



ACTION PAGES!

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

2014 / 2015

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



Action Schools! BC™, a best practices whole-school model 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.

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, school administrators, families, community coaches and program leaders, and health professionals with the multitude of best practice resources available across Canada to support healthy and active school communities.

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

- **ACTIVE LIVING** emphasizes resources that support the development of fundamental movement skills and sport-specific skills and knowledge and includes individual and dual activities, gymnastics, dance, games, alternative environment activities, and yoga.
- **HEALTHY EATING** highlights nutrition and food-based initiatives and resources, including school gardens, to educate students and influence policy to make healthy food choices the easy choices.
- **HEALTHY CHOICES** features resources that support students in choosing healthy active lifestyles, encompassing personal goal setting, leadership, safety and injury prevention, alcohol and drug use prevention and cessation, and information about specific health-related topics.
- **PERSONAL & SOCIAL DEVELOPMENT** provides resources relating to student wellbeing, including mental health, self-regulation, self-esteem and body image, relationship building, respect and fair play, and bullying and discrimination prevention.

The Action Pages! also includes the following sections:

- **TEACHER EDUCATION** includes program and lesson planning aids; coaching resources; and educational, professional development and certification opportunities.
- **SUPPORT ORGANIZATIONS** to connect individuals with key sport, physical activity, healthy eating and health promotion 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 organizations.

If you prefer an alphabetized list, flip to the INDEX for an A-Z list of resources and key topics.

Icons for quick reference indicate the following:



grade level, e.g. K-3



daily physical activity



fundamental movement skills



presentation or workshop



available in French



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.

The Action Pages! is now also available online – www.actionschoolsbc.ca.

ACTION PAGES! & ACTION SCHOOLS! BC™

Action Schools! BC™ is a best practices whole-school model designed to assist elementary and middle schools in creating and implementing 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, community coaches and program leaders, and health professionals in six Action Zones to create a balanced portfolio of activities that promote healthy living throughout the school day.

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, the Zones can be used 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 goals of the BC Ministry of Education.



Provides innovative daily physical activity and healthy eating activities for the classroom 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 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.

For a listing of all Action Schools! BC related resources see “Action Schools! BC” in the INDEX, or refer to www.actionschoolsbc.ca.

ACTION SCHOOLS! BC™ AND COMPREHENSIVE SCHOOL HEALTH

Comprehensive School Health (CSH) is an international approach recognizing the idea that healthy children learn better and achieve more, therefore addressing school health in a planned, integrated and holistic way to enhance students' educational outcomes. The Action Schools! BC teaching resources and support materials were developed and selected to support CSH aspects and to contribute to specific health and academic outcomes.

Action Schools! BC is a collaboration between government, researchers, educators, and the education, health, recreation and sport sectors. An initiative of the province of BC, Action Schools! BC works with the Directorate of Agencies for School Health (DASH BC) and supports Healthy Schools BC – a key initiative of the Healthy Families BC strategy which strengthens the ability of the health and education sectors to effectively implement healthy school initiatives using the CSH approach.

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: STEPS TO HEALTHY LIVING WORKSHOP



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;
- 2 hours of screen time or less;
- 1 hour or more of physical activity;
- 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
604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca ■ www.actionschoolsbc.ca

Zone: Physical Education ■ Classroom Action ■ Extra-Curricular

5 DAY FIT CHI DVD



Tai chi and qigong (“chee gung”) are centuries-old practices designed to promote healing, stress relief and energy flow. Five workouts use a series of gentle, flowing movements and breathing techniques. Also includes teachings from four master instructors.

Cost: \$14.98 USD or included as part of Action Schools! BC Tai Chi Workshop

Contact: Gaiam
1-800-254-8464
customerservice@gaiam.com ■ www.gaiam.com

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

► NOTE: A Tai Chi Workshop (which includes activities from the 5 Day Fit Chi DVD) is available from Action Schools! BC (p. 60).

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: Physical Education
Classroom Action

► NOTE: "Kids Fitness Trio" – Purchase 6 Fit Kids' Workouts, 65 Energy Blasts (p. 11) and Get Strong 101 (p. 36) online and save 15%.

50 FITNESS ACTIVITY CARDS



Key "on the spot" fitness moves that can be used on their own or to add variety to existing activities. Great for Daily Physical Activity, physical education, or personal fitness challenges!

Cost: \$30

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

Zone: Physical Education
Classroom Action

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: \$22

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

Zone: Physical Education
Classroom Action
Extra-Curricular

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, Hip Hop, 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: Physical Education
Classroom Action

► NOTE: “Kids Fitness Trio” – Purchase 6 Fit Kids’ Workouts (p. 10), 65 Energy Blasts, and Get Strong 101 (p. 36) online and save 15%.

ABC’S OF YOGA FOR KIDS



An illustrated book with descriptions for 56 fun and engaging poses that children will love. A colourful poster and learning flashcards are also available.

Cost: Prices vary

Contact: ABC Yoga for Kids
310-266-7705
teresa@abcyogaforkids.com
www.abcyogaforkids.com

Zone: Physical Education
Classroom Action
Family and Community

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: Physical Education

ACTION SCHOOLS! BC™ INCLUSIVE PRACTICES



A reference for adapting playground, low organizational, and/or sport-based physical activities for students with physical and intellectual disabilities. Inclusive practices recognize the inherent value of each participant; the right to take risks and make mistakes; the need for independence and self-determination; and the right to choose.

Cost: Download for FREE

Contact: Action Schools! BC
info@actionschoolsbc.ca ■ www.actionschoolsbc.ca

Zone: School Environment ■ Physical Education
Classroom Action ■ Extra-Curricular

ACTION SCHOOLS! BC™ PLAYLIST



A list of songs and albums recommended for accompanying or using as background music for daily physical activity, dance, circuits and stations, chair aerobics, and more. See the Physical Activity Action Resource (p. 59) and DPA Pages! (p. 27) for activity ideas.

► NOTE: When building your own playlists, be sure to select the “clean” versions of all songs.

Cost: Download for FREE

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

Zone: Physical Education ■ Classroom Action ■ Extra-Curricular

ACTIVE AFTER SCHOOL WEBSITE



A source for information, practical resources, and support organizations to support the creation of quality active after school programs. An initiative of the Canadian Active After School Partnership (CAASP).

Cost: FREE

Contact: www.activeafterschool.ca

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

ACTIVE BODY BEATS DVDs



Instructional “Stomp” style percussion and dance. Students work together to create one and two line beats, enhance their physical literacy, and create amazing sounds. Beginner and Advanced DVDs are available.

Cost: \$27.99 per set; package and bulk discounts available

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

Zone: Physical Education ■ Classroom Action ■ School Spirit

► NOTE: A Body Percussion Workshop (which includes activities from the Active Body Beats DVDs) is available from Action Schools! BC (p. 60).

ACTIVE FOR LIFE WEBSITE



Expert advice, inspirational tips and activity ideas for teachers, program leaders and parents to help children develop the fundamental movement and sport skills to become physically literate. Ready-made lesson plans are available to download for FREE.

Cost: FREE
Contact: www.activeforlife.ca
Zone: Physical Education
Family and Community

ACTIVE LIVING FITNESS CHARTS



Support to teach the basics of personal fitness, fostering students' personal confidence and a strong sense of body awareness. Two targeted series of 40 heavy-duty, laminated Fitness Charts for elementary and secondary grades feature recommended exercises with pictures, a description, and progressions. Spiral-bound Teacher's Manual includes exercise techniques, safety tips, equipment lists, and circuit samples and design templates. Materials are neatly packaged in a re-useable portfolio, making packing up and storing easy. Additional resources available online.

Cost: \$225 per series
Contact: Thompson Educational Publishing
416-766-2763 or 1-877-366-2763
<http://thompsonbooks.com/k-12.html> – click "Active Living Series"
Zone: Physical Education
Classroom Action

► NOTE: See also Physical Literacy Fitness Chart Kits (p. 61).

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: \$22
Contact: CIRA Ontario
905-648-2226
ciraontario@gmail.com
www.ciraontario.com
Zone: Physical Education
Classroom Action
Extra-Curricular

► NOTE: Recess Revival (p. 64) 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 available from Action Schools! BC (p. 128).

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: \$23.49 (item #025056)

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

Zone: 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: Physical Education
Classroom Action

ADVENTURE RACING



A complete guide to the skills, equipment, strategies, navigation, and nutrition used by the top adventure racers around the globe. Inspire students with profiles and stories from the top races and adventure racers that provide a taste of the exciting challenges of the sport.

Cost: \$18.00

Contact: Purchase online from the O-Store (www.o-store.ca, see p. 55)
or from your local bookstore
ISBN: 10:0736059113

Zone: Physical Education
Classroom Action
Extra-Curricular

ADVENTURE RACING ACTIVITIES FOR FUN AND FITNESS



Complete instructions to prepare and teach cooperative obstacle racing experiences at school or in the community. Suggestions for course layout, obstacles and scoring are provided, all requiring minimal equipment. Participants complete the race in teams while having fun while being physically active.

- Cost:** \$24.95
Contact: PHE Canada
613-523-1348 or 1-800-663-8708
info@phecanada.ca
Zone: Physical Education
Classroom Action
Extra-Curricular

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 \$26.09 (item #078689); Music CD \$20.39 (item #1005234)
Contact: School Specialty Sportime
1-866-519-2816
www.schoolspecialty.ca
Zone: 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: 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: Physical Education ■ Family and Community ■ Extra-Curricular

► NOTE: Similar manuals are available for Dene Games (p. 27), Inuit Games and Inuit-Style Wrestling (p. 43), and Snowshoeing (p. 68).

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: \$20.95

Contact: Jackie Nelson, Volleyball Canada
613-748-5681 ext. 221
jnelson@volleyball.ca
www.volleyball.ca

Zone: 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: \$22

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

Zone: Physical Education
Classroom Action
Extra-Curricular

BASKETBALL MOVES RESIDENCY



Teaches the basics of ball handling and fancy footwork, with an emphasis on accessibility and fun! Kit includes an instructional book and music CD. Residency includes one day of physical education classes for different grades.

Cost: \$750-\$900

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

Zone: Physical Education

► NOTE: See the FUN-damentals of Fitness Presentations (p. 35) and Get Active with the Purple Pirate (p. 36) 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: Physical Education ■ Family and Community

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
604-294-3050 or 1-888-755-3375
info@sportmedbc.com
www.sportmedbc.com

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

Zone: 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: 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: \$39.95 each

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

Zone: 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: Physical Education
Family and Community
Extra-Curricular

► NOTE: For more road safety resources see RoadSense Kids (p. 125).

BODY ELECTRIC

A Symphony of Sounds for Body Percussion



Part handy reference, part idea-generator, this resource with CD introduces a self-contained instrumentarium that is convenient, inexpensive, physical, adaptable, self-affirming, educational, and, most of all, fun. Includes body, vocal and mouth sounds.

Cost: \$21.99

Contact: Purchase online or from your local bookstore
ISBN: 978-0893284398

Zone: Physical Education ■ Classroom Action

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

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: 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

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
206-363-7281
www.creativedance.org/store

Zone: 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
206-363-7281
www.creativedance.org/store

Zone: Physical Education
Classroom Action

► NOTE: Two BrainDance related resources are available from Action Schools! BC – an Enhancing Learning through Physical Activity Workshop and a BrainDance Poster (p. 60).

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. Book includes illustrations, reproducibles, and assessment tools.

Cost: \$25.95

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

Zone: 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: 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 with activity worksheets expands on movement actions and their benefits.

Cost: CD \$17.95; CD Download \$14.95;
Manual \$23.95; Both \$40.95

Contact: Kids-Move
1-877-465-7010
info@Kids-Move.com
www.Kids-Move.com

Zone: Classroom Action

- ▶ NOTE: Educational workshops and movement concerts are available.

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: Physical Education ■ Classroom Action

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: 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: 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: Physical Education

CHINESE JUMP ROPE



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

Cost: DVD \$18.59 (item #009826); Booklet \$7.39 (item #009827)

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

Zone: 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: \$27.99 each; package and bulk discounts available

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

Zone: Physical Education
Classroom Action

► NOTE: See also Sports Circuit! Sport Stations CDs (p. 70).

► NOTE: A Circuits & Stations Workshop (featuring activities from The Circuit! Station Solutions CDs) is available from Action Schools! BC (p. 60).

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: Physical Education ■ Family and Community

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

COOL AEROBICS FOR KIDS CD



This music CD with lyric and instruction guide features breathing exercises, a warm-up, aerobic routines, and a cool-down. Songs include the Twist, Mashed Potato, Ride the Train, and Hokey Pokey.

- Cost:** \$22.99 (item #1005566)
Contact: School Specialty Sportime
1-866-519-2816
www.schoolspecialty.ca
Zone: Physical Education ■ Classroom Action

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: 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:** \$9.99 – Download via iTunes
Zone: Physical Education ■ Classroom Action ■ Extra-Curricular

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
206-363-7281
www.creativedance.org/store
Zone: Physical Education

► NOTE: A two-hour companion DVD, Teaching Creative Dance (p. 73), is also available.

DAILY PHYSICAL ACTIVITY Manual & Video Series



DPA resources to get students active during instructional and non-instructional time (i.e. during class vs. recess), and in the classroom, multi-purpose space, and outdoors. Tools and messaging to increase support for DPA are also included.

- Cost:** Download for FREE
- Contact:** Saskatchewan in motion
306-780-9248 or 1-866-888-3648
info@saskinmotion.ca
www.saskatchewaninmotion.ca/parents-leaders/active-schools/
daily-physical-activity
- Zone:** School Environment
Classroom Action

DAILY PHYSICAL ACTIVITY RESOURCES



Ophea's comprehensive DPA Kits and individual resources are designed to support DPA implementation, with the goal of 20 minutes of sustained moderate to vigorous physical activity each day. Available resources include activity cards, a music CD, and DVD.

- Cost:** Prices vary
- Contact:** Ophea
416-426-7120 or 1-888-446-7432
info@ophea.net
www.ophea.net/dpa
- Zone:** Physical Education
Classroom Action

DanceDanceRevolution® CLASSROOM EDITION



An interactive dance video game combining dancing with vibrant graphics and the latest pop hits. Engage your entire classroom, physical education class or after school program – up to 48 individuals can play together. Packages come in 12, 24, 36, and 48 sets. Game pads store easily, and can be set up and synched in minutes.

- Cost:** Prices vary
- Contact:** Konami Digital Entertainment, Inc.
855-705-1332
DDRCSupport@konami.com
www.ddrclassroomedition.com
- Zone:** Physical Education
Classroom Action
Extra-Curricular

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: \$19.89 (item #070376)

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

Zone: Physical Education
Classroom Action

DANCES EVEN I WOULD DO



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

Cost: \$22

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

Zone: Physical Education
School Spirit

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
info@communitydance.ca
www.marianrose.com

Zone: Physical Education
Family and Community

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

DENE GAMES: Culture & Resource Manual



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.

