BC Ministry of Education
www.bced.gov.bc.ca/abed/ www.bced.gov.bc.ca/abed/planguide/

Zone: School Environment

READY-TO-USE P.E. ACTIVITIES



More than 1,600 success-oriented activities help children improve physical fitness and develop social interaction skills, fair play and self-esteem. Included are ready-to-use forms for creating well-balanced daily, weekly and yearly physical education plans, tailored to the developmental needs of students. Specific resources for grades K-2, 3-4, 5-6, 7-9.

Cost: \$47.65 each

Contact: PHE Canada
613-523-1348 or 1-800-663-8708
info@phecanada.ca www.phecanada.ca/store

Zone: Scheduled Physical Education

SCHOOL SPECIALTY SPORTIME



Distributes physical education and physical activity books, CDs, videos, DVDs, and equipment. Registered Action Schools in BC receive a discount.

Contact: School Specialty Sportime
1-866-519-2816
www.schoolspecialty.ca

SCIENCE IN ACTION



FREE workshops and support for the science curriculum through activities that are fun and physically active. Support resources include teacher guides, ready-to-use activities, sample unit plans, and a school kit containing necessary science equipment and materials to implement activities.

Cost: FREE with application process

Contact: WildBC
250-940-9786 or 1-800-387-9853
www.wildbc.org

Zone: Classroom Action

SEEING THE INVISIBLE, SPEAKING ABOUT THE UNSPOKEN



A position paper explaining how homophobia – the fear and hatred of homosexuals – can be an obstacle to participation in sport for all groups: women and men, young and old, homosexual and heterosexual. Designed to start a discussion to identify future solutions. Workshops for teachers, administrators, coaches and/or athletes are available.

Cost: Download for FREE; Workshop prices vary

Contact: CAAWS
613-562-5667
caaws@caaws.ca
www.caaws.ca

Zone: School Environment
Family and Community

SHARED LEARNINGS: INTEGRATING BC ABORIGINAL CONTENT K-10



A teacher guide developed in recognition of the need for classroom materials that can help all teachers provide students with knowledge of, and opportunities to share experiences with, BC Aboriginal peoples. A resource to help teachers bring this knowledge into the classroom in a way that is accurate, and that reflects the Aboriginal concepts of teaching and learning. Includes instructional strategies across all curriculum areas, including physical education.

Cost: Download for FREE

Contact: Aboriginal Education Enhancements Branch, BC Ministry of Education
www.bced.gov.bc.ca/abed/
www.bced.gov.bc.ca/abed/shared.pdf

Zone: School Environment
Scheduled Physical Education

SPORT INFORMATION RESOURCE CENTRE



Canada's national sport library, with more than 6.5 million pages of sport related research. SIRC's goal is to collect, archive, and share qualified sport information with sport enthusiasts in Canada and around the world.

Contact: www.sirc.ca

SPORTS RULES BOOK



Essential rules for 47 sports. Information includes procedures for playing; age, skill and rule modifications; terms and definitions; playing area dimensions; equipment and regulations; and officiating signs.

Cost: \$23.95

Contact: PHE Canada
613-523-1348 or 1-800-663-8708
info@phecanada.ca
www.phecanada.ca/store

Zone: Scheduled Physical Education
Extra-Curricular

STEPS TO INCLUSION



Outlines the necessary steps to achieve inclusion for children with disabilities. Designed for teachers and community partners to create an inclusive physical activity environment void of discrimination, put-downs, or negativity, where all students are participating fully, regardless of ability.

Cost: Download for FREE

Contact: Ophea
416-426-7120 or 1-888-446-7432
info@ophea.net
www.ophea.net/inclusion

Zone: Scheduled Physical Education
Classroom Action

THE STUDENT BODY: Promoting Health at Any Size



A teacher training module designed to help alert teachers (and parents) to the factors that can trigger unhealthy dieting among children, and ways to prevent it. Lessons use animated vignettes, videos and background information so teachers can experience some of the positive and negative factors affecting body image and unhealthy eating habits. Covers 6 topics: media and peer pressure, healthy eating, active living, teasing, adult role models, and school climate.

Cost: FREE online

Contact: Hospital for Sick Children
<http://research.aboutkidshealth.ca/thestudentbody/home.asp>

Zone: School Environment
Family and Community
Classroom Action

TWIST CONDITIONING INC. Workshops, Presentations & Education



One of Canada's premier sport conditioning and functional fitness companies; specializes in performance enhancement through sport-specific conditioning. A variety of workshops, presentations and educational opportunities (in-class and home-study formats) are available.

Cost: Prices vary

Contact: Twist Conditioning Inc.
604-904-6556 or 1-888-214-4244
www.twistconditioning.com

Zone: Scheduled Physical Education

► NOTE: A "Competitive Edge DVD Series" is available, appropriate as a teacher resource or for secondary students (includes speed training, ladders and hurdles, agility cones, and plyometrics).

WOMEN & LEADERSHIP NETWORK



A new online community where women involved in sport and physical activity can connect, build their skills, share ideas, discuss issues, find solutions, and take action.

Cost: FREE

Contact: CAAWS
613-562-5667
caaws@caaws.ca
www.womenandleadershipnetwork.ca
www.caaws.ca

Zone: Family and Community

YOUTHSAFE OUTDOORS



Safety guidelines and integrated support resources for everyone involved in helping ensure off-site activities are safe: School boards, administrators, teachers/leaders, parents/guardians and students. Addresses local field trips, outdoor pursuits and aquatic activities, performance tours, exchanges, and international travel.

Cost: \$149.95

Contact: YouthSafe Outdoors
780-432-1670 or 1-877-559-2929
info@youthsafeoutdoors.ca
www.YouthSafeOutdoors.ca

Zone: School Environment ■ Scheduled Physical Education
Extra-Curricular

■ Coaching

ABORIGINAL COACHING MANUAL TRAINING



A training tool for Aboriginal and non-Aboriginal coaches of Aboriginal athletes. Designed to increase awareness, understanding and support of the diverse needs of Aboriginal athletes. Provides information about culturally sensitive practices. Contact the Aboriginal Sport Circle for scheduled workshops in your area.

Cost: Prices vary

Contact: Coaching Association of Canada
613-235-5000
coach@coach.ca www.coach.ca

Zone: School Environment ■ Scheduled Physical Education
Family and Community ■ Extra-Curricular

CAC'S WOMEN IN COACHING PROGRAM



A national campaign to increase the number of coaching opportunities for women at all levels of sport. Resources include professional development scholarships, apprenticeship programs, mentoring, and a FREE online journal.

Contact: Women in Coaching Program, Coaching Association of Canada
613-235-5000
coach@coach.ca www.coach.ca

Zone: Family and Community ■ Extra-Curricular

CANADIAN JOURNAL FOR WOMEN IN COACHING



A FREE online journal providing timely, accurate and targeted information with the goal of creating a positive environment for women to pursue careers at all levels of coaching across Canada. Tackles pertinent issues and provides practical, hands-on and proactive tips and suggestions on a variety of topics.

Cost: FREE online subscription

Contact: Women in Coaching Program, Coaching Association of Canada
613-235-5000
coach@coach.ca www.coach.ca

Zone: School Environment
Family and Community

COACHING FEMALE ATHLETES



Practical tips from coaches and athletes, and information about the unique needs, interests and experiences of female athletes. Updated in 2011.

Cost: FREE

Contact: Coaches BC
604-333-3600
info@coachesbc.ca
www.coachesbc.ca

Zone: Extra-Curricular

COLLABORATIVE COMMUNITY COACHING (C3)



Experiential workshops designed for teachers, coaches, and youth provide practical tools and techniques to support the creation of environments where values, leadership, character, play and flow, democracy and community come to life. Through movement education principles in skill progressions, C3 promotes the development of motor abilities, fundamental skills, values, leadership and a sense of community. Provider of training for Fastbreak After School Leadership and More Sports programs.