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: Physical Education ■ Family and Community ■ Extra-Curricular

► NOTE: Similar manuals are available for Arctic Sports (p. 16), Inuit Games and Inuit-Style Wrestling (p. 43), and Snowshoeing (p. 68).

DPA GREATEST HITS



More than 60 pages of activities to support daily physical activity implementation. Activities are divided into Classroom and Small Space DPA, Cooperative DPA, Circle Activities, Cross-Curricular DPA, “Dollar Store” DPA, and Large Space DPA.

Cost: \$20

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

Zone: Classroom Action

DPA PAGES!



Support the integration of daily physical activity (DPA) within the school. Each Page contains one activity or theme with Action Schools! BC implementation ideas for classrooms, physical education and alternative spaces; action tips; and recommended resources. Topics include body percussion, skipping, dynamic stretching, balance balls, self-regulation, yoga connections – Aboriginal wellness perspectives, snowshoeing, snowy day activities, kindergarten circuit, Get Strong 101 circuit, outdoor circuit ideas, school-wide physical activities, and more.

Cost: Download for FREE

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

Zone: Physical Education ■ Classroom Action ■ Extra-Curricular

EARLY LEARNING RESOURCE



Activities and support tools to provide opportunities for children to develop physical literacy and health literacy skills. Designed to support the implementation of Ontario's Health and Physical Activity learning area of the Full-Day Early-Learning Kindergarten Program.

Cost: FREE online; hard copies \$35

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

Zone: 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 DANCE! CD



Favourite dances including Hot, Hot, Hot, the Locomotion, Mashed Potato, Electric Slide, and YMCA. CD includes instruction guide with easy steps.

Cost: \$20.79 (item #1005176)

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

Zone: Physical Education ■ 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: 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
Contact: Ophea
416-426-7120 or 1-888-446-7432
everyonejump@ophea.net ■ www.everyonejump.ca
Zone: 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

EXTRAORDINARY GAMES



This book takes traditional games (such as baseball, basketball, football, hockey, and soccer) and creates new, inclusive and interesting games by changing equipment or rules.

Cost: \$22
Contact: CIRA Ontario
905-648-2226
ciraontario@gmail.com ■ www.ciraontario.com
Zone: Physical Education

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: 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: \$27.99 each; package and bulk discounts available

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

Zone: Physical Education
Classroom Action

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: 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: 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



Exercise 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: 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: 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: 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:** \$28.95 each
Contact: Human Kinetics Publishers
1-800-465-7301
www.humankinetics.com
Zone: 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:** \$21.75 each
Contact: PHE Canada
613-523-1348 or 1-800-663-8708
info@phecanada.ca
www.phecanada.ca/store
Zone: 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/books/fms-series-1.html
Zone: Physical Education

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 Canadian Sport for Life (CS4L) Long-Term Athlete Development (LTAD) model.

- Cost:** \$40
Contact: PHE Canada
613-523-1348 or 1-800-663-8708
info@phecanada.ca
www.phecanada.ca/store/books/fms-series-1.html
Zone: Physical Education
Family and Community

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



A user-friendly 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 Canadian Sport for Life (CS4L) Long-Term Athlete Development (LTAD) model: stability skills, object manipulation skills, and locomotor skills.

Cost: \$40

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

Zone: Physical Education
Family and Community

FUNDAMENTAL MOVEMENT SKILLS SERIES Handbooks & Videos



Easy to use handbooks to teach fundamental movement and sport skills in an effective, fun and interactive manner. Targeted packages aligned with the Canadian Sport for Life (CS4L) Long-Term Athlete Development (LTAD) model feature descriptions, teaching tips, and activities for Active Start & FUNDamentals, Learning to Train, Beyond the Fundamentals – A Games Approach, and Alternative Activities and Pursuits. Online video collections support implementation with demonstrations, freeze frame captions, and descriptions of key points in the movement to help teachers and coaches assess and instruct students.

Cost: Handbooks \$40 each; video access FREE online

Contact: PHE Canada
613-523-1348 or 1-800-663-8708
info@phecanada.ca
www.phecanada.ca/store/books/fms-series-1.html
www.phecanada.ca/resources/fms-videos

Zone: Physical Education
Family and Community

► NOTE: Two handbooks are available for children with physical disabilities and children with developmental and/or behavioural disabilities (see p. 33 and above).

FUNDAMENTAL MOVEMENT SKILLS WORKSHOPS



Focus on training coaches working with athletes in the Active Start or FUNdamentals stages of the Canadian Sport for Life (CS4L) Long-Term Athlete Development model. 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: Physical Education ■ Family and Community

FUN-DAMENTALS OF FITNESS PRESENTATIONS



Two grade-targeted presentations from the Purple Pirate. Get Active with the Purple Pirate (grades K-2) is a 20 minute dance class with a treasure hunt narrative. FUN-damentals of Fitness (grades 3-7) is a 40 minute interactive performance that teaches nutrition, creative ways to exercise and the FUN of active living.

Cost: \$550-\$795

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

Zone: School Spirit

► NOTE: See Basketball Moves Residency (p. 17) and Get Active with the Purple Pirate (p. 36) for other Purple Pirate productions.

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

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: TTOC costs and travel expenses

Contact: John O'Flynn
604-803-7232
john.oflynn@gmail.com
www.cul4kidz.com
www.gaelicfootballforkids.com

Zone: Physical Education ■ Family and Community

Get Active with the Purple Pirate



Get students moving through an interactive 20 minute dance class with a treasure hunt narrative.

Cost: \$250

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

Zone: School Spirit

► NOTE: See Basketball Moves Residency (p. 17) and FUN-damentals of Fitness Presentations (p. 35) 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: Physical Education ■ Classroom Action ■ Family and Community

► NOTE: A Circuits and Stations Workshop (which includes activities from the Get Strong 101 DVD) is available from Action Schools! BC (p. 60). Download a Get Strong 101 Circuit (in English and French) at www.actionschoolsbc.ca.

► NOTE: "Kids Fitness Trio" – Purchase 6 Fit Kids' Workouts (p. 10), 65 Energy Blasts (p. 11) and Get Strong 101 online and save 15%.

GOLF PROGRAM FOR SCHOOLS

Playground to Fairway



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, BC Golf
604-279-2580 ext. 135 or 1-888-833-2242
kathy@bcga.org
www.playgroundtofairway.org

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

► NOTE: See also National Golf in Schools Program (p. 54).

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: 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: \$22

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

Zone: 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: \$22

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

Zone: Physical Education
Classroom Action
Extra-Curricular

GYM RINGETTE INSTRUCTOR GUIDE



Take this popular ice surface game into the gymnasium. Guide provides rules, drills, skills and general information to introduce students to ringette in a co-ed, dry land setting.

Cost: Download for FREE

Contact: Ringette Canada
613-748-5655
ringette@ringette.ca
www.ringette.ca – click “Associations” then “Let’s Play Gym Ringette”

Zone: Physical Education
Extra-Curricular

► NOTE: Contact your provincial/territorial Ringette Association to bring the Let’s Play Ringette Program to your school – visit www.ringette.ca for contact information.

GYM SCOOTER FUN & GAMES



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

Cost: \$7.47

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

Zone: 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: 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. This book features 73 stability ball games with variations, challenges, races, relays and team games.

Cost: \$25.95

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

Zone: Physical Education

HEAD-TO-TOE STRETCH POSTER



Reinforces the importance of dynamic and static 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
604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca
www.actionschoolsbc.ca

Zone: Physical Education
Classroom Action
Family and Community

► NOTE: Available as part of the Physical Activity Poster Pack (p. 60).

HEALTHY OPPORTUNITIES FOR PRESCHOOLERS Early Learning Practitioners Resource



Designed for early learning practitioners, caregivers and families, this full colour resource provides activities and ideas for play that integrate physical movement, oral language, early literacy and healthy eating. Developed for preschoolers, but appropriate for grades K to 1. A Family Resource is available to download for FREE.

Cost: Hard copy prices vary

Contact: Decoda Literacy Solutions
info@decoda.ca
<http://decoda.ca> – search “HOP”

Zone: Physical Education
Classroom Action

HEALTHY OPPORTUNITIES FOR PRESCHOOLERS AND PRIMARY



A collection of developmentally appropriate movement activities designed to meet the needs of teachers and students, based on national and international physical activity guidelines. Activities are flexible to suit varying time, space and environments, and are organized into themes such as locomotor skills, manipulative movement skills, and moving to music.

Cost: Download for FREE

<http://web.uvic.ca/~vtemple/wp-content/uploads/2012/07/HOPP.pdf>

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

Zone: 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: Look in the index for more resources from the Heart & Stroke Foundation.

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: Look in the index for more resources from the Heart & Stroke Foundation.

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: \$22

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

Zone: Physical Education ■ Extra-Curricular

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: 978-0873226394

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

INSTRUCTIONAL DANCE DVD



A comprehensive teaching resource providing effective strategies for teaching dance. Includes model classroom videos, downloadable lesson plans, and assessment tools and tips. Targeted DVDs for elementary and secondary schools are available.

Cost: FREE to order or download

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

Zone: Physical Education
Classroom Action

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 BCCLA 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: Physical Education
Family and Community
Extra-Curricular

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 teacher guide, DVD and music CD.

Cost: \$75.95

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

Zone: Physical Education
Classroom Action

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

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
School Spirit

INUIT GAMES: Training & Resource Manual

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. The Inuit Games resource includes a set of instructional posters.

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: Physical Education
Family and Community
Extra-Curricular

► NOTE: Similar manuals are available for Arctic Sports (p. 16), Dene Games (p. 27), and Snowshoeing (p. 68).

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.org

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 \$10

Contact: Dave Finnigan
davefinnigan@yahoo.com

Zone: Physical Education ■ Classroom Action

► NOTE: A Juggling Workshop (featuring activities from Joy of Juggling) is available from Action Schools! BC (p. 60).

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 \$20

Contact: Dave Finnigan
davefinnigan@yahoo.com

Zone: Physical Education ■ Classroom Action

JUMP ROPE FOR FITNESS & CONDITIONING DVD



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@jumrope.com
www.jumrope.com

Zone: Physical Education ■ Extra-Curricular

JUMP ROPE FOR HEART



A long-standing school program that combines 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 “Jumpcredible” by allowing your students to find out they have the power to make a difference in the lives of kids who need help.

Cost: FREE

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

Zone: Family and Community ■ School Spirit

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

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: 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: 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: Physical Education ■ Extra-Curricular

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

JUMPBEATS CD



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: Physical Education

JUMPFIT DVD & CD



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: 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: Physical Education ■ Classroom Action

► NOTE: Look in the index for more resources from the Heart & Stroke Foundation.

JUST ANOTHER GREAT GAMES BOOK



With 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:** \$22
Contact: CIRA Ontario
905-648-2226
ciraontario@gmail.com ■ www.ciraontario.com
Zone: 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: Physical Education ■ Extra-Curricular

K-3 GAMES



A practical resource to teach fundamental movement and basic 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: Physical Education

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.ca ■ www.speaonline.ca
Zone: 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
akapil@gymbc.org
www.kidscanmove.com

Zone: Physical Education
Family and Community

► NOTE: A new p.s.a.p./Kids CanMove Gymnastics – Creating Movement Sentences Manual is available. Complementary workshops, posters, skill level crests and task cards, and the manual, are available from p.s.a.p. (p. 56).

KIDS IN MOTION CD



Physical fitness activities to fun music.

Cost: \$30.79 (item #1005075)

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

Zone: Physical Education
Classroom Action

KIDS INTO ACTION CDs: Volumes 1, 2 & 3



“Plug and Play” 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: \$27.99 each; package and bulk discounts available

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

Zone: Physical Education
Classroom Action

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: Physical Education
Extra-Curricular

LEARN TO MOVE POSTERS



A set of 19 posters that support the development of physical literacy, teaching the progression of fundamental movement skills, game strategies and tactics.

- Cost:** Download for FREE; hard copies \$38 for the set
Contact: Ophea
416-426-7120 or 1-888-446-7432
info@ophea.net
www.ophea.net/learntomove
Zone: Physical Education

LEARN TO PLAY SOFTBALL



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 break down 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: Physical Education
Family and Community

LEARNING WITH THE BODY IN MIND



The scientific basis for energizers, movement, play, games and physical education. This book includes more than 100 indoor and outdoor games, brain boosters, and energizers.

Contact: Purchase online or from your local bookstore

ISBN: 978-1890460075

Zone: Physical Education
Classroom Action

LET'S PLAY



A new initiative to help children with mobility limitations become physically active by helping them establish the fundamental skills, knowledge and abilities needed to confidently participate with their peers. Website, Program Guide, training and mentoring provide information for teachers and other program providers on 3 key areas: Understanding the Principles, Planning for Inclusion, and Delivering Programs.

Cost: FREE online

Contact: Let's Play
info@letsplaybc.ca
www.letsplaybc.ca

Zone: School Environment
Physical Education
Family and Community

► NOTE: Families can apply for a RGK sport wheelchair specifically designed for children.

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: 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.

Cost: \$15

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

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

► NOTE: For more from The Yoga Tree see Yoga + Kids = Infinite Possibility (p. 79).

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: 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: \$83.95

Contact: Jackie Nelson, Volleyball Canada
613-748-5681 ext. 221
jnelson@volleyball.ca
www.volleyball.ca

Zone: Physical Education

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

MORESPORTS



A collaborative initiative providing sustainable sport and physical activity opportunities for children and families living in Vancouver, targeting the East Side. Regular programs include soccer, basketball, floor hockey, and badminton; special events, such as the MoreSports Soccer Jam Festival, continue to grow.

Contact: Dick Woldring, MoreSports Coordinator
604-803-8815
info@moresports.org
www.moresports.org

Zone: Family and Community ■ Extra-Curricular

► 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.

MOVE & PLAY THROUGH PHYSICAL LITERACY CARDS



A set of 75+ cards with activity suggestions for the school, home and community to help build students' physical literacy. Cards focus on the Active Start, FUNdamentals, and Learn to Train stages of the Long Term Athlete Development (LTAD) model.

Cost: \$40 for set

Contact: Be Fit For Life Centre, University of Alberta
780-492-4435
lindsay.wright@ualberta.ca
www.befitforlife.ca

Zone: Physical Education ■ Classroom Action
Family and Community

MOVE FOR HEALTH DAY



A World Health Organization event celebrated by governments, communities and organizations across Canada and internationally each year in May. A number of planning and promotional tools are available online.

Cost: Download for FREE

Contact: Search online for activities in your community
In BC: BC Recreation & Parks Association
604-629-0965
mfhd@bcrcpa.bc.ca
www.brcpa.bc.ca/mfhd

Zone: School Environment ■ Family and Community
School Spirit

► NOTE: See Top 10 Daily Physical Activities for Move for Health Day (p. 75).

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: 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: Physical Education

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

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: Physical Education

MUSIC FOR CREATIVE DANCE CDs



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: \$14.95 USD

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

Zone: Physical Education ■ Classroom Action

► NOTE: The Physical Activity Action Resource (p. 59) has a template for teaching creative dance.

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. In BC, see the Playground to Fairway School Golf Program (p. 37).

Cost: Learning resource \$25; with Tri-Golf junior equipment \$175; secondary school equipment \$495; equipment subsidies are available for a limited number of eligible schools annually

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

Zone: 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: 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: Physical Education

ON THE MOVE WITH SPEED STACKS



Activity guide provides more than 70 sport stacking activities that promote fitness, strength, agility, movement, coordination and teamwork. Instructions, lesson plans and equipment available to download or purchase online.

Cost: Download for FREE

Contact: Speed Stacks Inc.
1-877-468-2877
www.speedstacks.com/instructors/resources/forms

Zone: Physical Education ■ Classroom Action

► NOTE: See also Speed Stacks (p. 69).

OODLES OF NOODLES



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

Cost: \$22

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

Zone: Physical Education

O-STORE



This Canadian online orienteering store stocks equipment, books and gifts for athletes, clubs, teachers and coaches. The Moscompass (Tourist Model #22), sold individually or in sets, is suitable for schools wanting to try orienteering with a “thumb” compass.

Cost: Prices vary

Contact: O-Store
866-844-7687
www.o-store.ca

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

p.s.a.p. – TEACHING THE BASICS



A physical education resource program designed to help teachers and instructors teach children and youth 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 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@jwspporta.ca
www.psap.jwspporta.ca

Zone: 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: Physical Education

PARACHUTE GAMES RESOURCE 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 many of the games.

Cost: \$33.95

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

Zone: Physical Education
Extra-Curricular

PARTY DANCE DVD & CD



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: Physical Education

PASSPORT FOR LIFE Physical Literacy Assessment Tool



Supports the awareness, assessment, development and advancement of physical literacy among students and teachers. Student responses to online questionnaires are combined with data from their participation in fitness and movement skill tasks via the online platform. Data can be tracked throughout the school year, and across grades. Designed to improve student learning, goal setting, and attitudes towards active living; and to enhance teacher programming and instruction. Teacher materials include tools, guidelines, instructional strategies, videos and record-keeping forms.

- Cost:** FREE
Contact: Passport for Life
passportforlife@phecanada.ca
www.passportforlife.ca/
Zone: Physical Education

► NOTE: Additional physical literacy assessment tools are available at www.physicalliteracy.ca.

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:** \$35 USD
Contact: Great Activities Publishing Company
1-800-927-0682
www.greatactivities.com
OR: Purchase online or from your local bookstore
ISBN: 1945872179
Zone: Physical Education

PEDA YOGA



A collection of French language yoga resources to children develop their concentration, wellness, self-esteem and their body awareness. Resources include workshops, teleconferences, bingo cards, CDs and DVDs.

- Cost:** Prices vary
Contact: Peda Yoga
1-800-215-2199
www.pedayoga.ca
Zone: Physical Education
Classroom Action

PHYSICAL ACTIVITY ACTION BIN



A collection of resources, tools and supplies that support physical activity in the classroom and school community. Targeted Bins are available for grades K-3, 4-7 and middle school. Bins include the 65 Energy Blasts DVD, Physical Activity Poster Pack, skipping ropes, playground balls, and more. Refer to the Physical Activity Action Resource (p. 59) for a complete list of bin contents.

- Cost:** In BC: FREE to schools that host or attend an Action Schools! BC workshop (p. 60) (max. 4 Bins per school year). Additional Physical Activity Action Bins can be purchased for \$200 plus tax, shipping and administration fees.
Outside BC: \$300 plus tax, shipping and administration fees
Contact: Action Schools! BC
604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca
www.actionschoolsbc.ca
Zone: Physical Education
Classroom Action

► NOTE: A Healthy Eating Action Pack is also available (p. 95)

PHYSICAL ACTIVITY ACTION RESOURCE



Innovative physical activity ideas supporting physical education, daily physical activity, and the development of fundamental movement skills. One-page activity lesson plans for gymnasiums, classrooms and alternative spaces, action tips, recommended resources, and learning outcomes. A series of colourful posters complements the lesson plans (p. 60). Interactive workshops support implementation. Targeted resources and workshops for grades K-7 and middle schools. 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: Physical Education
Classroom 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 and supporting comprehensive school health (p. 143). Other resources include a Physical Education Planner (p. 142), Healthy Eating Action Resource (p. 96), and Student Leadership Training (p. 128).

PHYSICAL ACTIVITY BOOKLIST



An annotated list of English and French children's books that focus on physical activity and active living.

Cost: Download for FREE

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

Zone: Physical Education
Classroom Action
Family and Community

- NOTE: A Healthy Eating Booklist is also available (p. 97).

PHYSICAL ACTIVITY POSTER PACK



Colourful, action-inspiring posters for the classroom, gymnasium, and/or school hallway. Features four posters: BrainDance; Bounce-at-the-Bell Jumps; Head-to-Toe Stretch; and Sporting Spirit. Complements the content of the Physical Activity Action Resource (p. 59).

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

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

Zone: Physical Education
Classroom Action
School Spirit

► NOTE: A Healthy Eating Poster Pack is also available (p. 97).

PHYSICAL ACTIVITY, PHYSICAL EDUCATION & SPORT WORKSHOPS



Customizable workshops for schools, districts and professional development conferences on a variety of topics: physical literacy and fundamental movement skills, circuits and stations, full day kindergarten activities, enhancing learning through physical activity, chair aerobics and workouts, outdoor intercultural games, orienteering, dance, body percussion, gymnastics, juggling, yoga, tai chi and more! In-class teacher mentoring is also available. Complement the Physical Activity Action Resource (p. 59).

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

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

Zone: Physical Education ■ Classroom Action ■ Extra-Curricular

► NOTE: Healthy Eating Workshops are also available (p. 98).

PHYSICAL ED CD



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: Physical Education ■ Classroom Action

PHYSICAL LITERACY FITNESS CHART KITS



A series of 4 kits targeting five fundamental movements (squatting, lunging, pushing, pulling, and carrying), designed to develop students' functional strength. Each kit contains 40 heavy-duty, laminated Fitness Charts, a spiral-bound Teacher's Manual, and accompanying online support – all neatly packaged in a re-useable portfolio making packing up and storing easy. Choose from Active Start: Fundamental Movements; Perfect Practice: Learn to Play; Game On: Ready to Play; and Yoga I: Begin to Explore. Available for elementary and secondary levels.

Cost: \$279.95 per series

Contact: Thompson Educational Publishing
416-766-2763 or 877-366-2763
<http://thompsonbooks.com/k-12.html> – click “Physical Literacy Series”

Zone: Physical Education
Classroom Action

► NOTE: See also Active Living Fitness Charts (p. 13).

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: \$22

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

PLAYSPORT DATABASE



An online database of activities to help children and youth develop the skill and knowledge components associated with physical activity and a wide range of sports. Includes target, net/wall, striking/fielding and invasion/territory games. Downloadable activity cards are complemented by animations or illustrations. Uses the Teaching Games for Understanding (TGfU) approach.

- Cost:** FREE online
Contact: Ophea
416-426-7120 or 1-888-446-7432
info@ophea.net
www.playsport.net
Zone: Physical Education
Family and Community
Extra-Curricular

PUSH2PLAY APP



Simple indoor and outdoor games with “how to” graphics via your smartphone. Designed for children and youth, but useful for teachers and community program leaders. A game finder lets you specify the number of players. Part of an initiative created to inspire Saskatchewan parents and children to live healthier lifestyles through active play every day.

- Cost:** Download app for FREE
Contact: Saskatchewan Blue Cross
www.push2play.ca
Zone: Family and Community

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-4 are available FREE online.

- Cost:** Prices vary
Contact: Putumayo World Music
www.putumayo.com
Zone: Physical Education
Classroom Action
Family and Community

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

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: Physical Education
Family and Community

READY SET RELAY



More than 125 relay games for warm-ups, cool-downs and competitions. The resource is organized into the following categories: Traditional Relays, End Relays, Locomotor Relays, Circle Relays, and Relays using Speed Stacks.

- Cost:** \$22
Contact: CIRA Ontario
905-648-2226
ciraontario@gmail.com
www.ciraontario.com
Zone: Physical Education
Classroom Action

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: Physical Education

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. 13).

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 and 10-12. 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: Physical Education
Classroom Action

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



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: \$22

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

Zone: 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
bcrsgf@rhythmicsBC.com
www.rhythmicsBC.com

Zone: 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.html>

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

Zone: Physical Education

ROCKS & RINGS School Curling Program



Brings the curling rink into the school gym to introduce students to curling. During this one-day event, program staff deliver 40 minute sessions to individual classes. Various drills, relays and team-building activities use unique indoor floor curling equipment to provide a true curling experience without ice!

Cost: Prices vary by province/territory (\$175 in BC)

Contact: <http://rocksandrings.com>
See website for details on provincial contacts.

Zone: Physical Education
Family and Community

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: \$22

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

Zone: Classroom Action ■ 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: Meghan Butterworth, Coordinator
604-333-3554
runjumpthrow@bcathletics.org
www.bcathletics.org/main/rjt.htm

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

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

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. A variety of other resources, including starter kits, are available.

Cost: Prices vary

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

Zone: Physical Education

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

SHAPE UP



Brings the spirit of the Toronto Maple Leafs, Marlies, Raptors and Toronto FC into the classroom to create healthy, active living opportunities for children and youth. Six teacher resource packages provide circuits, sport-themed activities, and support materials with activities for the classroom, gym or hallway. School visits and clinics with professional athletes are available for a limited number of eligible schools.

Cost: FREE online
Contact: www.mlshapeup.com
Zone: Classroom Action ■ School Spirit

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: Physical Education

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/athlete-development/programs/#fit
Zone: 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 & CD (p. 104).

Cost: DVD \$19.95; with Teacher's Manual \$44.90
Contact: Kids-Move
1-877-465-7010
info@Kids-Move.com ■ www.Kids-Move.com
Zone: Classroom Action

► NOTE: Educational workshops and movement concerts are also available.

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: Physical Education ■ Family and Community ■ School Spirit

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: Physical Education ■ Family and Community ■ Extra-Curricular

► NOTE: Similar manuals are available for Arctic Sports (p. 16), Dene Games (p. 27), and Inuit Games and Inuit-Style Wrestling (p. 43).

SOAR Sharing Our Activities & Resources



Delivers introductory experiences in curling, golf and tennis at the FUNdamentals level to students in remote communities. Teachers receive instruction alongside their students, building capacity to enhance future physical education programs. SOAR builds on the Rocks and Rings (p. 65), School Tennis (p. 74) and Playground to Fairway (p. 37) programs.

► NOTE: Available in Northern BC, Vancouver Island and the Kootenays. Other BC locations upon request and dependent on instructor proximity.

Cost: 3-day experience of all three sports \$600
6-day experience with three sports plus skill progression \$1200

Contact: Curl BC
604-333-3620 or 1-800-667-2875
pbartel@curlbc.ca ■ www.curlbc.ca

Zone: Physical Education

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@xplornet.com
www.speaonline.ca

Zone: Physical Education ■ Classroom Action

► NOTE: See also On the Move with Speed Stacks (p. 55).

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. A Basic Instructor Workshop and fund-raising program are now available.

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: Physical Education ■ Family and Community ■ Extra-Curricular

SPLASH N’ DASH SCHOOL PROGRAM Introduction to Triathlon



A gym-friendly six lesson package to introduce students to the basics of multisport activities, culminating in a whole-school multisport event. Lesson themes include transitions, endurance, performance, and connecting multiple sport skills into one event.

Cost: Prices vary

Contact: Kristine Chambers
604-377-32141
koachkristine@gmail.com
www.tribc.org/young-athletes-kids-of-steel

Zone: Physical Education ■ Extra-Curricular ■ School Spirit

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: 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: \$27.99 each; package and bulk discounts available

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

Zone: Physical Education
Classroom Action

► NOTE: See also The Circuit! Station Solutions CDs (p. 23).

► NOTE: A Circuits and Stations Workshop (featuring activities from the Sport Circuit! Sport Stations CDs) is available from Action Schools! BC (p. 60).

SPORTS DAY IN CANADA



An annual national celebration of sport, from grassroots to high performance levels. Sports Day in Canada (celebrated annually in November) 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.sportsday.cbc.ca

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

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: Physical Education ■ Extra-Curricular

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: Physical Education

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: Download for FREE

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

Zone: Physical Education ■ Classroom Action ■ Family and Community

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: \$29.95 each

Contact: Marian Rose
604-254-5678
info@communitydance.ca
www.marianrose.com

Zone: Physical Education ■ School Spirit

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

► NOTE: See *Dancez en Français* (p. 26) for Marian Rose's French resource.

STEPSCOUNT PEDOMETERS & SCHOOL TOOLKITS



High quality, research-validated pedometers. Purchase includes Steps2Success CD for classrooms, and a license to LogYourSteps.ca, an online Health System for students/teachers to log steps, set goals, track progress, and set-up/monitor competitions.

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

Cost: Single pedometers from \$14 each;
Class sets of 30 from \$450; School toolkit \$210

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

Zone: Physical Education ■ Classroom Action ■ Family and Community

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: Physical Education ■ Classroom Action

TAG, TAG & EVEN 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 section of 56 end-to-end games has been added.

Cost: \$22

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

Zone: Physical Education
Classroom Action

TEACHING CREATIVE DANCE DVD



Bring Anne Green Gilbert's Creative Dance for All Ages book (p. 24) 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
agg@creativedance.org
www.creativedance.org/store/

Zone: Physical Education
Extra-Curricular

TEACHING THE NUTS & BOLTS OF PHYSICAL EDUCATION



Emphasizes the need to provide children with "building blocks" for participation. Book 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: \$39.95

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

Zone: 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
www.bchandball.ca

Zone: 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: Physical Education
Family and Community
Extra-Curricular

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

TICK TOCK BEAT THE CLOCK



Resource features more than 100 activities challenge students to “beat the clock”. Quick activities using a variety of equipment for classroom physical activity breaks, or to try something new in physical education.

Cost: \$22

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

Zone: Physical Education ■ Classroom Action ■ 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 on May 10th. Includes ideas for the classroom, the school, and engaging families.