Cost: Prices vary

Contact: Alison Jones & Michael McLenaghan
604-274-9557
alison.jones@sympatico.ca

Zone: Extra-Curricular

HIGH FIVE® SPORT WORKSHOP



An interactive half day workshop designed to help teachers and coaches develop a child-centered coaching philosophy that also considers the role of parents, coaches and clubs or leagues. Includes evidence-based information about why children participate in sport, children's mental, social and emotional health, middle childhood development, and practical tips on how to design and lead high quality activities. A Sport Workbook features Coach Reflections and Toolkit sections.

Cost: Prices vary based on the Authorized Provider

Contact: HIGH FIVE® National
416-426-7286 or 1-888-222-9838
info@HIGHFIVE.org
www.HIGHFIVE.org

In BC: BC Recreation and Parks Association
604-629-0965 ext. 229
parksandrec@bcrpa.bc.ca
www.bcrpa.bc.ca

Zone: Extra-Curricular

► NOTE: See the HIGH FIVE® website for provincial/territorial Authorized Providers.

NATIONAL COACHING CERTIFICATION PROGRAM (NCCP)



A competency-based education and training program focused on five core competencies: problem-solving, interaction, leadership, valuing, and critical thinking. Programs for 67 sports are available for community sport, competition, and/or instruction, for the first-time coach to the head coach of a national team.

► NOTE: Workshops are organized provincially/territorially – visit the CAC's website to find a workshop in your area.

Contact: Coaching Association of Canada
613-235-5000
coach@coach.ca
www.coach.ca

Zone: Scheduled Physical Education
Family and Community
Extra-Curricular

PARENT-COACH HANDBOOK



A guide for parents or first-time coaches to create a respectful, positive, safe and welcoming environment for children beginning their sport experience. Practical resources and tools to help with safety, fair play, practice planning, and teaching skills are included.

Cost: Download for FREE

Contact: Coaches Association of BC
604-333-3600
info@coachesbc.ca
www.coachesbc.ca

Zone: Family and Community
Extra-Curricular

SPORTSAFE GUIDES



Creating a safer place for our children to play is everyone's responsibility. Resources include training workshops, a Sport Safe Volunteer Screening Model, Coach's Game Plan, Parent's Contract, and Dealing with Harassment and Abuse: A Guide for Parents.

Cost: Download for FREE

Contact: BC Ministry of Healthy Living & Sport
www.cscd.gov.bc.ca/sport/programs/sportsafe.htm

Zone: School Environment
Family and Community
Extra-Curricular

► NOTE: Contact Sport BC about training, policies, and procedures for harassment and abuse prevention – www.sport.bc.ca.

Support Organizations

ACTIVE CIRCLE



Supports Aboriginal youth and communities to become vibrant, active and healthy through physical activity, sport and recreation by promoting youth leadership, community engagement and holistic approaches to healthy living. The Active Circle makes long-term commitments to communities to develop, deliver and sustain programs which build on existing assets by providing financial and human resources, as well as program development, training, and evaluation expertise. Delivered by Motivate Canada in partnership with the Aboriginal Sport Circle.

Contact: www.activecircle.ca

ACTIVE HEALTHY KIDS CANADA



A charitable organization that advocates the importance of quality, accessible, and enjoyable physical activity experiences for children and youth. Producers of the Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth.

Contact: www.activehealthykids.ca

ACTIVE LIVING ALLIANCE FOR CANADIANS WITH A DISABILITY



Promoting inclusion and active lifestyles for Canadians with disabilities. Resources include All Abilities Welcome (p. 12), Moving to Inclusion (p. 162), and Moving to Inclusion Online (p. 163).

Contact: 613-244-0052 or 1-800-771-0663
ala@ala.ca
www.ala.ca

AGRICULTURE IN THE CLASSROOM

Raises awareness and understanding of sustainable agriculture and food systems by providing educational programs and resources to students and teachers. There are organizations in almost all provinces and territories.

Contact: www.aitc.ca

ALBERTA CENTRE FOR ACTIVE LIVING

Created to improve the health and quality of life for all people through physical activity. Research, educational tools, publications and links dedicated to supporting teachers, practitioners and organizations promoting healthy, active living. Two newsletters and a website are available to keep you up-to-date on many aspects of physical activity.

Contact: www.centre4activeliving.ca

BOYS & GIRLS CLUBS OF CANADA



A leading non-profit organization providing programs that support the healthy physical, educational and social development of more than 200,000 children, youth and their families each year. In 650 locations across Canada, Boys and Girls Clubs offer opportunities, after school and at other critical times when children are not in school, to develop healthy behaviours, academic success, positive relationships and life and leadership skills.

Contact: www.bgccan.com

BREAKFAST FOR LEARNING



A national non-profit organization dedicated to child nutrition programs and the healthy development of children and youth. Helps support and sustain student nutrition programs and provides child nutrition education, research and resources, including Keys to Success Quality Standards – best practices for student nutrition programming. Grants are available.

Contact: www.breakfastforlearning.ca

CANADA GAMES COUNCIL



Works in partnership with governments, the private sector and the sport community to enrich the lives of young athletes through the Canada Games Movement. The Dreams and Champions program inspires dreams in Canada's youth and encourages them to participate in sport and physical activity; and builds champions by providing the programs, tools and support young athletes need to reach and succeed at higher levels.

Contact: www.canadagames.ca

CANADIAN ASSOCIATION FOR SCHOOL HEALTH



Develops and implements projects, activities and services that promote a Comprehensive School Health approach connecting community agencies, parents, educators, health professionals, youth and others to work together using the school as a strategic setting within the community.

Contact: www.cash-aces.ca

► NOTE: Visit www.safehealthyschools.org – a gateway to information on comprehensive school health, including assessment tools, lesson plans and research reports.

CANADIAN ASSOCIATION FOR THE ADVANCEMENT OF WOMEN & SPORT & PHYSICAL ACTIVITY



Increasing opportunities and encouraging girls and women to participate and lead in sport and physical activity in Canada. Website features information to support girls' and women's participation at all levels of sport and physical activity in Canada. A new section provides tips and resources about how men can support girls' and women's participation and leadership. Sign-up for CAAWS' monthly e-News. See the Gender Equity section (p. 113) for some of CAAWS' resources.

Contact: www.caaws.ca

► NOTE: Contact the provincial organizations increasing opportunities for girls and women to participate:

Alberta InMotion Network

www.inmotionnetwork.org

Égale Action (Quebec)

www.egaleaction.com

ProMOTION Plus (BC)

www.promotionplus.org

CANADIAN CANCER SOCIETY



A national, community-based organization of volunteers, whose mission is the eradication of cancer and the enhancement of the quality of life of people living with cancer. Provincial and territorial societies are involved in a number of healthy living initiatives.

Contact: www.cancer.ca

CANADIAN CENTRE FOR ETHICS IN SPORT



With a mission to foster ethical sport for all Canadians, the CCES uses research, promotion, prevention, policy development, and detection and deterrence to be an advocate for sport that is fair, safe and open. Partners with Bodysense (p. 121) and True Sport (p. 188).

Contact: www.cces.ca

CANADIAN CENTRE ON SUBSTANCE ABUSE



Working to minimize the harm associated with the use of alcohol, tobacco and other drugs. CCSA provides an information and reference service, and publishes a free quarterly newsletter, ACTION NEWS.

Contact: www.ccsa.ca

CANADIAN CHILDHOOD OBESITY FOUNDATION

Dedicated to educating Canadian children, their families and care givers, educators, business and government about the problem of childhood obesity.

Contact: 604-251-2229
info@childhoodobesityfoundation.ca
www.childhoodobesityfoundation.ca

CANADIAN COUNCIL OF FOOD & NUTRITION



A catalyst for advancing the nutritional health of Canadians, the National Institute of Nutrition is a multisectoral authoritative voice for evidence-based nutrition policy. Website features printable resources on a variety of active living and healthy eating topics.

Contact: www.ccfm.ca

CANADIAN DIABETES ASSOCIATION



Promotes the health of Canadians through diabetes research, education, service and advocacy. Website is an online resource for people with and affected by diabetes. Programs include cooking courses and grocery store tours to support and inspire healthy eating.