Cost: Download for FREE

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

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

► NOTE: See Move for Health Day (p. 52).

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.

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

Cost: Prices vary

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

Zone: Physical Education
Family and Community
Extra-Curricular

VOLLEYBALL CANADA DEVELOPMENT MODEL WEBSITE



Online resources to help teachers and coaches apply Long-Term Athlete Development (LTAD) guidelines (training, competition and recovery amounts) to support student athletes in reaching their full potential. Online tools include skill videos, drill banks, coaching tips, and more. Developed with the goal of uniting volleyball communities to meet new challenges, forge new directions, and celebrate volleyball as it grows to new levels.

Cost: FREE online

Contact: Jackie Nelson, Volleyball Canada

613-748-5681 ext. 221

jnelson@volleyball.ca

www.vcdm.org

www.volleyball.ca/content/resources

Zone: Physical Education ■ Family and Community

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

604-294-3050 or 1-888-755-3375

info@sportmedbc.com

www.sportmedbc.com

OR: Purchase online or from your local bookstore

ISBN: 978-1553652199

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

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

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. Training and certification are also available.

Cost: Prices vary

Contact: Janet Williams

905-501-1927

info@childrencyogabooks.com

www.childrencyogabooks.com

Zone: Physical Education ■ Classroom Action

WHEELCHAIR BASKETBALL RESOURCE GUIDE



Designed for teachers and community partners to educate children and youth about the sport of wheelchair basketball, inclusion and accessibility, and encourage youth with or without a disability to be physically active. Sets of 5 activity cards are available for primary, junior and intermediate grades, each with links to the Ontario curriculum and Long-Term Athlete Development.

- Cost:** FREE to educators and community partners
- Contact:** Wheelchair Basketball Canada
613-260-1296
info@wheelchairbasketball.ca
http://wheelchairbasketball.ca/Schools_Program.aspx
- Zone:** Physical Education
Classroom Action
Family and Community

WHEELCHAIR RUGBY SCHOOLS PROGRAM



Designed to educate students and teachers about the sport of wheelchair rugby, raise awareness of accessibility and equality issues, and encourage both able-bodied and disabled persons to be physically active. Thirteen lessons plans include teaching plans, prescribed learning outcomes, handouts, glossaries and all other supporting materials.

- Cost:** FREE online
- Contact:** Wheelchair Rugby Schools Program
604-333-3520 ext. 208
info@wcrugbyschools.com
www.wcrugbyschools.com
- Zone:** 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:** Physical Education
Classroom Action

WIGGLE JIGGLE FITNESS FUN CD



Playful fitness songs help young children integrate developmental movement patterns, while preparing them for easier learning and more-advanced exercise. Designed for maximum motivation, and featuring “brain-based” benefits for this developmental stage. CD (with mini-guide) includes clear verbal instructions.

Cost: CD \$17.95; CD Download \$14.99

Contact: Kids-Move
1-877-465-7010
info@Kids-Move.com
www.Kids-Move.com

Zone: Classroom Action

► NOTE: Educational workshops and movement concerts are available.

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: \$22

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

Zone: Physical Education
School Spirit

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: Physical Education

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: 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: Physical Education
Classroom Action
Extra-Curricular

YOGA ALPHABET CARDS



Playful poses will have children learning the basics of yoga while developing their physical literacy and language skills.

Cost: \$20

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

Zone: Physical Education
Classroom Action

YOGA CALM® FOR CHILDREN MANUAL

Educating Heart, Mind & Body



Blends the traditional yoga practices of mindfulness, physical activity and nervous system regulation with social skills games and counseling techniques to help children develop emotional intelligence, communication skills, trust and empathy. Manual includes 60 classroom-ready Yoga Calm techniques, lesson plans, photos and illustrations, and supporting research. Can be used with a wide range of students, including those with ADD/ADHD, anxiety and other behavior disorders.

Cost: \$29.95 USD

Contact: Yoga Calm
503-977-0944
info@yogacalm.org
www.yogacalm.org

Zone: School Environment
Physical Education
Classroom Action

YOGA IN YOUR SCHOOL:

Exercises for Classroom, Gym & Playground



Manual contains 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: \$19.99

Contact: Yoga in Your School
www.yogainyourschool.com – click “Web Store”

Zone: Physical Education
Classroom Action
Extra-Curricular

YOGA ZOO ADVENTURE

Animal Poses & Games for Little Kids



Uses the postures and movements of zoo animals to teach yoga movements to children. Book includes descriptions of the poses with information about each animal; animal fables to introduce the yoga lifestyle; and theoretical and practical information for teachers and parents.

Cost: \$19.50

Contact: Purchase online or from your local bookstore
ISBN: 978-0-89793-505-0

Zone: Physical Education
Classroom Action

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: Physical Education
Classroom Action
Family and Community

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: Prices vary

Contact: PHE Canada
613-523-1348 or 1-800-663-8706
info@phecanada.ca
www.phecanada.ca/store

Zone: Physical Education
Classroom Action

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: Physical Education
Classroom Action

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



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.

Healthy Eating

ACTION SCHOOLS! BC™ HEALTHY EATING PLACEMAT



A colourful placemat that educates students about Canada's Four Food Groups and serving sizes of vegetables and fruit.

Cost: In BC: Available in the Action Schools! BC
Healthy Eating Action Pack (p. 95)
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

ALL ABOUT FOOD Exploring Canada's Food System



Three full colour booklets that capture the interesting, surprising and useful facts about the Canadian agri-food system – Teacher Guide, Farm Visit Guide, and Agri-Facts. Targeted grade varies by resource.

Cost: Order or download for FREE

Contact: BC Agriculture in the Classroom Foundation
1-866-517-6225
info@aitc.ca
www.aitc.ca/bc – click on “Resources” then “General Resources”

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. 94), as well as tips to make favourite recipes healthier. Developed by Dietitians of Canada.

- Cost:** Download for FREE
Contact: Healthy Schools BC
www.healthyschoolsbc.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. A wide variety of resources are available – see the index and online for titles.

- Cost:** Download for FREE
Contact: BC Agriculture in the Classroom Foundation
1-866-517-6225
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.

► NOTE: See A Fresh Crunch in School Lunch (p. 92) for the BC Farm to School Guide.

- Cost:** Prices vary; some resources available to download for FREE
Contact: Farm to School BC
farmtoschool@gmail.com
www.phabc.org/farmtoschool
Zone: School Environment
Family and Community

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 13 times during the school year, with teaching resources. All vegetables and fruit arrive ready to eat. Grades K-2 also receive a serving of milk.

Cost: FREE

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

Zone: School Environment
Classroom Action

► NOTE: The Healthy Eating Action Resource (p. 96) provides tracking, tasting, snacking and learning activities.

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.nutritioneducationbc.ca

Zone: Classroom Action

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
www.allergysafecommunities.ca

Zone: School Environment

BE FOOD SAFE FIGHT BAC! GUIDES



Two grade-targeted learning kits and a website provide information to teach students, their families, and other members of the school community about the importance of safe food handling practices in preventing food-borne illness.

Cost: Download for FREE

Contact: Canadian Partnership for Consumer Food Safety Education
519.651.2466
brenda.watson@canfightbac.org ■ <http://befoodsafe.ca>

Zone: School Environment ■ Family and Community

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.nutritioneducationbc.ca

Zone: Family and Community

BONE ZONE DVD



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.nutritioneducationbc.ca

Zone: Classroom Action

BRAND NAME FOOD LIST



Nutrition ratings for packaged and franchised foods and beverages to help identify "sell most" and "sell sometimes" items that meet the Guidelines for Food and Beverage Sales in BC Schools.

Cost: FREE online

Contact: <https://bnfl.healthlinkbc.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.nutritioneducationbc.ca

Zone: Classroom Action ■ Family and Community

► NOTE: A table-top display is available on loan from 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.nutritioneducationbc.ca

Zone: Classroom Action ■ 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.

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.health.gc.ca/eatwell-beactive

Zone: Classroom Action
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

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: In BC see School Milk BC (p. 103).

ENVIRONMENTAL YOUTH ALLIANCE



A local, youth driven non-profit organization dedicated to the health of our urban environment, our planet, and the wellbeing of its people. The website feature a variety of school garden resources – Planting the School, Container Gardening Guide, Compost, A Year in the Schoolyard Garden, and Search For and Learn About Insects. Program opportunities are available for Vancouver schools.

Contact: Environmental Youth Alliance
604-689-4446
info@eya.ca
www.eya.ca

Zone: School Environment
Family and Community
School Spirit

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

Zone: Classroom Action
Family and Community

FOOD SECURITY-INTO-DRAMA HANDBOOK

Workshops for the Classroom & Community



Through four drama lessons, students are exposed to the topics of global food sourcing, food crops grown in BC, issues surrounding local urban farming, and a look at the food supply on Vancouver Island. Helps foster and generate meaningful exploration and discussion about our food supply. Designed for use by teachers or other program leaders, whether they have drama experience or not. Focused in BC, but easily adaptable to other provinces and territories.

Cost: Download for FREE

Contact: Life Cycles
info@lifecyclesproject.ca
www.lifecyclesproject.ca – click “resources”

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.nutritioneducationbc.ca

Zone: Classroom Action ■ Family and Community

FOOD TIMELINE WEBSITE



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

Zone: Classroom Action ■ Family and Community

► NOTE: A table-top display is available on loan from the BC Dairy Association.

FOODTRACK™



Nutrition education resources that help students check their food choices to see if they are on track for food group balance, fibre, caffeine, protein 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. 88). 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.nutritioneducationbc.ca

Zone: Classroom Action

► NOTE: A table-top display is available on loan from BC Dairy Association.

FREGGIE TALES



A 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 Guide



An instructional resource and reference guide, covering the core elements of a Farm to School program – from engaging farmers to finding funds. Includes steps to establish a program, food safety tips, menus, recipes and more. See p. 84 for more about the BC Farm to School Program.

Cost: Download for FREE

Contact: Farm to School BC
farmtoschool@gmail.com
www.phabc.org/farmtoschool – click on
“Farm to School Guide (2012)”

Zone: School Environment
Family and Community

FRUIT & VEGGIES – MORE MATTERS



Website features activities and tips to engage students in exploring different varieties of fruit and vegetables, and recipes and serving ideas.

Cost: \$2.99 USD

Contact: Produce for Better Health Foundation
www.fruitsandveggiesmorematters.org
www.pbhcatalog.org

Zone: Classroom Action
Family and Community

► NOTE: In BC, contact Action Schools! BC (p. 186) for complimentary copies of the Fruit & Veggie Color Champions Bingo! Game, which teaches kids the benefits of veggies and fruit.

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
1-866-517-6225
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 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



Define the nutrition standard that schools are required to use to determine what food and beverages can be sold to students. Document contains information, tools and fact sheets to support implementation across the school setting.

Cost: Download for FREE

Contact: Healthy Schools BC
www.healthyschoolsbc.ca

Zone: School Environment

► NOTE: A Guidelines for Food & Beverage Sales in BC Schools Support Workshop is available from Action Schools! BC (p. 98).

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 food service 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 create a video demonstrating how to prepare a recipe. Recipes in any category are acceptable: breakfast, dinner, BBQ, pizza, salad, snacks, etc. Contest details online.

Cost: FREE to participate

Contact: Better Together
604-294-3775 toll-free within BC at 1-800-242-6455
contact@bettertogetherbc.ca
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.

HEALTHLINKBC 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 topics have been translated into other languages, including Chinese, French, Punjabi, Spanish, and Vietnamese.

Cost: Download for FREE

Contact: HealthLink BC
www.healthlinkbc.ca/servicesresources/healthlinkbcfiles/

Zone: Classroom Action ■ Family and Community

HEALTHY ATTITUDES, HEALTHY WEIGHTS, HEALTHY SCHOOLS WORKSHOP



A new interactive workshop to help teachers be more confident promoting positive body image at school. Using case studies featuring students with various concerns, the workshop discusses attitudes related to weight, explores determinants of body shape and size, and identifies the factors that influence body image and self-esteem in students. Complementary classroom and online resources are available.

Cost: FREE in BC

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

Zone: School Environment ■ Classroom Action

HEALTHY EATING ACTION PACK



A collection of resources, tools and supplies that support healthy eating in the classroom and school community. Targeted Packs are available for grades K-3 and 4-7. Packs include the Healthy Eating Poster Pack, Canada's Food Guide, Sip Smart! BC Resources, Healthy Eating Placemats, Who am I? Flashcards, and more. Refer to the Healthy Eating Action Resource (p. 96) for a complete list of pack contents.

Cost: In BC: FREE to schools that host or attend an Action Schools! BC Workshop (p. 98) (max. 4 Packs per school year). Additional Healthy Eating Action Packs can be purchased for \$300 plus tax, shipping and administration fees.

Outside BC: \$300 plus tax, shipping and administration fees

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

Zone: Classroom Action ■ Family and Community

► NOTE: A Physical Activity Action Bin is also available (p. 58).

HEALTHY EATING ACTION RESOURCE



Lesson plans with implementation ideas, recommended resources, and curriculum connections that support healthy eating in the classroom and school community. Focuses on increasing vegetable and fruit consumption and reducing intake of sugary drinks. A series of colourful posters complements the lesson plans (p. 97). Interactive workshops support implementation (p. 98).

► 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: The Action Schools! BC Planning Guide for Schools and Teachers assists schools in creating individualized action plans to promote healthy living while achieving academic outcomes and supporting comprehensive school health (p. 143). Other resources include a Physical Activity Action Resource (p. 59) and Student Leadership Training (p. 128).

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/active_living/
physical_activity_learning.htm](http://www.bced.gov.bc.ca/health/active_living/physical_activity_learning.htm)

Zone: Classroom Action

HEALTHY EATING AT SCHOOL



In-depth, online, one-stop-shop 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 school food gardens.

Cost: Download for FREE

Contact: contact@healthyeatingatschool.ca
www.healthyeatingatschool.ca

Zone: School Environment ■ Classroom Action

HEALTHY EATING BOOKLIST



An annotated list of English and French children's books that focus on vegetables and fruit.

- Cost:** Download for FREE
Contact: Action Schools! BC
604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca
www.actionschoolsbc.ca
Zone: Classroom Action
Family and Community

► NOTE: A Physical Activity Booklist is also available (p. 59).

HEALTHY EATING PAGES!



Support the integration of healthy eating in the classroom, and school community. Topics include Eat Smart Celebrations, Non-Food Rewards, Food Fit for Sports or Physical Activity Fun Days, and the Play First Lunch Toolkit (see p. 102).

- Cost:** Download for FREE
Contact: Action Schools! BC
604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca
www.actionschoolsbc.ca
Zone: Physical Education ■ Classroom Action
Extra-Curricular ■ School Spirit

HEALTHY EATING POSTER PACK



Colourful, informative posters for the classroom, gymnasium, school hallway, offices, and/or meeting room. Features six posters: Colourful Choices; Vegetables; Fruit; Edible Plant Parts; Super Snacks; and Serving Sizes for Vegetables and Fruit.

- Cost:** In BC: FREE to registered Action Schools; Outside BC: \$20
Contact: Action Schools! BC
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 Healthy Eating Action Resource (p. 96).

► NOTE: A Physical Activity Poster Pack is also available (p. 60).

HEALTHY EATING WORKSHOPS



Customizable workshops for schools, districts and professional development conferences focusing on increasing vegetable and fruit consumption, reducing the intake of sugary drinks, and supporting the Guidelines for Food and Beverage Sales in BC Schools (p. 94). In-class teacher mentorship is also available. Complement the Healthy Eating Action Resource (p. 96).

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

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

Zone: School Environment ■ Physical Education
Classroom Action ■ Family and Community

► NOTE: Physical Activity, Physical Education and Sport Workshops are also available (p. 60).

HEALTHY FOOD GUIDELINES FOR FIRST NATIONS COMMUNITIES



Designed to support First Nations community members in educating each other about better food and drink choices to offer in schools, meetings, homes, cultural and recreational events, and in restaurants.

Cost: Download for FREE

Contact: First Nations Health Authority
1-866-913-0033
info@fnha.ca.com
www.fnha.ca/wellnessContent/Wellness/Healthy_Food_Guidelines_
for_First_Nations_Communities.pdf

Zone: School Environment
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 Schools BC
www.healthyschoolsbc.ca

Zone: School Environment
Family and Community
School Spirit

HEALTHY KIDZ MANUAL & CD



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: 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: Physical Education ■ Classroom Action ■ Extra-Curricular

INDIGENOUS FOOD FIRST WEBSITE



Promotes the importance of Indigenous food to First Nations culture, health and wellbeing. Features information on Indigenous foods, recipes, and ideas and links to other online resources for teachers.

- Contact:** Indigenous Food First
204-956-0660
info@iffculture.ca
www.iffculture.ca
Zone: School Environment ■ Classroom Action ■ Family and Community

INDUSTRY LABELLING TOOL



Provides information on food products that require a label, general principles for labelling and advertising, and labelling requirements.

- Cost:** FREE online
Contact: Canadian Food Inspection Agency
www.inspection.gc.ca/english/fssa/labeti/guide/toce.shtml
Zone: School Environment ■ Family and Community

KIDS IN THE KITCHEN MANUAL



A step-by-step guide to set up a cooking club. Features 21 lesson plans with recipes and nutrition activities to teach students about food, nutrition, and food safety.

Cost: Download for FREE

Contact: Winnipeg Regional Health Authority
204-926-7000
www.wrha.mb.ca/extranet/nutrition/files/kidsinthekitchen.pdf

Zone: Classroom Action ■ Family and Community ■ Extra-Curricular

MÉTIS COOKBOOK & 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

Contact: www.naho.ca/metis/research/health-promotion/

Zone: School Environment ■ 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. Website features information about annual themes and ideas to support a Nutrition Month event in your school or classroom.

Cost: FREE online

Contact: Dietitians of Canada
contactus@dietitians.ca
www.dietitians.ca

Zone: Classroom Action ■ Family and Community ■ School Spirit

PACIFIC NORTHWEST PLANT KNOWLEDGE CARDS



A deck of 65 cards featuring edible and medicinal plants found in the Pacific Northwest. Cards include the names of the plants in three indigenous languages, photographs, descriptions to help with identification, and information about traditional uses and harvesting.

Cost: \$35

Contact: Jen McMullen
Vancouver Island & Coastal Communities Indigenous Food Network
mcmullen.j@gmail.com
www.indigenousfoodsvi.ca

Zone: Classroom Action ■ Family and Community

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: Program Coordinator, BC Dairy Association
604-294-3775 or 1-800-242-6455
nutrition@bcdairy.ca
www.nutritioneducationbc.ca – use search tool
Zone: Classroom Action
Family and Community

PATTERNS THROUGH THE SEASONS A Year of School Garden Activities



A document with experiential activities designed to help students appreciate the patterns observed in the natural world, promoting a deeper understanding of the relationships that exist between humans and the local environment. Based on the BC curriculum, linking science, social studies, and health and career planning.

- Cost:** Download for FREE
Contact: Life Cycles
info@lifecyclesproject.ca
http://lifecyclesproject.ca – click on “resources”
Zone: Classroom Action
Family and Community

PLANT A ROW, GROW A ROW Grow Your Veggie Garden Guide



Designed to encourage and teach children and families how to grow an edible garden. Guide provides kid-friendly gardening information, perfect for use in the classroom. Website includes interactive children’s section with learning activities.

- Cost:** Download for FREE
Contact: Plant a Row, Grow a Row
1-877-571-GROW (4769)
info@growarow.org
www.growarow.org/pdf/Pargar_Workbook_Final.pdf
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. 97).

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
Extra-Curricular

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
1-866-785-5660
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 GARDENS PROGRAM Society Promoting Environmental Conservation



Raises public awareness on environmental issues and encourage policies and practices that lead to urban sustainability. The School Gardens Program teaches students about food security and how to grow their own organic fruits and veggies, while teachers learn to incorporate fun and thought provoking agricultural topics into their curriculum. Discussion of food issues can be linked to science, social studies, math, and health and nutrition topics in the BC curriculum. Additional resources available online.

Cost: FREE online

Contact: Catriona Gordon, School Gardens Program Coordinator
cagordon@telus.net
www.spec.bc.ca/school-gardens

Zone: Classroom Action
Family and Community
School Spirit

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: Healthy Schools BC
www.healthyschoolsbc.ca
Zone: School Environment
Family and Community

SCHOOL MILK BC



An initiative of BC Dairy Association 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

► NOTE: In other provinces/territories see Elementary School Milk Program (p. 89).

SIP SMART! BC™ TEACHER RESOURCE GUIDE



Teach students to make healthy drink choices. Grade specific activities engage students verbally, visually, and experientially, complemented by handouts, overheads, assessment tools, posters, drink cut-outs, and teacher backgrounders. A family fact sheet and a booklet are also available.

- Cost:** Download for FREE
Contact: Sip Smart! BC™
www.bcpeds.ca – click on “Programs & Resources”
Zone: School Environment
Classroom Action
Family and Community

SMART FITNESS, SMART FOODS!

Teacher's Manual & CD



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; CD Download \$14.95; Manual \$24.95; Both \$41.95

Contact: Kids-Move
1-877-465-7010
info@Kids-Move.com
www.Kids-Move.com

Zone: Classroom Action

► NOTE: A Smart Fitness Workout DVD (p. 67), and educational workshops and movement 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 Action Schools! BC Healthy Eating Action Pack (p. 95)

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

Zone: Classroom Action

SODIUM 101



Online 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: FREE online

Contact: Hypertension Canada
www.sodium101.ca

Zone: School Environment
Classroom Action
Family and Community

SODIUM SENSE SUGARY DRINKS



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.nutritioneducationbc.ca

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

► NOTE: A table-top display is available on loan from BC Dairy Association.

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
1-866-517-6225
info@aitc.ca
www.aitc.ca/bc/programs

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, PriceSmart Foods, Thrifty Foods, and Choices Market.

Cost: FREE for schools

Contact: Supermarket Tours

www.saveonfoods.com – click “Food & Nutrition”

www.overwaitea.com – click “Food & Nutrition”

www.pricemartfoods.ca – click “Nutrition & Ingredients”

www.thriftyfoods.com – click “Pharmacy & Wellness”, then
“Health & Wellness Events”

www.choicesmarket.com – click “Nutrition”

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, Okanagan and Vancouver Island. 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

1-866-517-6225

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 BROCHURE



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 available online for grades 8+.

- 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.nutritioneducationbc.ca
- Zone:** Classroom Action
Family and Community

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 Schools BC
www.healthyschoolsbc.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.nutritioneducationbc.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.nutritioneducationbc.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 Healthy Eating Action Pack (p. 95)

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

Zone: Classroom Action

Healthy Choices

5-2-1-0: STEPS TO HEALTHY LIVING WORKSHOP



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;
- 2 hours of recreational screen time or less;
- 1 hour or more of physical activity;
- 0 sugary drinks per day

Workshop 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
604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca
www.actionschoolsbc.ca

Zone: Physical Education ■ Classroom Action ■ Extra-Curricular

60 MINUTE KIDS' CLUB



Via three 45-60 day healthy living challenges per school year, 60MKC's online, interactive platform and offline supports provide kids with the guidelines, reinforcement, accountability and rewards necessary to make true behaviour changes towards a lifelong healthy lifestyle. Tips and tools for each challenge – launched in school and taken home for completion (requiring minimal teacher investment) – include tracking activities, communication materials, downloadable resources (including a fundamental movement skills library & assessment tool), videos, and more.

Cost: FREE

Contact: 60 Minutes Kids' Club
www.60minkidsclub.org
Regional contacts are available online

Zone: Classroom Action ■ Family and Community ■ School Spirit

ACTIVATE



A national youth leadership program that facilitates Youth Driven Development through sport and active recreational programs in communities across Canada. Local, provincial/territorial and national Youth Leadership Forums provide knowledge, inspiration, and skills training to help participants realize their own leadership potential, build positive social interactions with their peer groups, and share their personal experiences with others while making decisions on what is needed in their community. Once trained as ACTIVATORS, these youth leaders use what they've learned to initiate community-based youth sport or physical activity projects, and engage their communities as leaders and role models.

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 & 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 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

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 School Travel Planning Toolkit, Walking School Bus, Bicycle Train, student crossing guard programs, anti-idling resources, International Walk to School Month (p. 120), ischool travel calculator, 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 Active School Travel
604-347-7704
info@hastebc.org
www.hastebc.org
Zone: School Environment ■ Family and Community ■ Extra-Curricular

ACTIVE AT SCHOOL



A new national initiative to encourage the delivery of one hour of daily, quality physical activity at school. Website features “fast facts” to make the case for DPA, and links to tools and programs.

- Cost:** www.activeatschool.ca
Zone: Classroom Action
School Environment
School Spirit

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. 121) for PHE Canada’s youth leadership development program.

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
bccordinator@adventuresmart.ca
www.adventuresmart.ca

Zone: Physical Education
Family and Community
Extra-Curricular

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 Connection
tpfutureleaders@albertasport.ca
www.albertasport.ca/sport/future-leaders-program.aspx

Zone: Family and Community

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/alwayschangingvibrantfaces

Zone: Classroom Action

AT MY BEST™



Grade specific resources combine physical activity, healthy eating and emotional wellbeing 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 WEBSITE



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. Hosted by the American Centres for Disease Control and Prevention.

Cost: FREE online

Contact: www.bam.gov

Zone: Classroom Action

CANADIAN OLYMPIC SCHOOL PROGRAM



Create the excitement of the Olympic Movement in your classroom and throughout the school. A variety of teaching resources with curriculum connectors include Olympian stories, lesson plans, and classroom ready activities developed to spark discussions about values, tell stories that inspire, and encourage students to work together to find creative solutions to suggested challenges and current issues. Themes addressed include healthy active living, mental fitness, positive body image, and the participation of girls and women. An Olympic Day Toolkit is also available, supporting the implementation of a mini-Olympic Games at your school.

Cost: FREE with enrolment

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

Zone: 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 at least 60 minutes of moderate- to vigorous-intensity physical activity daily.

- Cost:** Download for FREE; Hard copies are available
Contact: Canadian Society for Exercise Physiology
www.csep.ca/guidelines
Zone: School Environment
Family and Community

CANADIAN SEDENTARY BEHAVIOUR GUIDELINES



Recommend children and youth limit recreational screen time to no more than 2 hours per day; lower levels are associated with additional health benefits. Limiting sedentary (motorized) transportation, extended sitting time, and time spent indoors throughout the day is also recommended.

- Cost:** Download for FREE; Hard copies are available
Contact: Canadian Society for Exercise Physiology
www.csep.ca/guidelines
Zone: School Environment
Family and Community

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
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

CONNECTING WITH NATURE EDUCATION GUIDE



A resource with fun activities to get students outside to explore issues like biodiversity, where our food comes from and how to conserve energy. A number of additional resources are provided online to support lesson plans.

Cost: Download for FREE

Contact: Rachele Delany, David Suzuki Foundation
604-732-4228
rdelaney@davidsuzuki.org ■ www.davidsuzuki.org

Zone: Classroom Action ■ Family and Community

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

ESTEEM TEAM



A national goal-setting initiative to inspire young people to follow their dreams, provide them with tools for success, and 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. An 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 ■ www.esteemteam.com

Zone: Family and Community ■ School Spirit

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/> – search "Fair Game"

Zone: 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.

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

GUIDELINES FOR PEDIATRIC CONCUSSION



A new tool released in 2014, designed inform decisions whenever a child or youth is suspected to have sustained a concussion. Includes symptoms and signs, definitions, tips, return to play guidelines, and other frequently asked questions. Targeted resources are available for schools and community organizations, health care professionals, and parents/caregivers.

Cost: Download for FREE

Contact: Ontario Neurotrauma Foundation
<http://onf.org/documents/guidelines-for-pediatric-concussion>

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

HANDS UP FOR HEALTH & PHYSICAL LITERACY DVD



A three part illustrated video series that will teach children and youth about the importance of physical and health literacy in a fun and engaging way.

Cost: Download for FREE

Contact: Ophea
416-426-7374
programs@ophea.net ■ www.ophea.net/order

Zone: School Environment ■ Physical Education ■ Classroom Action

HEALTHY ABORIGINAL NETWORK



A source for illustrations, posters, video and comic books on health and social issues for youth. Some resources feature Augmented Reality Knowledge Transfer, via an app, to enhance learning for youth.

Cost: Prices vary

Contact: Sean Muir
250-871-8881
sean@thehealthyaboriginal.net ■ <http://thehealthyaboriginal.net/>

Zone: School Environment ■ Family and Community

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

Document provides 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

► NOTE: Website includes information about community healthy living projects for Aboriginal girls and women (ages 10-25).



HEALTHY LIVING SONG LIST

A list of English and French music that focuses on physical activity and healthy eating.

Cost: Download for FREE

Contact: Action Schools! BC

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

info@actionschoolsbc.ca

www.actionschoolsbc.ca

Zone: Classroom Action

Family and Community

► NOTE: See Healthy Eating Action Resource (p. 96) and Physical Activity Action Resource (p. 59) for activity ideas.



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

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

info@actionschoolsbc.ca

www.actionschoolsbc.ca

Zone: School Environment

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™ Families newsletter and the PUMPED™ magazine series for students.