Contact: www.diabetes.ca

CANADIAN FITNESS & LIFESTYLE RESEARCH INSTITUTE



Enhancing the well-being of Canadians through research and communication of information about physically active lifestyles to the public and private sectors.

Contact: www.cflri.ca

CANADIAN INSTITUTE FOR CHILD HEALTH



Dedicated to promoting and protecting the health, well-being and rights of all children and youth through monitoring, education, program and resource development, and advocacy.

Contact: www.cich.ca

CANADIAN LUNG ASSOCIATION



A national, non-profit organization committed to improving respiratory health through research, education and the promotion of healthy living. Website includes downloadable resources for teachers, a site for students, and links to smoking prevention and cessation resources.

Contact: www.lung.ca

CANADIAN OLYMPIC COMMITTEE



Responsible for all aspects of Canada's involvement in the Olympic Movement, including the Olympic and Pan American Games, and a wide variety of programs that promote the Olympic Movement in Canada through cultural and educational means. Website features general information about the Olympic Games and the Olympic Movement, and links to a variety of sport organizations. Read about the Canadian Olympic School Program (p. 14).

Contact: www.olympic.ca

CANADIAN PAEDIATRIC SOCIETY



A national advocacy association committed to the health needs of children and youth. Website is designed to provide information needed to make informed decisions about child health care.

Contact: www.cps.ca
www.caringforkids.cps.ca

CANADIAN PARALYMPIC COMMITTEE



Delivers programs that strengthen the Paralympic Movement in Canada, including sending Canadian teams to the Paralympic Games. The CPC's goal is to empower persons with physical disabilities, through sport.

Contact: www.paralympic.ca

CANADIAN PARKS & RECREATION ASSOCIATION



Building healthy communities and enhancing the quality of life and environments for all Canadians through collaboration with its members and partners. Links to provincial/territorial parks and recreation associations are available on the website.

Contact: www.cpra.ca

CANADIAN PRODUCE MARKETING ASSOCIATION



A not-for-profit organization representing companies that are active in the marketing of fresh fruit and vegetables in Canada from the farm gate to the dinner plate. Website includes nutrition, selection, storage and preparation information about a variety of fruit and vegetables.

Contact: www.cpma.ca

CANADIAN RED CROSS



Delivers first aid and water safety programs across Canada.

Contact: www.redcross.ca

CANADIAN SPORT FOR LIFE



A movement to increase sport's contribution in Canadian society, recognizing sport as an important part of everyone's life by promoting each child's healthy and logical development in a sport or physical activity. Website features information for parents, teachers, athletes and coaches to support the delivery of quality programs that give children the skills that they need to develop Physical Literacy for both healthy life long enjoyment and for sporting success.

Contact: www.canadiansportforlife.ca

CIRA ONTARIO

An incorporated, non-profit organization with a mission to encourage, promote and develop active living, healthy lifestyles and personal growth through intramural and recreational programs within the education and recreation communities. Practical resources, workshops and conferences support teachers in providing opportunities for EVERYONE to participate in athletic and recreational activities, regardless of skill or fitness level.

Contact: www.ciraontario.com

COACHING ASSOCIATION OF CANADA



A national not-for-profit sport organization committed to raising the skills and stature of coaches, and ultimately expanding their reach and influence. Through its programs, the CAC empowers coaches with knowledge and skills, promotes ethics, fosters positive attitudes, builds competence, and increases the credibility and recognition of coaches. A monthly coaching newsletter is available.

Contact: 613-235-5000
coach@coach.ca www.coach.ca

DIETITIANS OF CANADA



Food and nutrition professionals committed to the health and well-being of Canadians. Website includes an EATracker (p. 133), a virtual grocery store to educate about nutrition information labels, and information about Nutrition Month in March.

Contact: www.dietitians.ca

FOOD SHARE TORONTO



A non-profit agency working to improve access to affordable and healthy food from field to table. The Field to Table Schools program provides students and teachers with hands-on, curriculum-linked food literacy education.

Contact: www.foodshare.net

HEALTH CANADA



Responsible for helping Canadians maintain and improve their health by providing national leadership to develop health policy, enforce health regulations, promote disease prevention and enhance healthy living for all Canadians. Producers of Canada's Food Guide (p. 132).

Contact: www.healthcanada.gc.ca

HEART & STROKE FOUNDATION OF CANADA



Improving the health of Canadians by leading in eliminating heart disease and stroke and reducing their impact through the advancement of research and its application, the promotion of healthy living, and advocacy. Many online resources are available.

Contact: www.heartandstroke.ca

JOINT CONSORTIUM FOR SCHOOL HEALTH



A leader in supporting the advancement of comprehensive school health in Canada. Membership is comprised of key health and education representatives responsible for school health in each province and territory, (except Quebec); the federal government is a partner in a funding and advisory capacity. Website features information on comprehensive school health, a healthy school planner, toolkits and factsheets.

Contact: www.jcsh-cces.ca

LIFESTYLE INFORMATION NETWORK

An online forum and database exchanging information services for the enhancement of individual and community well-being.

Contact: www.lin.ca

MEDIA AWARENESS NETWORK



A Canadian non-profit organization hosting a comprehensive collection of media literacy and digital literacy resources.

Contact: www.media-awareness.ca

MOTIVATE CANADA



A Canadian charitable organization which specializes in improving the lives of young people by fostering civic engagement, social entrepreneurship, social inclusion and leadership among youth. Through harnessing the power of positive role models, sport and physical activity, and community engagement principles, Motivate Canada is able to engage young people, build their confidence and sense of self-worth, and increase their social and vocational competence. Programs are the Esteem Team (p. 106), ACTIVATE (p. 105), GEN7 (p. 108) and the Active Circle (p. 177).

Contact: www.motivatecanada.ca

NATIONAL ABORIGINAL HEALTH ORGANIZATION



An Aboriginal-designed and controlled body committed to influencing and advancing the health and well-being of Aboriginal Peoples by carrying out knowledge-based strategies. Gathers, creates, interprets, disseminates, and uses both traditional Aboriginal and contemporary western healing and wellness approaches. A healthy living website promotes personal success stories, athlete profiles, and community events.

Contact: www.naho.ca

NATIONAL EATING DISORDERS INFORMATION CENTRE

Providing information and resources on eating disorders and weight preoccupation.

Contact: www.nedic.ca

PARTICIPACTION



A national voice for physical activity and sport participation in Canada. Inspires and supports Canadians to move more through leadership in communications, capacity building and knowledge exchange. Website includes facts and statistics, success stories, tips to get active, and links to their Inactive Kids campaign PSAs.

Contact: www.participaction.com

PHYSICAL ACTIVITY RESOURCE CENTRE (PARC)



Resources to build the capacity of physical activity promoters to deliver quality initiative and effectively promote physical activity in a population health context. Website includes a resource database, newsletter, Pause to Play toolkit, policy development workbook, and information about training, networking and consultation events and services.

Contact: <http://parc.ophea.net/>

PHYSICAL & HEALTH EDUCATION CANADA



Advances quality physical and health education programs to support students in developing the knowledge, skills and attitudes needed to lead physically active and healthy lives, now and in their future.

► NOTE: Visit the PHE Canada Store for great physical activity and sport education resources.

Contact: 613-523-1348 or 1-800-663-8708
info@phecanada.ca
www.phecanada.ca

PRODUCE FOR BETTER HEALTH FOUNDATION

A US-based consumer education foundation whose purpose is to motivate people to eat more fruit and vegetables to improve public health. Website features a recipe database, resource catalogue, and links to Fruit and Veggies – More Matters (p. 138).

Contact: www.pbhfoundation.org
www.fruitsandveggiesmorematters.org

PUBLIC HEALTH AGENCY OF CANADA



Focused on more effective efforts to prevent chronic diseases, prevent injuries, and respond to public health emergencies and infectious disease outbreaks.

Contact: www.phac-aspc.gc.ca

SAFE SCHOOL CENTRES

Sources of information, resources, training and examples of effective programs to help schools and communities address a range of safety issues.

AB www.education.alberta.ca/teachers/safeschools.aspx
BC www.bced.gov.bc.ca/sco/
MB www.safeschoolsmanitoba.ca
NL www.ed.gov.nl.ca/edu/K12/safeandcaring/index.html
ON www.edu.gov.on.ca/eng/parents/safeschools.html
SK www.education.gov.sk.ca/Bullying-Prevention

SASKATCHEWAN IN MOTION



A provincial movement of educators, parents, caregivers, and community leaders working to increase physical activity opportunities for children and youth. Their 30-30-30 solution recommends 30 minutes of physical activity every day at home, at school, and in the community. Tips, tools, resources and information are available online.

Contact: 306-780-9248 or 1-866-888-3648
info@saskinmotion.ca
www.saskatchewaninmotion.ca

SPECIAL OLYMPICS CANADA



Dedicated to enriching the lives of Canadians with an intellectual disability through sport. The Special Olympics National Games are held every two years, alternating between Summer and Winter Games; World Games are held the year following National Games.

► NOTE: Contact the National office for provincial/territorial contacts.

Contact: www.specialolympics.ca

SPORT CANADA



Supports the achievement of high performance excellence and the development of the Canadian sport system to strengthen the unique contribution that sport makes to Canadian identity, culture and society.

Contact: www.pch.gc.ca/sportcanada
www.canadiansportforlife.ca

SPORT LAW & STRATEGY GROUP



Provides legal solutions, planning and governance services, and strategic communications consulting in the Canadian sport system. Hundreds of searchable and indexed writings, blogposts, case comments, and legal resources.

Contact: 647-348-3080
www.sportlaw.ca

SPORT MATTERS



A voluntary group of individuals and organizations focused on promoting the important contribution that sport makes to society. News, research and discussion forums about sport policy development and advocacy in Canada.

Contact: www.sportmatters.ca

TRANS CANADA TRAIL



A shared-use recreational trail winding its way through every province and territory in Canada. Visit the website for the trail path, maps, and a virtual walk across Canada tool.

Contact: www.tctrail.ca

TRUE SPORT



A national movement for sport and community with a mission to be a catalyst to help sport live up to its full potential as a public asset for Canada and Canadian society – making a significant contribution to the development of youth, the well-being of individuals, and quality of life in our communities. At the heart of True Sport is a simple idea: good sport can make a great difference. Many resources are available for FREE download.

Contact: www.truesportpur.ca

■ Grants, Program Funding & Tax Credit

BREAKFAST FOR LEARNING

Nutrition grants help start and sustain school-based breakfast, lunch and snack programs and can be used to meet program needs including food, equipment and staffing. Deadlines vary by province/territory.

Contact: www.breakfastforlearning.ca

CANADIAN TIRE JUMPSTART

Grants of up to \$300 help children and youth participate in organized sport or recreation, covering the registration costs and equipment. Applications can be submitted from January 15 – June 1 for spring/summer programs, and from July 1–November 1 for fall/winter programs.

Contact: <http://jumpstart.canadiantire.ca/en/>

CHILDREN'S FITNESS TAX CREDIT

The Government of Canada allows a non-refundable tax credit on eligible amounts of up to \$500 paid by parents to register a child in an eligible program of physical activity.

Contact: www.cra-arc.gc.ca/fitness

ED MAY SOCIAL RESPONSIBILITY EDUCATION FUND

BC

Promotes socially responsible teaching in inclusive, safe, and healthy schools by providing money to assist teachers in developing and implementing violence-prevention, antiracist, multicultural, gender-equity, global, environmental, or peace resources.

Contact: BC Teachers' Federation
<http://bctf.ca/uploadedFiles/Public/SocialJustice/GrantsFunds/SJGrantInfo.pdf>

KIDSPORT™



A community-based sport funding program that provides grants for Canadian children ages 6 to 18 to participate in a sport of their choice for a season. Success is measured by the number of new sport opportunities created for children who would otherwise not have a chance to play.

Contact: 604-333-3650
info@kidsportcanada.ca
www.kidsport.ca

LET THEM BE KIDS

Funding to help build playgrounds in areas of need.

Contact: www.ltbk.org

NUTRITIONLINK SERVICES SOCIETY



Provides grants for registered charities in Canada to support non-profit community groups and agencies committed to informing, educating and counseling vulnerable British Columbians in making healthy food choices. Applications are due annually on September 30.

Contact: 604-732-9081
info@nutritionlink.org
www.nutritionlink.org

PAC & DPAC GRANTS

BC Ministry of Housing & Social Development



Parent Advisory Councils (PAC) and District Parent Advisory Councils (DPAC) can apply for funds to benefit students by enhancing extracurricular opportunities. Applications are accepted annually from April 1-June 30.

Contact: BC Ministry of Housing & Social Development
www.hsd.gov.bc.ca/gaming/grants/index.htm

RBC AFTERSCHOOL GRANTS PROGRAM



Grants for after-school programs offering learning and skill development opportunities for youth.

Contact: www.rbc.com/donations/after-school.html

S'COOL LIFE FUND



Supports student participation in non-academic activities such as drama, recreational and extra-curricular activities, arts, music and sports. Annual application deadline is December 31st.

Contact: www.scoollifefund.ca

SWIM TO SURVIVE SCHOOL PROGRAM GRANTS



Used to help provide a minimum of 3 in-water Swim to Survive lessons to grade 3 children within an elementary school program, during school hours. Grant funds may be used to help defray the costs of transportation, instruction, facility rentals. Applications are typically accepted in October, January and May during the school year.

Contact: Lifesaving Society
416-490-8844
www.lifesavingsociety.com

TOYOTA EVERGREEN LEARNING GROUPS School Ground Greening

Helps schools create outdoor classrooms to provide students with a healthy place to play, learn, and develop a genuine respect for nature. Applications are accepted for the 2011/2012 school year starting in September.

Contact: 1-888-426-3138
info@evergreen.ca
www.evergreen.ca/en/funding/grants/telg.sn

■ Provincial/Territorial School Initiatives

If you know of, or are involved in, an active and healthy school initiative in your community, we want to hear about it! Contact us at 604-738-2468 or 1-800-565-7727, or by email at actionpages@jwspporta.ca.

ACTION SCHOOLS! BC™

BC

A best practices model to support elementary and middle schools in creating individualized action plans to promote healthy living while achieving academic outcomes and supporting comprehensive school health. Six Action Zones help schools create a balanced portfolio of activities: School Environment, Scheduled Physical Education, Classroom Action, Family and Community, Extra-Curricular, and School Spirit. Registered BC schools receive FREE support, workshops and teaching resources supporting daily physical activity, physical education and healthy eating. Student leadership models complement classroom and whole-school activities.

Contact: 604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca
www.actionschoolsbc.ca

► NOTE: An introductory DVD provides an overview of the Action Schools! BC initiative, and highlights the physical activity and healthy eating activities in action.

ACTIVE KIDS, HEALTHY KIDS

NS

A blueprint for increasing physical activity levels, contributing to an improvement in the health of children and youth. Cornerstone components include Active School Communities, Policy and Program Development, and Public Education.

Contact: www.gov.ns.ca/hpp/pasr/akhk-intro.asp

ACTIVE YUKON SCHOOLS

YT

Supports schools in integrating daily physical activity and healthy living.

Contact: 867-668-2328
active@rpay.org
www.rpay.org

EVER ACTIVE SCHOOLS

AB

A provincial program designed to assist schools in addressing and creating active healthy school communities. Program fosters social and physical environments that support improving the quality and quantity of active healthy living programs in Alberta schools. Practical resources, assessment tools, capacity building projects, recognition, and professional development events focus on student physical activity, healthy eating and mental well-being.

Contact: 780-454-4745 (Edmonton) or 403-210-6012 (Calgary)
info@everactive.org www.everactive.org

HEALTHY SCHOOL PROGRAM

NB

Improves the indoor and outdoor environments of schools to ensure they are a healthy, comfortable, and productive place for learning. Coordinated by the NB Lung Association.