Cost: FREE with online workshop completion

Contact: Heart & Stroke Foundation of BC & Yukon
778-372-8000 ext. 8043
www.heartandstroke.bc.ca/heartsmartkids

Zone: Physical Education
Classroom Action
Family and Community

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

▶ NOTE: Look in the index for more resources from the Heart & Stroke Foundation.

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@bcsportshalloffame.com
www.bcsportshalloffame.com

Zone: Physical Education

iMINDS



A health education resource to help students maximize their drug literacy – the knowledge and skills they need to survive and thrive in a world where drug use is common. Designed to support BC Ministry of Education curricula.

Contact: University of Victoria: Centre for Addiction Research of BC
www.carbc.ca

Zone: Classroom Action
Family and Community

“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 to download for FREE

Contact: Mary Ellen Lower, BC Injury Prevention Centre
604-875-4991
BCInjuryPreventionCentre@vch.ca
www.injuryfreekarma.com

Zone: Physical Education
Family and Community

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@saferoutestoschool.ca
www.saferoutestoschool.ca

In BC: DASH BC
www.dashbc.ca

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.paralympic.ca/paralympic-schools-program

Zone: 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.

KIDS IN THE COMMUNITY KITCHEN

Program Toolkit

Volunteer Youth Leader Training Toolkit



Two toolkits designed to help teachers introduce students to healthy eating, cooking skills, and physical activity. Activities build students' knowledge, skills and self-confidence so they can make healthier lifestyle choices. Program Toolkit includes lesson plans, hands-on activities, recipes and links to additional resources. Youth Leader Training Toolkit includes resources for the recruitment of youth, as well as four workshops on food safety, healthy eating, active living, and working with children.

Cost: Download for FREE

Contact: South Simcoe Community Information Centre
705-435-4900
contact@contactsouthsimcoe.ca ■ www.contactsouthsimcoe.ca

Zone: Classroom Action ■ Family and Community

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. 111) and Health Promoting Schools: A Toolkit for Student Leaders (p. 151), two complementary program guides for student leaders.

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 to download for FREE

Contact: Decoda Literacy Solutions
info@decoda.ca
www.leapbc.decoda.ca

Zone: Family and Community

LIVE 5-2-1-0



A community-based initiative working across sectors to help children and their families adopt healthy lifestyles. Promotes the 5-2-1-0 message (5 or more servings of vegetables and fruit; 2 hours of screen time or less; 1 hour or more of physical activity; and 0 sugary drinks). A number of resources available to download. Coordinated by SCOPE – the Sustainable Childhood Obesity Prevention through Community Engagement.

Cost: FREE

Contact: SCOPE Central Office
604-875-2000 ext. 5519
info@scopebc.ca
www.live5210.ca

Zone: School Environment
Family and Community

LONG LIVE KIDS



Lesson plans, posters, infographics, blogs, links to other online resources, and access to Companies Committed to Kids' (formerly Concerned Children's Advertisers) great PSAs to educate students about healthy active living, mental wellness, bullying prevention, and media literacy.

Cost: Download for FREE

Contact: Companies Committed to Kids
416-484-0871 ext. 3
www.longlivekids.ca

Zone: 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: Classroom Action ■ 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: Physical Education ■ Family and Community

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

MEDIA SMARTS



A Canadian not-for-profit charitable organization for digital and media literacy. Website includes a resource section for teachers with lesson plans, educational games, tip sheets and other resources to help students develop the critical thinking skills to engage with media as active and informed digital citizens.

Cost: FREE online

Contact: Media Smarts
1-800-896-3342
info@mediasmarts.ca
www.mediasmarts.ca

Zone: Classroom Action ■ Family and Community

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: Download for FREE

Contact: <http://icwrn.uvic.ca/wp-content/uploads/2013/10/OurHealthyJourney.pdf>

Zone: Physical Education
Classroom Action
Family and Community

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

Zone: 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: Look in the index for more resources from the Heart & Stroke Foundation.

QUESNEL ABORIGINAL DIABETES PREVENTION & AWARENESS PROGRAM



A community-based diabetes initiative. Activities include ongoing school education programs, community events, workshops, and health fact sheets.

Cost: Download for FREE

Contact: Quesnel Tillicum Society Native Friendship Centre
250-992-8347
sandy.brunton@qnfc.bc.ca

www.quesnel-friendship.org/html/diabetes/index.htm

Zone: Classroom Action ■ Family and Community

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 (see p. 50), 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
schools@rickhansen.com
www.rickhansen.com/schools

Zone: Physical Education ■ Family and Community ■ School Spirit

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: Physical Education ■ Family and Community

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

▶ NOTE: See Bike Smarts for a cycling skills resource (p. 18).

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 Facilitator Guide & Toolkit



Supports schools and community partners in developing a school travel plan, and addressing travel-related issues at schools to encourage safe, healthy, active travel to and from school. Flexible templates assist with all phase of the planning and implementation process.

Cost: Download for FREE

Contact: Green Communities Canada
416-488-7263 or 1-877-533-4098
info@saferoutestoschool.ca
www.saferoutestoschool.ca/school-travel-planning-toolkit#stp

Zone: School Environment ■ Family and Community

► NOTE: Contact your local government about funding support.

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: Screen Smart resources are provided as part of the Action Schools! BC 5-2-1-0: Steps to Healthy Living Workshop (p. 109).

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

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

SPECIAL OLYMPICS HEALTHY LIVING FOR FAMILIES RESOURCE



A source for healthy eating and hydration information and tips for individuals with intellectual disabilities and their families. Nutritious recipes and grocery shopping ideas are included to encourage the consumption of healthy food to fuel participation and performance.

- Cost:** Download for FREE
Contact: Special Olympics BC
604-737-3078
info@specialolympics.bc.ca
www.specialolympics.bc.ca/healthy-athletes-resources
Zone: Family and Community

STUDENT LEADERSHIP TRAINING



Outdoor intercultural games, indoor workouts, or healthy eating leadership training for students in grades 4-7. Involves training a select group of students to be leaders in their schools. Schools receive resources, equipment, and certificates. Tri-mentor Student Leadership Training is also available for middle and 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
604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca
www.actionschoolsbc.ca

Zone: Physical Education ■ Classroom Action ■ Extra-Curricular

SUSTAINABLE WELL-BEING



A curriculum-connected program about decreasing reliance on the automobile and promoting physical activity through active transportation. Schools are paired with local HSBC Bank Canada employee groups to set personal and group goals on active transportation. Includes lesson plans and activities for teachers, student games, a website calculator (to measure kilometers traveled and CO2 reductions), 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
info@cleanairchampions.ca
www.cleanairchampions.ca

Zone: Classroom Action ■ School Spirit

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: Physical Education ■ Family and Community ■ Extra-Curricular

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

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: Physical Education
Family and Community

WHEEL SAFETY: Bikes, Blades & Boards DVD



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: Physical Education
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
Physical Education
Extra-Curricular

Personal and Social Development

ALERT PROGRAM FOR SELF-REGULATION How Does Your Engine Run?



Supports children, teachers, and parents in choosing appropriate strategies to change or maintain states of alertness (self-regulation) using an engine analogy. Teaches five strategies to change how alert we feel: put something in the mouth, move, touch, look or listen. Students are empowered to employ strategies to be in an optimal state for learning, playing, interacting with friends and family, or resting. Online training, books, games, and songs are available.

Cost: Prices vary

Contact: Therapy Works Inc.
1-877-897-3478
www.alertprogram.com

Zone: School Environment ■ Classroom Action ■ Family and Community

BEAMING BRIGHT, YOU'RE A SHINING LIGHT Social & Emotional Learning Program



A storybook and complementary teacher manual featuring 101 self-awareness activities to encourage children to use their imagination as they experience playful, interactive and inspirational moments with one another. Lesson plans relate to specific social and emotional learning concepts that create positive attitudes and beliefs (e.g. I can calm and relax myself, I am creative, I appreciate nature, It's OK to be different). Information about learning posters and play characters, and FREE parent programs are available online.

Cost: Storybook with CD \$16; Lesson Plans \$25

Contact: Lynne Cox, Parent Educator & Author
604-941-3575
lynne@shininglight.ca
www.shininglight.ca

Zone: Classroom Action ■ Family and Community

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 (CAAWS).

- Cost:** Download for FREE; hard copies available upon request
Contact: Action Schools! BC
604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca
www.actionschoolsbc.ca
Zone: Classroom Action
Family and Community

► NOTE: Complements the Healthy Eating Action Resource (p. 96).

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 to download for FREE; 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

CAN YOU FEEL IT

School Community Resiliency Program



Designed to empower students and school communities to adapt to or bounce back from the changes and challenges they face. Key messages are: Change is a constant; Recognize stress in your life; You control your reaction; and Empower yourself – you can do it! A great video with teacher resource is available to spark classroom discussion. Workshops are also available.

- Contact:** Sudbury & District Health Unit
705-522-9200
www.sdhu.com – search “Can you feel it”
Zone: Classroom Action
Family and Community

CANADIAN SELF-REGULATION INITIATIVE



Established to help parents and educators “reframe” a child’s behavior and understand the five domains of stress that may be the root causes of behavioural struggles. Teaching self-regulation can impact a child’s wellbeing and capacity to learn, and can have an equally dramatic impact on the wellbeing of parents and educators. Information about self-regulation programs and practices from across Canada are shared online. Download additional resources online (e.g. documents, videos, webinars); a variety of professional development opportunities are also available.

- Cost:** Download resources for FREE
Contact: Canadian Self-Regulation Initiative
www.self-regulation.ca
Zone: School Environment
Classroom Action
Family and Community

COMMIT TO KIDS TOOLKIT



Helps teachers, parents and other members of the school community create safe environments for children in their care. Toolkits include policies, strategies, and templates to support a step-by-step plan for reducing the risk of child sexual abuse. A new Commit to Kids Sport Edition toolkit is also available.

- Cost:** Prices vary
Contact: Canadian Centre for Child Protection Inc.
1-800-532-9135
www.commit2kids.ca
Zone: School Environment
Family and Community

CYBERTIP



Canada’s tipline to report the online sexual exploitation of children. Website provides current and age-appropriate information and resources to help teachers and parents keep children safe while online.

- Contact:** Cybertip
1-866-658-9022
(NOTE: not for reporting online sexual exploitation)
www.cybertip.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.

ERASE BULLYING WEBSITE

Expect, Respect & a Safe Education



Part of a comprehensive prevention and intervention strategy to address bullying and harmful behaviours to ensure every child feels safe, accepted and respected, regardless of their gender, race, culture, religion or sexual orientation. Information is available online for youth and parents about bullying, and for teachers and other members of the school community about creating safe schools.

Contact: www.erasebullying.com

Zone: School Environment
Family and Community

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: Physical Education
Family and Community
Extra-Curricular

► NOTE: See Fair Play It's Your Call (p. 149) 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:** \$22
- Contact:** CIRA Ontario
905-648-2226
ciraontario@gmail.com
www.ciraontario.com
- Zone:** Physical Education
Classroom Action
Extra-Curricular

FRIENDS FOR LIFE



Three grade-specific, evidence-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 an online parent component. Grades 4-5 and 6-7 were updated in 2013.

- Cost:** FREE to BC Schools
- Contact:** Kelly Angelus, 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.friendsrt.com for provincial/territorial contacts.

KELTY MENTAL HEALTH RESOURCE CENTRE



A provincial mental health and substance use information and resource centre for BC children, youth, and families. Provides resources, peer support, and system navigation for those struggling with mental health, substance use, and disordered eating issues.

- Contact:** 604-875-2084 or 1-800-665-1822
keltycentre@bcmhs.bc.ca
www.keltymentalhealth.ca
- Zone:** School Environment
Family and Community

KIDS HAVE STRESS TOO!®



Designed to help educators, parents and caregivers understand childhood stress and how to provide children with the tools to deal with stress effectively. Targeted programs for preschool and kindergarten, grades 1-3, 4-6 and 7-9 were developed to help teachers promote positive social-emotional development and effective stress management in classrooms and recreational settings. Resources include lesson plans with activities, supplementary materials, and curriculum connections. Additional resources for parents, and information about workshops, are available online.

Cost: Download for FREE

Contact: Psychology Foundation of Canada

416-644-4944

info@psychologyfoundation.org

<http://psychologyfoundation.org> – click “programs”

Zone: School Environment ■ Classroom Action ■ Family and Community

LONG LIVE KIDS



Lesson plans, posters, infographics, blogs, links to other online resources, and access to Companies Committed to Kids' (formerly Concerned Children's Advertisers) great PSAs to educate students about healthy active living, mental wellness, bullying prevention, and media literacy.

Cost: Download for FREE

Contact: Companies Committed to Kids

416-484-0871 ext. 3

www.longlivekids.ca

Zone: Classroom Action ■ Family and Community

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 Hawn 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

NEW GAME PLAN: Using Sports to Raise Happy, Healthy, & Successful Kids



Strategies for teachers, coaches and parents 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.

Cost: \$24.95

Contact: Purchase online or from your local bookstore

ISBN: 978-1425112813

Zone: Physical Education
Family and Community
Extra-Curricular

PLAY IS THE WAY®



Teaches social and emotional learning using cooperative interactive games, classroom activities and empowering language. Supports the creation of socially and emotionally literate school communities where all members can participate, grow and enjoy.

► NOTE: Other complementary resources and workshops, are available.

Cost: \$264 for the 2 volume program plus 6 posters

Contact: Sean Smith, Play Is The Way

604-219-0858

info@playistheway.ca

www.playistheway.ca

Zone: School Environment
Classroom Environment

PREVNet WEBSITE: Promoting Relationships & Eliminating Violence Network



A national umbrella organization established to stop bullying in Canada and to promote safe and healthy relationships for all Canadian children and youth. A number of resources can be downloaded online, including a Bullying Intervention and Prevention Handbook providing guidelines for teachers. PREVNet delivers workshops and hosts an annual conference on bullying.

Cost: FREE online

Contact: www.prevnet.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

ROOTS OF EMPATHY



An evidence-based classroom program designed to reduce levels of aggression among school children while raising social/emotional competence and increasing empathy. At the heart of the program are classroom visits by a neighbourhood infant and parent, with discussion facilitated by trained Roots of Empathy Instructors who use a variety of coaching methods to build students' "emotional literacy" by observing the baby's development. Students are more competent in understanding their own feelings and the feelings of others (empathy) and are therefore less likely to physically, psychologically and emotionally hurt each other through bullying and other cruelties.

Cost: Prices vary

Contact: Roots of Empathy
1-866-766-8763
mail@rootsofempathy.org
www.rootsofempathy.org

Zone: School Environment ■ Classroom Action ■ Family and Community

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

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: Physical Education
Family and Community

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: Physical Education
Classroom Action

► NOTE: Available as part of the Physical Activity Poster Pack (p. 60).