Contact: 506-455-8961 or 1-888-566-LUNG
www.nb.lung.ca/schools

IN MOTION SCHOOLS

SK

In motion schools value the benefits of physical activity and ensure it is a visible priority in the daily life of the school. In motion schools are committed to providing a minimum of 30 minutes of physical activity every day for every student.

Contact: 306-780-9248 or 1-888-888-3648
info@saskinmotion.ca
www.saskatchewaninmotion.ca

MANITOBA HEALTHY SCHOOLS

MB

Promotes the physical, emotion and social health of students, their families, school staff, and school communities. The framework includes three main components: promoting community-based activities; promoting targeted provincial campaigns in response to issues affecting the health and wellness of the school community; and developing resources for province-wide use.

Contact: 204-788-6620
healthyschools@gov.mb.ca
www.gov.mb.ca/healthyschools

■ Provincial/Territorial Ministries of Education

Additional physical education resources can be found in each province/territory's recommended resource list – visit the Ministry of Education websites for a virtual tour.

ALBERTA EDUCATION

Contact: <http://education.alberta.ca>

BRITISH COLUMBIA MINISTRY OF EDUCATION

Contact: www.gov.bc.ca/bced

MANITOBA EDUCATION, CITIZENSHIP & YOUTH

Contact: www.edu.gov.mb.ca

MINISTÈRE DE L'ÉDUCATION, DU LOISIR ET DU SPORT

Contact: www.mels.gouv.qc.ca

NEW BRUNSWICK DEPARTMENT OF EDUCATION

Contact: www.gnb.ca/education

NEWFOUNDLAND & LABRADOR DEPARTMENT OF EDUCATION

Contact: www.ed.gov.nl.ca/edu

NORTHWEST TERRITORIES MINISTRY OF EDUCATION, CULTURE & EMPLOYMENT

Contact: www.ece.gov.nt.ca

NOVA SCOTIA DEPARTMENT OF EDUCATION

Contact: www.ednet.ns.ca

NUNAVUT DEPARTMENT OF EDUCATION

Contact: www.gov.nu.ca/education

ONTARIO MINISTRY OF EDUCATION

Contact: www.edu.gov.on.ca

PRINCE EDWARD ISLAND DEPARTMENT OF EDUCATION & EARLY CHILDHOOD DEVELOPMENT

Contact: www.gov.pe.ca/educ

SASKATCHEWAN MINISTRY OF EDUCATION

Contact: www.education.gov.sk.ca

YUKON DEPARTMENT OF EDUCATION

Website: www.education.gov.yk.ca

■ Provincial/Territorial Physical Education Associations

Many provincial/territorial associations have professional development conferences and publications. Contact the organization in your province/territory for more information.

ALBERTA HEALTH & PHYSICAL EDUCATION COUNCIL

Contact: www.hpec.teachers.ab.ca

ASSOCIATION OF PHYSICAL EDUCATORS OF QUÉBEC

Contact: www.apeqonline.net

FÉDÉRATION DES ÉDUCATEURS ET ÉDUCATRICES PHYSIQUES ENSEIGNANTS DU QUÉBEC

Contact: www.feepeq.com

MANITOBA PHYSICAL EDUCATION TEACHERS' ASSOCIATION

Contact: www.mpeta.ca

NEW BRUNSWICK PHYSICAL EDUCATION SOCIETY

Contact: Garth Wade
garth.wade@gnb.ca

NEWFOUNDLAND/LABRADOR PHYSICAL EDUCATION SPECIAL INTEREST COUNCIL

Contact: kelliebaker@esdnl.ca

NOVA SCOTIA TEACHERS' ASSOCIATION FOR PHYSICAL & HEALTH EDUCATION

Contact: <http://local.nstu.ca/web/taphe>

ONTARIO PHYSICAL & HEALTH EDUCATION ASSOCIATION

Contact: www.ophea.net

PHYSICAL EDUCATION BRITISH COLUMBIA (PE-BC)

Contact: www.bctf.ca/pebc

PRINCE EDWARD ISLAND PHYSICAL EDUCATION ASSOCIATION

Contact: Cheryl Tanton
902-887-2505

SASKATCHEWAN PHYSICAL EDUCATION ASSOCIATION

Contact: www.speaonline.ca

■ Provincial/Territorial Sport Organizations

Many provincial/territorial sport organizations can provide or link educators to physical activity programs and resources. Contact the following sport umbrella organizations for more information.

ALBERTA SPORT, RECREATION, PARKS & WILDLIFE FOUNDATION

Contact: www.tpr.alberta.ca/asrpwf

SASK SPORT INC.

Contact: www.sasksport.sk.ca

SPORT ALLIANCE OF ONTARIO

Contact: www.sportalliance.com

SPORT BC

Contact: www.sportbc.com

SPORT MANITOBA

Contact: www.sportmanitoba.ca

SPORT NEW BRUNSWICK

Contact: www.sportnb.com

SPORT NEWFOUNDLAND & LABRADOR

Contact: www.sportnl.ca

SPORT NORTH (NORTHWEST TERRITORIES)

Contact: www.sportnorth.com

SPORT NOVA SCOTIA

Contact: www.sportnovascotia.ca

SPORT NUNAVUT

Contact: www.cley.gov.nu.ca/en/SportsIntro.aspx

SPORT PEI

Contact: www.sportpei.pe.ca

SPORT YUKON

Contact: www.sportyukon.com

SPORTSQUÉBEC

Contact: www.sportsquebec.com



Just BC

■ BC Government

MINISTRY OF AGRICULTURE & LANDS

Contact: www.agf.gov.bc.ca

MINISTRY OF COMMUNITY, SPORT & CULTURAL DEVELOPMENT

Contact: www.gov.bc.ca/cscd

MINISTRY OF EDUCATION

Contact: www.gov.bc.ca/bced

MINISTRY OF HEALTH SERVICES

Contact: www.gov.bc.ca/health

MINISTRY OF JOBS, TOURISM & SKILLS TRAINING

Contact: www.gov.bc.ca/jtst

■ BC Support Organizations & Initiatives

2010 LEGACIES NOW

Established as an integral component of the 2010 Olympic and Paralympic Winter Games, and successfully leveraged the Games to create lasting legacies in communities throughout BC. More than 2,000,000 British Columbians in 400 communities and neighbourhoods have benefited from investments made by 2010 Legacies Now to strengthen sport, healthy living, literacy, the arts, accessibility and volunteerism.

Contact: www.2010LegaciesNow.com
www.2010andBeyond.ca

ABORIGINAL ACTNOW

A province-wide, community-based health initiative to mobilize Aboriginal communities, schools and organizations to live active, healthy and strong lifestyles. Leader training, minor grants, tools and support for community coordinators are available. Initiatives build upon the Honour Your Health Challenge.

Cost: Training is FREE; subsidies may be available for travel and accommodation

Contact: Aboriginal Healthy Living Branch, BC Ministry of Health
250-952-3151

ABORIGINAL YOUTH FIRST SPORTS & RECREATION PROGRAM

Delivers a diverse range of sport and recreation activities that encourage Native youth in East Vancouver to be active, participate in skills training, make positive life choices, and develop their leadership skills. Program aims to build resiliency amongst youth, their families, and the community by increasing awareness and knowledge, and fostering youth skills and leadership development.

Contact: Urban Native Youth Association
604-254-7732
sportsandrec@unya.bc.ca www.unya.bc.ca

ACTION SCHOOLS! BC™

A best practices model to support elementary and middle schools in creating individualized action plans to promote healthy living while achieving academic outcomes and supporting comprehensive school health. Six Action Zones help schools create a balanced portfolio of activities: School Environment, Scheduled Physical Education, Classroom Action, Family and Community, Extra-Curricular, and School Spirit. Registered BC schools receive FREE support, workshops and teaching resources supporting daily physical activity, physical education and healthy eating. Student leadership models complement classroom and whole-school activities.

Contact: 604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca www.actionschoolsbc.ca

► NOTE: The Classroom Action Resource (p. 39) and Classroom Healthy Eating Action Resource (p. 129) are FREE resources for any teachers.

ALCOHOL-DRUG EDUCATION SERVICE

A registered, non-profit agency operating towards the prevention of substance abuse and related issues. Provides school-based resources, educational prevention workshops for professionals and parents, support, networking services, and planning information for parents, educators, and members across BC. FREE quarterly Prevention Network Newsletters address a wide range of issues and provide helpful prevention tips, practical advice, and more.

Contact: 604-944-4155
info@ades.bc.ca
www.ades.bc.ca www.tobaccofreesports.ca

BC AGRICULTURE IN THE CLASSROOM FOUNDATION

Lesson ideas, programs, teaching resources, workshops, science fair ideas, contacts for farm tours, and complementary information for students and parents. Organization works with educators to bring BC's agriculture to students. An annual summer institute provides additional professional development for teachers. Resources and programs include the Grow BC resource guide and poster (p. 139), Spuds in Tubs (p. 152) and the BC School Fruit and Vegetable Nutritional Program (p. 126) and Take a Bite of BC (p. 153). Free Units include Apples (K-2) and Integrating Dance and Agriculture (K-7).

Contact: 604-556-3088
info@aitc.ca www.aitc.ca/bc

BC ASSOCIATION OF FARMERS' MARKETS

Committed to developing and strengthening the capacity of farmers' markets in all regions of British Columbia. Educates the public to choose BC grown educational products to ensure a secure food system, reduce the carbon footprint, and ensure the viability of farming in the future.

Contact: www.bcfarmersmarket.org

BC CANCER AGENCY

Provides a province-wide, population-based cancer control program for the residents of British Columbia and the Yukon. A Healthy Living Schools initiative connects Cancer Prevention Coordinators with schools to provide customized support, materials, tips, tools and ideas for educators at all levels. A Healthy Living Plan (HeLP) booklet and Self-Assessment Questionnaire pamphlet have been developed to aid secondary school teachers and students with the transitions requirements for graduation.

Contact: www.bccancer.ca

Healthy Living Schools Initiative

www.bccancer.bc.ca/PPI/Prevention/about/programs/schools.htm

Cancer Prevention Coordinators

www.bccancer.bc.ca/PPI/Prevention/CPCPs.htm

HeLP Graduate Transitions

www.bccancer.bc.ca/PPI/Prevention/about/programs/HeLP.htm

BC CENTRE FOR SAFE SCHOOLS & COMMUNITIES

Promotes evidence-based approaches for safe, healthy and inclusive school communities. The Centre supports research into school safety and social responsibility, a lending library with a variety of print and video resources, a provincial speaker's bureau for training and professional development, and a provincial network of Safe School Contacts.

Contact: 1-888-224-7233

www.bccssc.ca

BC DAIRY ASSOCIATION

Offers nutrition education programs for all school grades. Foundation programs emphasize the importance of active living and eating a balanced diet based on "Eating Well with Canada's Food Guide" (p. 132).

Contact: 604-294-3775 or 1-800-242-6455

nutrition@bcdairy.ca

www.bcdairyassociation.ca

► NOTE: Contact the BCDA about School Milk BC (p. 147), providing free tools and resources to make milk an easy choice at school.

BC FIRST NATIONS HEAD START PROGRAM

A provincial initiative to enhance early childhood development, school readiness and overall family health and wellness for First Nations preschool children on reserve (birth to six years old). Programming is delivered in six core areas: culture and language, education, health promotion, nutrition, parent and family involvement, and social support. In 2010 there were 93 programs in 118 communities. Website features contacts, implementation guidelines, tips relating to the core areas, and links to other relevant resources.

Contact: BC First Nations Head Start Regional Office

Health Canada, First Nations and Inuit Health Branch

604-666-0816

www.bcfnhs.org

BC HEALTHY LIVING ALLIANCE

Addressing the risk factors and health inequities that contribute significantly to chronic disease through leadership and collaboration. Website includes success stories, tools and resources to promote healthier eating and physical activity, and information to support healthy schools.

Contact: 604-629-1630

info@bchealthyliving.ca

www.bchealthyliving.ca

BC INJURY PREVENTION CENTRE

Community-based injury prevention programs dedicated to promoting injury-free living in British Columbia and its communities. Injury prevention programs are designed to decrease the incidence and severity of injuries in communities using evidence-based research and best practices in health promotion. Website includes interactive games and resources, and information about the “Injury Free Karma” Lifesaving Program (p. 116).

Contact: 604-875-5856
BCInjuryPreventionCentre@vch.ca
www.InjuryFreeKarma.com

BC MEDICAL ASSOCIATION

Representing physicians across the province, the Association supports initiatives related to health promotion, physician relations with the community, and the development of health care policy. Healthy Kids – Eat Well, Play Well, Stay Well (p. 17) provides targeted online information.

Contact: 604-736-5551
www.bcma.org

BC RECREATION & PARKS ASSOCIATION

A not-for-profit organization dedicated to enhancing quality of life in BC through the parks, recreation, physical activity and culture sector. Programs and initiatives support people in leading active, healthy lifestyles; creating active communities; and bridging the gap between recreation and sport. BCRPA is BC’s Authorized Provider of HIGH FIVE® (p. 160) and Everybody Gets to Play™ training (p. 158), and delivers Sogo Active (p. 26) in BC. The Stay Active Eat Healthy initiative encourages recreation facilities and government buildings to make healthy food and beverage choices the easy choices.

Contact: 604-629-0965
bcrpa@bcrpa.bc.ca
www.bcrpa.bc.ca

BC SPORTS HALL OF FAME

Honours BC’s outstanding athletes, teams and builders. Guided educational programs include the Terry Fox and Rick Hansen Tour, Celebrate the Hall, and Hero in the Hall; or a general Hall of Fame visit. Through interactive exhibits, students are encouraged to climb a rotating climbing wall, track their time on a 14m running track, test their slap shot, virtually experience a bobsled course, and more! The In Her Footsteps Gallery celebrates the accomplishments and contributions of women. An Aboriginal Sport Gallery pays tribute to the contributions of Aboriginal peoples to BC’s sport heritage. The Vancouver 2010 Gallery celebrates Olympic spirit and the accomplishments of Canadian and international athletes.

► NOTE: Check out the BC Sports Hall of Fame’s online educational program – Hero in You (p. 18).

Contact: 604-647-7414
sportsinfo@bcsportshalloffame.com
www.bcsportshalloffame.com

COACHES ASSOCIATION OF BC

Facilitates the development, certification, support and ongoing education of coaches so they provide all BC sport participants with the very best in coaching services.

Contact: 604-333-3600
info@coachesbc.ca
www.coachesbc.ca

COMMUNITYLINK (Learning Includes Nutrition Knowledge)

Provides funding services and support in BC schools for vulnerable children and youth. Funding is allocated through School Districts.

Contact: www.bced.gov.bc.ca/communitylink

DASH BC: Directorate of Agencies for School Health

Promotes, supports, and facilitates improvements in health and learning in school communities, with the vision of a society where student participation in a healthy school community is the norm, not the exception. DASH BC manages the Healthy Schools Network and the Healthy Schools Portal, and actively works with Action Schools! BC. Website features a number of resources to guide and coach schools through the process of creating a healthy school.

Contact: DASH BC
604-681-0600
info@dashbc.ca
www.dashbc.ca
www.healthyschoolsbc.ca
www.healthyschoolsportal.ca

DIETITIAN SERVICES AT HEALTHLINK BC

Call or email a registered dietitian for answers to questions about healthy eating, specific dietary requirements, food safety and other nutrition-related topics. Translation services are available in more than 130 languages. Support for the implementation of the Brand Name Food List for the Food and Beverage Guidelines in BC is also available.

Contact: 8-1-1 from anywhere in BC; 7-1-1 TTY
www.HealthLinkBC.ca/dietitian

EVERYBODY ACTIVE

A provincial initiative to support communities in removing barriers to physical activity for the health and well-being of lower income British Columbians. Community planning tools guide stakeholders in a five stage process of learning, engaging, planning, acting, and reflecting. Success stories are also available.