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:** \$22
Contact: CIRA Ontario
905-648-2226
ciraontario@gmail.com
www.ciraontario.com
Zone: Physical Education

Teacher Education



ABCD'S OF MOVEMENT

Alberta Education'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. Resource samples available online.

Cost: \$58 each

Contact: Edmonton Public Schools Distribution Centre
780-445-0247
<http://rds.epsb.net/cf/series.cfm?nSeriesID=183>

Zone: Physical Education

► NOTE: A BC Ministry of Education authorized resource.



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
Physical Education
Family and Community
Extra-Curricular

ABORIGINAL CULTURAL RELATIONS MODULE



An online module designed to educate sport and recreation leaders about important aspects of Aboriginal culture, and to provide best practices on how to incorporate this awareness into programming. Integrating history, teachings, personal experiences and resources, leaders can walk away with a better understanding of how to ensure Aboriginal people participate in sport and recreation in an environment that is inclusive, safe and respectful.

Cost: FREE online

Contact: BC Recreation & Parks Association
604-629-0965 or 1-866-929-0965
www.bcrpa.bc.ca
<http://elearn.bcrpa.bc.ca/aboriginal-cultural-relations-module>

Zone: School Environment ■ Family and Community

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 wellbeing. 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: Physical Education ■ Classroom Action

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
1-800-622-6232
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/fniiah-spnia/famil/develop/ahsor-papa_intro-eng.php

Zone: Family and Community

► NOTE: In BC, see BC First Nations Head Start Program (p. 145).

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.

Cost: FREE

Contact: Urban Native Youth Association
604-254-7732
sportsandrec@unya.bc.ca
www.unya.bc.ca

Zone: Family and Community

ACTION SCHOOLS! BC™ PHYSICAL EDUCATION PLANNER



Supports educators in providing a comprehensive, diverse, and engaging array of physical education opportunities which meet the goals of the BC Ministry of Education's Physical Education Curriculum and Daily Physical Activity (DPA) mandate. Sample Monthly Calendars with a best practice template can be used for inspiration or a starting-off point for yearly planning. One-page descriptions of activities and sports linked to fundamental movement skills include implementation ideas, equipment, and recommended resources.

Cost: Download for FREE

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

Zone: Physical Education

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, Physical Education, Classroom Action, Family and Community, Extra-Curricular, and School Spirit. Many supplementary resources are available FREE online. Elementary and middle school Planning 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
Physical Education
Classroom Action
Family and Community
Extra-Curricular
School Spirit

► NOTE: The Physical Activity Action Resource (p. 59) and Healthy Eating Action Resource (p. 96) support the Classroom Action Zone.

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

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: Download for FREE

Contact: CAAWS

613-562-5667

caaws@caaws.ca ■ www.caaws.ca

Zone: School Environment ■ Physical Education ■ Classroom Action
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: Healthy Communities Partnership Halton
www.hcph.ca/recommended-reading-lists

Zone: Physical Education ■ Classroom Action

► NOTE: See the Physical Activity Booklist (p. 59) and Healthy Eating Booklist (p. 97) for more recommendations.

AGE APPROPRIATE TRAINING DVD SERIES



A series of four DVDs supporting Long Term Athlete Development (LTAD). The Games with Purpose DVD focuses on balance, running, jumping, throwing, catching and striking for the Active Start and FUNDamentals stages. The More than Just Games DVD supports the development of physical literacy through games in various indoor and outdoor environments (e.g. water, ice and snow) for the FUNDamentals and Learn to Train stages. The Learn to Train DVD highlights dynamic warm-up, core strength, and speed development drills for the Learn to Train and Train to Train stages. The Strength, Speed and Field Testing DVD provides drills for the Learn to Train and Train to Train stages.

Cost: \$10-\$13 each

Contact: Coaching Manitoba
1-888-887-7307
gena.cook@sportmanitoba.ca
www.coachingmanitoba.ca

Zone: Physical Education ■ Family and Community

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
ala@ala.ca
www.allabilitieswelcome.ca

Zone: School Environment ■ Family and Community

BC FIRST NATIONS HEAD START On-Reserve 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. Website features contacts, implementation guidelines, tips relating to the core areas, and links to other relevant resources.

Cost: FREE

Contact: Bonnie LaBounty
250-315-8700
labounty-advisor@gmail.com
www.bcfhns.org

Zone: Classroom Action ■ Family and Community

► NOTE: See also Aboriginal Head Start Program (p. 141).

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.nutritioneducationbc.ca

Zone: Classroom Action

BCRPA E-LEARNING MODULES



Online courses are now available from the BCRPA, designed to build healthy active communities and individuals by supporting, training and educating community leaders and practitioners. Courses vary in length from 60-90 minutes and can be completed in multiple sessions. Topics include Aboriginal Cultural Relations (p. 141), Engaging the Hard to Reach, Social Inclusion, Vulnerable Populations, and BCRPA Shared Use Agreement Guide.

Cost: Prices vary

Contact: BC Recreation & Parks Association
604-629-0965
bcrpa@bcrpa.bc.ca
<http://elearn.bcrpa.bc.ca/>

Zone: School Environment
Family and Community

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



A comprehensive website from Ontario 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.peelregion.ca/health/baew

Zone: Physical Education
Classroom Action
Family and Community

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. Part of CAC's Women in Coaching Program (p. 164).

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

CARING ABOUT FOOD SAFETY COURSE



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

COACHING FEMALE ATHLETES



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

- Cost:** Download for FREE
Contact: ViaSport
778-331-8642
coaches@viasport.ca
www.viasport.ca/coaches/resources
Zone: Physical Education ■ 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

CONVENOROLOGY: 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

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: Physical Education
Classroom Action

► NOTE: Visit www.ophea.net/dpa for more DPA support resources from Ontario.

DEVELOPING PHYSICAL LITERACY Guide for Parents of Children Ages 0-12



A foundational document for parents and other stakeholders about physical literacy in children and youth. Provides background information, research, details for each stage of the Long-Term Athlete Development (LTAD) model, and discussion of key issues relating to children's participation, development and competition.

Cost: Download for FREE

Contact: Canadian Sport for Life
www.canadiansportforlife.ca

Zone: Physical Education
Family and Community

DOUGLAS COLLEGE Graduate 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, and receive a Teacher Qualification Service upgrade. 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 to download for FREE

Contact: Canadian Parks & Recreation Association
613-523-5315
info@cpra.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: Physical Education
Family and Community
Extra-Curricular

► NOTE: See Fair Play for Kids (p. 134) 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 Manager, BC Recreation & Parks Association
604-629-0965 ext. 254
eli@bcprpa.bc.ca
www.bcrpa.bc.ca

Zone: Physical Education
Family and Community

FOODSAFE CERTIFICATION



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

GET OUTDOORS! An Educator's Guide to Outdoor Classrooms & Other Special Places



Supports teachers in getting 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 ext. 4
wildbc@hctf.ca
www.wildbc.org
Zone: Classroom Action
Extra-Curricular

GUIDELINES FOR PEDIATRIC CONCUSSION



A new tool released in 2014, designed inform decisions whenever a child or youth is suspected to have sustained a concussion. Includes symptoms and signs, definitions, tips, return to play guidelines, and other frequently asked questions. Targeted resources are available for schools and community organizations, health care professionals, and parents/caregivers.

- Cost:** Download for FREE
Contact: Ontario Neurotrauma Foundation
<http://onf.org/documents/guidelines-for-pediatric-concussion>
Zone: School Environment
Physical Education
Classroom Action
Family and Community
Extra-Curricular

HEALTH PROMOTING SCHOOLS A Toolkit for Administrators



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/programs/health-promoting-schools
- Zone:** School Environment

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 Leading the Way: Youth Leadership Guide (p. 121) for PHE Canada's youth leadership development program.

HEALTHY MINDS FOR HEALTHY CHILDREN Online Training & Resource



Supports the use of engagement strategies for nurturing resilience in children and youth, and provides insights into common mental health distress or disorders that students could be experiencing.

- Cost:** FREE online for those that have completed the Principles of Healthy Child Development (PHCD) or HIGH FIVE® Sport Training (p. 152 and p. 153 respectively).
- Contact:** HIGH FIVE® National
1-888-222-9838
info@HIGHFIVE.org ■ www.HIGHFIVE.org
- In BC:** BC Recreation & Parks Association
604-629-0965 ext. 229
bcrpa@bcrpa.bc.ca ■ www.bcrpa.bc.ca
- Zone:** School Environment ■ Family and Community

► NOTE: See the HIGH FIVE® website for other provincial/territorial Authorized Providers.

HEALTHY MINDS IN ACTIVE BODIES



Designed to support after school program supervisors and other stakeholders in developing environments that foster positive mental health amongst children and youth. Makes the link between physical activity and mental health, and provides information on risk factors for mental health issues, signs and symptoms, the role of physical activity as an intervention, suggestions on program enhancements, and guidelines on how to talk to children, parents and staff about the issues. Corresponding fact sheets provide information about the specific needs of girls and young women, and children and youth with disability; provide guidelines for talking with staff and parents; and provide information for parents.

Cost: Download for FREE

Contact: Canadian Active After School Partnership
www.activeafterschool.ca – search the resource name

Zone: School Environment
Classroom Action
Family and Community

HIGH FIVE®



Canada's only comprehensive quality standard for children's sport and recreation, built on five Principles of Healthy Child Development (PHCD) essential for quality programs: A Caring Adult; Friends; Play; Mastery; and Participation. Resources and tools to support training and development, program assessments, policies/procedures, and awareness. The PHCD workshop provides foundational training.

Cost: Prices vary; some resources available to download for FREE

Contact: HIGH FIVE® National
1-888-222-9838
info@HIGHFIVE.org
www.HIGHFIVE.org

In BC: BC Recreation & Parks Association
604-629-0965 ext. 229
bcrpa@bcrpa.bc.ca
www.bcrpa.bc.ca

Zone: School Environment
Family and Community
Extra-Curricular

► NOTE: See the HIGH FIVE® website for provincial/territorial Authorized Providers.

HIGH FIVE® SPORT WORKSHOP



Aligned with the FUNDamentals and Learn to Train stages of Long-Term Athlete Development (LTAD), this 5-hour training designed for coaches focuses on the social, emotional, and cognitive development and wellbeing of athletes. Practical content includes advice for the top coaching dilemmas, such as dealing with parents, keeping the child's interest, ensuring fair play, and creating an emotionally safe environment.

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 & Parks Association
604-629-0965 ext. 229
bcrpa@bcrpa.bc.ca
www.bcrpa.bc.ca

Zone: Extra-Curricular

► NOTE: See the HIGH FIVE® website for provincial/territorial Authorized Providers.

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

IN HER VOICE: An Exploration of Young Women's Sport & 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 ■ Physical Education
Family and Community ■ Extra-Curricular

INCLUDING CHILDREN WITH DISABILITIES



A reference for adapting playground, low-organizational games 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: 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

LAST CHILD IN THE WOODS

Saving Our Children from Nature-Deficit Disorder



This book brings together the growing body of research about the importance of direct exposure to nature to healthy child development and the physical and emotional health of children and adults. Links the “nature-deficit” evident in today’s wired generation to disturbing childhood trends, including obesity, attention disorders, and depression. Includes actions to create change in your community, and discussion points to inspire people of all ages to talk about the importance of nature in their lives.

Cost: \$14.40

Contact: Purchase online or from your local bookstore
ISBN-13: 978-1565126053

Zone: School Environment
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 to download for FREE

Contact: Canadian Parks and Recreation Association
613-523-5315
info@cpra.ca
www.cpra.ca

Zone: School Environment
Family and Community

MAKING HEALTHY CONNECTIONS WITH RACIALIZED COMMUNITIES: Girls & Young Women’s Experiences with Sport, Physical Activity & 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. Workshops are available.

Cost: Download for FREE

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

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

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

MOVERS & SHAKERS: A Half Century of School Physical Education in British Columbia, 1960-2010



A collection of essays by people in the field of physical education who were intimately involved in the development of physical education curricula in British Columbia. Compiled by PE-BC.

Cost: \$20

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

Zone: Physical Education

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. See also Moving to Inclusion Online (p. 157).

Cost: Download abridged versions 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
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. See also Moving to Inclusion (p. 156).

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 ■ Physical Education ■ Family and Community

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.

Cost: Prices vary

Contact: Coaching Association of Canada
613-235-5000
coach@coach.ca
www.coach.ca

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

NEWCOMER GIRLS & YOUNG WOMEN ON THE MOVE Making Sport & Physical Activity Inclusive for Newcomers to Canada



Case studies, tips and recommendations from a national project designed to increase access to quality sport and physical activity programming for newcomer girls and young women, and their families. An online video highlights key learnings and outcomes. Workshops are available.

Cost: Download for FREE

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

Zone: Family and Community

NO ACCIDENTAL CHAMPIONS LTAD for Athletes with a Disability



This document describes the opportunities and challenges that face persons with permanent disabilities in pursuing sport and physical activity. Identifies how the Canadian sport system can best accommodate their needs for increased activity and greater achievement through Long-Term Athlete Development (LTAD).

- Cost:** Download for FREE
Contact: Canadian Sport for Life
www.canadiansportforlife.ca
Zone: School Environment ■ 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. A one-pager provides Top 10 Tips for Quality after school programs.

- Cost:** Download for FREE; Hard copies \$10; Workshop prices vary
Contact: CAAWS
613-562-5667
caaws@caaws.ca ■ www.caaws.ca
Zone: School Environment ■ 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: ViaSport
778-331-8642
coaches@viasport.ca
www.viasport.ca/coaches/resources
Zone: Family and Community ■ Extra-Curricular

P.E. LINKS4U WEBSITE



Physical education lesson plans, innovative ideas, discussion forums, editorials and news.

- Cost:** FREE
Contact: www.pelinks4u.org
Zone: Physical Education

PE CENTRAL WEBSITE



Physical education resources for grades K-12 including lesson plans, ready-to-print assessments, and an online book and music store.

Cost: FREE
Contact: www.pecentral.org
Zone: 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: 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/resources/phenex-journal
Zone: Physical Education

PHYSEDSOURCE WEBSITE



Provides links to physical education and physical activity resources from all over the world. Supported by online retailer WINTERGREEN.

Cost: FREE
Contact: www.physedsource.com
Zone: 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
info@physicalactivityline.com ■ 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. Book packaged with a DVD with video clips and lesson plans.

Cost: \$80.95

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

Zone: 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 Education.