Cost: Download for FREE
Contact: BC Recreation & Parks Association
bcrpa@bcrpa.bc.ca
604-629-0965
www.physicalactivitystrategy.ca/index.php/everybody-active/

FARMFOLK/CITYFOLK SOCIETY

A non-profit society that works with farm and city to cultivate a local, sustainable food system for BC. Projects provide access to and protection of foodlands; support local, small-scale growers and producers; and educate, communicate and celebrate with local food communities. Check out their Knowledge Pantry – it's locally delicious!

Contact: 604-730-0450
info@farmfolkcityfolk.ca
www.farmfolkcityfolk.ca

GUIDELINES FOR FOOD & BEVERAGE SALES IN BC SCHOOLS

Designed to maximize students' access to healthier options at school. Provides schools and school food/beverage providers with a standard for decision-making.

Cost: Download for FREE
Contact: Healthy Eating at School
www.healthyeatingatschool.ca

HEAL NETWORK Healthy Eating & Active Living in Northern BC

A regional network of individuals, organizations and communities in partnership with Northern Health to "Connect, Support, Share and Inspire" in the areas of healthy eating, active living, community food security, chronic disease prevention and community development. Annual community grants are available. Website hosts a collection of information and practical resources to support making the healthy choice, the easy choice.

Contact: heal@northernhealth.ca
www.healbc.ca

HEALTHY FAMILIES BC

An online resource for promoting healthy living in BC communities. Downloadable resources and links related to healthy eating and active living.

Contact: www.healthyfamiliesbc.ca

HEALTHY SCHOOLS NETWORK (HSN)

A voluntary organization of public, independent, and band schools established to address a variety of academic, social and emotional concerns of students through a Comprehensive School Health (CSH) approach. Using innovative evidence gathering and inquiry-based learning framework, HSN schools put into practice the CSH approach, contributing to the achievement of school educational and social goals. A component of the Network of Performance Based Schools. Resources are available to implement Healthy Schools.

Contact: DASH BC
604-681-0600
hsn@dashbc.ca
www.healthyschoolsnetwork.ca

HEALTHY SCHOOLS PORTAL

A one-stop access point for healthy school programs, resources and strategies in BC that gives users the opportunity to connect with one another to share ideas and experiences. Information can be tailored to your needs and interests by following areas that pertain to you. A partnership between DASH BC and the Ministries of Education and Health.

Contact: DASH BC
604-681-0600
info@healthyschoolsportal.ca
www.healthyschoolsportal.ca

HEART & STROKE FOUNDATION OF BC & YUKON

Improving the health of Canadians by leading in eliminating heart disease and stroke and reducing their impact through the advancement of research and its application, the promotion of healthy living, and advocacy. A number of resources are available online – look in the index.

Contact: 604-736-4404 or 1-888-473-4636
www.heartandstroke.bc.ca

KELTY MENTAL HEALTH RESOURCE CENTRE

A provincial mental health and substance use resource centre for BC children, youth, families and parents. Provides resources, support, referral to BC children, youth, families and parents struggling with mental health and substance use issues, as well as adults with disordered eating.

Contact: 604-875-2084 or 1-800-665-1822
keltycentre@bcmhs.bc.ca
www.keltymentalhealth.ca

LEAP BC™ (LITERACY, EDUCATION, ACTIVITY & PLAY)

A collection of complementary resources for families and early learning practitioners, focusing on the importance of physical activity, healthy eating, oral language development and early literacy for infants and children. The aim is to encourage healthy child development in the settings where children in their early years live, learn and play by providing resources, workshops and ongoing support.

Cost: Some resources available for FREE download
Contact: Decoda Literacy Solutions
info@decoda.ca
www.leapbc.decoda.ca

LIFECYCLES PROJECT SOCIETY

Dedicated to cultivating awareness and initiating action around food, health, and urban sustainability in the Greater Victoria community. Website features information about the Society's initiatives, teaching and learning resources, and how you can get involved.

Contact: 250-383-5800
info@lifecyclesproject.ca
www.lifecyclesproject.ca

MORESPORTS

A collaborative initiative providing sustainable sport and physical activity opportunities for children and families living in Vancouver, targeting on the East Side. Regular programs include soccer, basketball, floor hockey, and badminton; special events, such as the MoreSports Soccer Jam Festival, continue to grow.

► NOTE: The MoreSports youth leadership program, YELL (Youth Engage Learn Lead), provides potential youth leaders from all backgrounds with training opportunities in exchange for practical experience to build their leadership portfolios.

Contact: Dick Woldring, MoreSports Coordinator
604-803-8815
info@moresports.org www.moresports.org

PARENTS AS LITERACY SUPPORTERS (PALS)

Helps family members and caregivers support their preschool or kindergarten-aged children's early literacy development. The program responds to the cultural and linguistic needs of participating families, and aims to provide a positive transition from home, and other early care settings, to school. Developed by Dr. Jim Anderson and Fiona Morrison.

Cost: Workshops available upon request
Contact: Decoda Literacy Solutions
info@decoda.ca www.pals.decoda.ca

PHYSICAL EDUCATION BRITISH COLUMBIA (PE-BC)

Provides leadership, advocacy and resources for physical education teachers, including a news magazine, involvement in annual conferences, and professional development grants.

Contact: www.bctf.ca/pebc

ProMOTION Plus: Girls & Women in Physical Activity & Sport

Working cooperatively with individuals and groups in the sport and recreation system in British Columbia to create equity for girls and women.

Contact: 604-333-3475
info@promotionplus.org www.promotionplus.org

QUESNEL ABORIGINAL DIABETES PREVENTION & AWARENESS PROGRAM

A community-based diabetes initiative. Activities include ongoing school education programs, community events, workshops, and health fact sheets. A number of resources are available to download.

Contact: Quesnel Tillicum Society Native Friendship Centre
250-992-8347
sandy.brunton@gnfc.bc.ca
www.quesnel-friendship.org/html/diabetes/index.htm

SPORT BC

With a passion for building strong, healthy communities by giving everyone in BC the opportunity to be the athletes they are – whatever their sport, whatever their level – Sport BC is the engine driving amateur sport in BC, inspiring participation and supporting its activation through 80 member organizations.

Contact: 604-333-3400
info@sportbc.com www.sportbc.com

SPORTABILITY Cerebral Palsy Sports Association of BC

A non-profit, volunteer driven association whose goal is to provide opportunities in sport for people with physical disabilities, particularly cerebral palsy, head injuries, stroke and related disabilities. The sports offered at SportAbility are boccia, cycling, power soccer, 7-a-side soccer and sledge hockey.

Contact: 604-599-5240
sportinfo@sportabilitybc.ca www.sportability.ca

TRAILS BC

Responsible for the establishment of the Trans Canada Trail in British Columbia, contributes to the preservation of developed and heritage trails, and promotes the building and connecting of new trails, for safe and environmentally responsible recreational use. Trails BC representatives can help introduce students to the benefits of trails, and link teachers with available teaching resources.

Contact: 604-899-0737
trailsbc@trailsbc.ca www.trailsbc.ca

■ BC Health Authorities

Visit your local health authority's website for school nutrition information or to locate a community nutritionist in your area.

NORTHERN HEALTH

Contact: www.northernhealth.ca

INTERIOR HEALTH

Contact: www.interiorhealth.ca

VANCOUVER ISLAND HEALTH AUTHORITY

Contact: www.viha.ca

VANCOUVER COASTAL HEALTH

Contact: www.vch.ca

FRASER HEALTH

Contact: www.fraserhealth.ca

■ BC Multi-Sport Organizations

For more sport and physical activity resources and workshops in BC contact the following organizations:

BC ATHLETE VOICE

Contact: 604-345-1615 info@bcathletevoice.ca www.bcathletevoice.ca

BC COLLEGES' ATHLETIC ASSOCIATION

Contact: www.bccaa.ca

BC GAMES SOCIETY

Contact: 250-387-1375 info@bcgames.org www.bcgames.org

BC SCHOOL SPORTS

Contact: info@bcschoolsports.ca www.bcschoolsports.ca

CANADIAN SPORT CENTRE PACIFIC

Contact: 250-220-2500 (Victoria)
778-327-4085 (Vancouver) 604-962-8891 (Whistler)
questions@cscpacific.ca www.cscpacific.ca

NATIONAL COACHING INSTITUTE – BC

Contact: 250-220-2522
questions@cscpacific.ca
www.cscpacific.ca/content/Coaches/NCI-BC/Home2.asp

SPORTMEDBC

Contact: 604-903-3880 or 1-888-755-3375
info@sportmedbc.com www.sportmedbc.com

■ BC Sport Organizations

For more sport and physical activity resources and workshops in BC contact the following organizations:

ABORIGINAL SPORTS, RECREATION AND PHYSICAL ACTIVITY PARTNERS COUNCIL

Contact: 1-800-990-2432
www.bcaafc.com/initiatives/asrpa-partners-council

ALPINE SKI ASSOCIATION, BC

Contact: 604-678-3070 info@bcalpine.com www.bcalpine.com

ARCHERY ASSOCIATION, BC

Contact: kc12@telus.net www.archeryassociation.bc.ca

ATHLETICS, BC

Track & Field, Road Running, Cross Country Running, Race Walking, Run Jump Throw (p. 77).

Contact: 604-333-3550
bcathletics@bcathletics.org www.bcathletics.org

BADMINTON BC

Contact: 604-333-3595 info@badmintonbc.com www.badmintonbc.com

BALL HOCKEY ASSOCIATION, BC

Contact: 604-998-1400 president@bcbha.com www.bcbha.com

BASEBALL BC

Contact: 604-586-3310 info1@baseball.bc.ca www.baseball.bc.ca

BASKETBALL BC

Contact: 604-718-7852 www.basketball.bc.ca

BLIND SPORTS & RECREATION ASSOCIATION, BC

Contact: 604-325-8638 or 1-877-604-8638
info@bcblindsports.bc.ca www.bcblindsports.bc.ca

BOWL BC

Contact: 604-522-2990 bowl4fun@bowlbc.com www.bowlbc.com

BOWLS BC (LAWN BOWLING)

Contact: www.bowlsbc.ca

CANOE KAYAK BC

Canoe, Kayak, Dragon Boat, Outrigger, Voyager, Marathon, Whitewater.

Contact: 604-465-5268 info@canoekayakbc.ca www.canoekayakbc.ca

CURL BC

Contact: 604-333-3616 or 1-800-667-curl curling@curlbc.ca www.curlbc.ca

CYCLING BC

Contact: 604-737-3034 info@cyclingbc.net www.cyclingbc.net

DANCESPORT BC

Contact: www.dancesportbc.com

DEAF SPORTS FEDERATION, BC

Contact: 604-333-3606 (TTY)
info@bcdeafsports.bc.ca www.bcdeafsports.bc.ca

DISABILITY GAMES, BC

Contact: 604-530-7738
info@bcdisabilitygames.org www.bcdisabilitygames.org

DISC SPORTS SOCIETY, BC

Ultimate, Disc Golf, Freestyle, GUTS, Goaltimate, Double Disc Court, Throw-Run-Catch, Maximum Time Aloft, Self Caught Flight, Discathon, Beach Ultimate, Canine.

Contact: discbc@bcdss.bc.ca
www.bcdss.bc.ca www.bcdiscgolf.com

DIVING, BC

Contact: 604-333-3661 jayne@bcdiving.ca www.bcdiving.ca

FENCING ASSOCIATION, BC

Contact: president.bcfa@gmail.com www.fencing.bc.ca

FIELD HOCKEY BC

Contact: 604-737-3046 info@fieldhockeybc.com www.fieldhockeybc.com

FLOORBALL, BC

Contact: 778-885-7825 info@bcfloorball.com www.bcfloorball.com

FOOTBALL BC

Contact: 604-677-1025
communications@playfootball.ca www.playfootball.bc.ca

GOLF, BC

Contact: 604-279-2580 or 1-888-833-2242
info@bcga.org www.britishcolumbiagolf.org

GYMNASTICS BC

Contact: 604-333-3494 info@gymnastics.bc.ca www.gymnastics.bc.ca

HOCKEY, BC

Contact: 250-652-2978 info@bchockey.net www.bchockey.net

JUDO BC

Contact: info@judobc.ca www.judobc.ca

KARATE BC

Contact: 604-333-3610 info@karatebc.org www.karatebc.org

LACROSSE ASSOCIATION, BC

Contact: 604-421-9755 info@bclacrosse.com www.bclacrosse.com

MOUNTAIN CLUBS OF BRITISH COLUMBIA, FEDERATION OF

Contact: 604-873-6096
fmcbbc@mountainclubs.org www.mountainclubs.org

NETBALL ASSOCIATION, BC

Contact: 604-293-1820 www.bcnetball.ca

ORIENTEERING ASSOCIATION OF BC

Contact: www.orienteeingbc.ca

OUTDOOR RECREATION COUNCIL OF BC

Contact: 604-873-5546 outdoorrec@orc.bc.ca www.orc.bc.ca

RACQUETBALL ASSOCIATION, BC

Contact: 604-737-1786 bcracquetball@hotmail.com www.racquetballbc.ca

RHYTHMIC SPORTIVE GYMNASTICS FEDERATION, BC

Contact: 604-333-3485 bcrsgf@rhythmicsBC.com www.rhythmicsBC.com

RINGETTE ASSOCIATION, BC

Contact: 604-629-6581 www.bcringette.org

ROPE SKIPPING ASSOCIATION, BC & YUKON

Clubs hold workshops, judges' training, and competitions.

Contact: bcyrsa@gmail.com www.bcyrsa.ca

ROWING BC

Contact: 604-333-3635 info@rowingbc.ca www.rowingbc.ca

RUGBY UNION, BC

Contact: 604-737-3065 www.bcrugby.com

SAILING ASSOCIATION, BC

Contact: 604-333-3628 crew@bcsailing.bc.ca www.bcsailing.bc.ca

SKATE CANADA – BC/YUKON

Contact: 1-888-SKATEBC www.skatinginbc.com

SOCCER ASSOCIATION, BC

Contact: 604-299-6401 info@bcsoccer.net www.bcsoccer.net

SOFTBALL BC

Contact: 604-531-0044 info@softball.bc.ca www.softball.bc.ca

SPECIAL OLYMPICS, BC

Contact: 604-737-3078 1-888-854-2276
info@specialolympics.bc.ca www.specialolympics.bc.ca

SQUASH BC

Contact: 604-737-3084 info@squashbc.com www.squashbc.com

SWIM BC

Contact: 604-898-9100 staff@swimbc.ca www.swimbc.ca

SYNCHRO SWIM BC

Contact: 604-333-3640 info@synchro.bc.ca www.synchro.bc.ca

TABLE TENNIS ASSOCIATION, BC

Contact: 604-333-3655 bctta@bctta.ca www.bctta.ca

TAEKWONDO FEDERATION, BC

Contact: 604-469-9206 info@taekwondobc.com www.taekwondobc.com

TEAM HANDBALL FEDERATION, BC

Contact: 778-899-2102
info@bchandball.ca www.bchandball.ca

TENNIS BC

Contact: 604-737-3086 info@tennisbc.org www.tennisbc.org

TRIATHLON BC

Triathlon, Duathlon and Aquathlon.

Contact: 604-736-3176 info@tribc.org www.tribc.org

VOLLEYBALL BC

Contact: 604-291-2007 promotions@volleyballbc.ca www.volleyballbc.ca

WATER POLO ASSOCIATION, BC

Contact: 604-333-3480 bcwaterpolo@telus.net www.bcwaterpolo.com

WHEELCHAIR SPORTS ASSOCIATION, BC

Contact: 604-333-3520 or 1-877-737-3090
info@bcwheelchairsports.com www.bcwheelchairsports.com

WRESTLING ASSOCIATION, BC

Contact: 604-737-3092 info@bcwrestling.com www.bcwrestling.com

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