Cost: FREE

Contact: www.education.alberta.ca/physicaleducationonline

Zone: 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: Physical Education ■ Family and Community

PLANNING GUIDE & FRAMEWORK FOR DEVELOPMENT OF ABORIGINAL LEARNING RESOURCES



Designed to help BC 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/planguide/
Zone: School Environment

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 to download for FREE
Contact: PHE Canada
613-523-1348 or 1-800-663-8708
info@phecanada.ca
www.phecanada.ca/programs/quality-daily-physical-education
Zone: School Environment ■ 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

SEX DISCRIMINATION IN SPORT



A 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

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/shared.pdf

Zone: School Environment ■ Physical Education

SPARK PHYSICAL EDUCATION



Comprehensive physical education programs designed to be “more inclusive, active, and fun than traditional PE classes”. Targeted programs for grades K-2, 3-6, middle school and high school include curricula, training, equipment, and lifelong support. Based on extensive research and field testing in the US. Complementary programs are available to “spark” activity in the classroom, during recess and afterschool, and supporting coordinated school health. Sample lesson plans, webinars, and school health assessment tools are available FREE online.

► NOTE: Purchases include 3-year access to the SPARKfamily.org website – an online library of digital teaching tools.

Cost: Prices vary

Contact: SPARK
spark@sparkpe.org
619-293-7990 or 1-800-SPARK PE
www.sparkpe.org

Zone: Physical Education ■ Classroom Action ■ Extra-Curricular

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

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 Community, Sport & Cultural Development
www.cscd.gov.bc.ca/sport/programs/sportsafe.htm

Zone: School Environment ■ Family and Community ■ Extra-Curricular

SPROCKIDS



A multi faceted mountain biking and safe cycling program promoting a healthy lifestyle while teaching young people the skills, values, and strategies to succeed in school and in life. Incorporates mountain biking in all aspects of the curriculum, from Language Arts, Science, Social Studies, Art, through to P.E. Visit the Sprockids website for course schedules, available instructors, and for information about becoming a certified instructor.

Cost: \$225

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

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

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

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: 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: Sick Kids, JWK Health Centre
<http://thestudentbody.aboutkidshealth.ca>

Zone: School Environment
Classroom Action
Family and Community

WOMEN & LEADERSHIP NETWORK



An online community where women working or volunteering 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

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 (see p. 146).

Contact: Women in Coaching Program, Coaching Association of Canada
613-235-5000
coach@coach.ca
www.coach.ca

Zone: Family and Community
Extra-Curricular

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.

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. 145), Moving to Inclusion (p. 156), and Moving to Inclusion Online (p. 157).

Contact: 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. Look in the index for available resources.

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

BC SCHOOL CENTRED MENTAL HEALTH COALITION



Supports the awareness and understanding of connectedness and promotes the building of capacity within communities to create school environments that foster mental wellness. The Coalition is comprised of a diverse group of members who come together to promote safe and caring school communities that foster the mental wellness of children, youth and families.

Contact: www.schoolmentalhealth.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; deadlines vary by province/territory.

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

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 and leadership at all levels of sport and physical activity in Canada. Sign-up for CAAWS' monthly e-Newsletter. See Gender Equity in the index for more 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. 132) and True Sport (p. 175).

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 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 wellbeing 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, wellbeing 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 MENTAL HEALTH ASSOCIATION



Promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness. ranches across Canada provide a wide range of innovative services and supports to people who are experiencing mental illness and their families. One of the core goals of these services is to help people with mental illness develop the personal tools to lead meaningful and productive lives.

Contact: www.cmha.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. 113).

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 and Para Pan American Games. The CPC's goal is to empower persons with physical disabilities, through sport. Programs include the Paralympic Schools Program (p. 121).

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 (CS4L)



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

CHILD & NATURE ALLIANCE OF CANADA



A network of organizations and individuals working to connect children to nature through education, advocacy, programming, policy, research, and the built environment. The CNAC's Natural Leaders Alliance is a team of 14-28 year olds working together to give their peers opportunities to get outside and have fun,

Contact: www.childnature.ca
www.naturalleadersalliance.com

CHILDHOOD OBESITY FOUNDATION

Dedicated to educating Canadian children, their families and care givers, educators, business and government about the problem of childhood obesity.

Contact: www.childhoodobesityfoundation.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: www.coach.ca

DAVID SUZUKI FOUNDATION

Collaborates with Canadians from all walks of life to conserve the environment and find solutions that will create a sustainable Canada through science-based research, education and policy work. Tips to reduce your environmental footprint and transform your home, office and community into a healthy and sustainable one. The FREE Connecting with Nature Educational Guide is full of activities to get students outside exploring issues such as biodiversity, energy conservation and food production (see p. 115).

Contact: www.davidsuzuki.org

DIETITIANS OF CANADA



Food and nutrition professionals committed to the health and wellbeing of Canadians. Website includes an EATracker (p. 89), 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. 88).

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 wellbeing.

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. 116), ACTIVATE (p. 110), GEN7 (p. 116) and the Active Circle (p. 165).

Contact: www.motivatecanada.ca

NATIONAL EATING DISORDERS INFORMATION CENTRE

Providing information and resources on eating disorders and weight preoccupation. Contact NEDIC about community or staff workshops, or attend their annual conference.

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 PSAs. Coordinate the ParticipACTION Teen Challenge (p. 177).

Contact: www.participaction.com

PHYSICAL ACTIVITY RESOURCE CENTRE (PARC)



Resources to build the capacity of physical activity promoters to deliver quality initiatives 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: www.phecanada.ca

PICKLEBALL CANADA

Assists and promotes the growth of Pickleball as a game for all ages. Rules, terminology, instructional materials, equipment and more available online.

Contact: www.pickleballcanada.org

PRODUCE FOR BETTER HEALTH FOUNDATION

A US-based consumer education foundation whose purpose is to motivate people to eat more vegetables and fruit to improve public health. Website features a recipe database, resource catalogue, and links to Fruit and Veggies – More Matters (p. 93).

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 create safe inclusive and accepting school environments.

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

SASKATCHEWAN IN MOTION



A provincial movement of educators, parents, caregivers, and community leaders working to get more kids, more active, more often. 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. See also in motion schools (p. 180) and Daily Physical Activity Manual and Video series (p. 25).

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 wellbeing 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 to download for FREE.

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

Helps kids between the ages of 4 to 18 with the costs associated with registration, equipment and/or transportation for sports and physical activity programming. Applications are accepted annually between January 15th and November 1st (varies by Chapter).

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

ECOACTION COMMUNITY FUNDING PROGRAM

Provides financial support to community groups for projects that will protect, rehabilitate or enhance the natural environment, and build the capacity of communities to sustain these activities into the future. Projects should fit one or more of the following themes: Clean Air, Clean Water, Climate Change, and/or Nature. Applications are accepted annually until November 1.

Contact: Environment Canada
www.ec.gc.ca/ecoaction/

ED MAY SOCIAL RESPONSIBILITY GRANTS SOCIAL JUSTICE GRANTS



Two annual grants support socially responsible teaching in BC in the areas of gender equity, multiculturalism, antiracism, homophobia/heterosexism, LGBTQ issues, antipoverty, Aboriginal issues, environmental issues, violence prevention, child and youth issues, and peace and global education.

Contact: BC Teachers' Federation
www.bctf.ca/SocialJusticeGrants.asp

HEALTHY EATING SCHOOL FOOD GRANT



This \$300 grant is designed to assist registered Action Schools with implementing lessons and activities from the Healthy Eating Action Resource (p. 96). Funds can be used for classroom or school-wide healthy eating events, or any food purchases related to the activities in the Healthy Eating Action Resource. See additional eligibility requirements online.

Contact: Action Schools! BC
604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca
www.actionschoolsbc.ca – search “food grant”

KIDSPORT™ CANADA

A community-based sport funding program that provides grants for Canadian children under age 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. Provincial/territorial and community chapter contact information is available online.

Contact: 204-925-5914
bezako@kidsportcanada.ca
www.kidsportcanada.ca

LET THEM BE KIDS

Funding to help build playgrounds in areas of need.

Contact: www.ltbk.ca

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 in September.

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.gaming.gov.bc.ca/grants/pacdpac.htm

PARTICIPACTION TEEN CHALLENGE



Provides micro-grant funding, ideas tools and support for students and adult leaders for community-based programs designed by teens. The Top 15 Teen Challenge Ideas provides inspiration to get you started. Developed to help teens find their passion and get moving.

Cost: FREE
Contact: ParticipACTION
www.participaction.com/teen-challenge/
In BC: BC Recreation & Parks Association
604-629-0965
bcrpa@bcrpa.bc.ca
www.bcrpa.bc.ca

► NOTE: Visit the ParticipACTION website for provincial/territorial contacts.

RBC COMMUNITY PROGRAMS

Learn to Play, After School & Mental Health Projects

The RBC Believe in Kids Pledge is a commitment of funds to support a wide range of charitable and community health, education, arts and sports programs for children and youth.

Contact: RBC
www.rbc.com/learntoplay

S'COOL LIFE FUND

Supports student participation in non-academic activities such as drama, recreational and extra-curricular activities, arts, music and sports. Applications are accepted annually from December 1 to August 31.

Contact: www.scoollifefund.ca

SWIM TO SURVIVE SCHOOL GRANT PROGRAM



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
In BC: www.lifesaving.bc.ca
In ON: www.lifesavingsociety.com

TOYOTA EVERGREEN LEARNING GROUNDS School Ground Greening Grants

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 on 3 intake dates throughout the school year.

Contact: www.evergreen.ca/get-involved/funding-opportunities/school-ground-grants/

■ 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 whole-school model designed to assist elementary and middle schools in creating and implementing 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, Physical Education, Classroom Action, Family and Community, Extra-Curricular, and School Spirit. Registered BC schools receive FREE professional development, support and mentoring on physical activity and healthy eating, as well as complementary teaching resources. Refer to Action Schools! BC in the index for a full list of available resources.

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

► NOTE: An introductory video, providing an overview of Action Schools! BC and highlighting the physical activity and healthy eating activities in action, is available online.

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

YK

Supports schools in integrating daily physical activity and healthy living into their classrooms. A program of the Recreation and Parks Association of the Yukon.

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 wellbeing.

Contact: 780-454-4745 (Edmonton) or 403-210-6012 (Calgary)
info@everactive.org ■ www.everactive.org

HEALTHY SCHOOLS BC

BC

A key initiative of Healthy Families BC (HFBC), Healthy Schools BC recognizes we can achieve more by working together than we can on our own. The initiative's vision is for all BC students to learn, play and thrive in healthy school communities. Healthy Schools BC aims to achieve this by strengthening partnerships between the health and education sectors, by building capacity for the effective implementation of healthy schools, and by engaging students to address healthy living in their schools. Healthy Schools BC involves a partnership between the ministries of Health and Education, DASH BC, health authorities, education partners, and other key stakeholders.

Contact: DASH BC
604-681-0600
info@healthyschoolsbc.ca ■ www.healthyschoolsbc.ca

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 1-886-888-3648
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. Grants are available to support plans and priorities.

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 & ADVANCED LEARNING

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 & EARLY CHILDHOOD DEVELOPMENT

Contact: www.gnb.ca/education

NEWFOUNDLAND & LABRADOR DEPARTMENT OF EDUCATION

Contact: www.ed.gov.nl.ca/edu

NORTHWEST TERRITORIES EDUCATION, CULTURE & EMPLOYMENT

Contact: www.ece.gov.nt.ca

NOVA SCOTIA DEPARTMENT OF EDUCATION & EARLY CHILDHOOD DEVELOPMENT

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/eecd

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: <http://nbpes.ca>

NOVA SCOTIA TEACHERS' ASSOCIATION FOR PHYSICAL & HEALTH EDUCATION

Contact: <http://taphe.nstu.ca>

ONTARIO PHYSICAL & HEALTH EDUCATION ASSOCIATION

Contact: www.ophea.net

PHYSICAL EDUCATION BRITISH COLUMBIA (PE-BC)

Contact: www.bctf.ca/pebc

PHYSICAL EDUCATION SPECIAL INTEREST COUNCIL OF NEWFOUNDLAND & LABRADOR

Contact: www.pesicnl.com

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 CONNECTION

Contact: www.albertasport.ca

SASK SPORT INC.

Contact: www.sasksport.sk.ca

SPORT ALLIANCE 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

VIASPORT (BC)

Contact: www.viasport.ca

 **BC Government**

MINISTRY OF AGRICULTURE

Contact: www.gov.bc.ca/agri

**MINISTRY OF COMMUNITY, SPORT
& CULTURAL DEVELOPMENT**

Contact: www.gov.bc.ca/cscd

MINISTRY OF EDUCATION

Contact: www.gov.bc.ca/bced

MINISTRY OF HEALTH

Contact: www.gov.bc.ca/health

MINISTRY OF JOBS, TOURISM & SKILLS TRAINING

Contact: www.gov.bc.ca/jtst

■ BC Support Organizations & Initiatives

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

ACTION SCHOOLS! BC™

A best practices whole-school model designed to assist elementary and middle schools in creating and implementing 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, Physical Education, Classroom Action, Family and Community, Extra-Curricular, and School Spirit. Registered BC schools receive FREE professional development, support and mentoring on physical activity and healthy eating, as well as complementary teaching resources. Refer to Action Schools! BC in the index for a full list of available resources.

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

► NOTE: An introductory video, providing an overview of Action Schools! BC and highlighting the physical activity and healthy eating activities in action, is available online.

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. A wide variety of resources are available – see the index and online for titles.

Contact: 1-866-517-6225
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. The Hi5Living program delivers positive messages and reliable information about healthy choices.

Contact: www.bccancer.ca
Healthy Living Schools Initiative
www.bccancer.bc.ca/PPI/Prevention/about/programs/schools.htm
Hi5Living – Graduate Transitions
www.hi5living.org

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. Programs emphasize the importance of active living and eating a balanced diet based on “Eating Well with Canada’s Food Guide” (p. 88). Refer to BC Dairy Association in the index for a full list of available resources.

Contact: 604-294-3775 or 1-800-242-6455
nutrition@bcdairy.ca
www.nutritioneducationbc.ca

► NOTE: Contact the BCDA about School Milk BC (p. 103), providing free tools and resources to make milk an easy choice at school.

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@bchealthyiving.ca
www.bchealthyiving.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. 120).

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. 117) 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. 152) and Everybody Gets to Play™ training (p. 149). 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 SCHOOL CENTRED MENTAL HEALTH COALITION

Supports the awareness and understanding of connectedness and promotes the building of capacity within communities to create school environments that foster mental wellness. The Coalition is comprised of a diverse group of members who come together to promote safe and caring school communities that foster the mental wellness of children, youth and families.

Contact: www.schoolmentalhealth.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. 119).

Contact: 604-647-7414
sportsinfo@bcsportshalloffame.com ■ www.bcsportshalloffame.com

CANADIAN PARKS & WILDERNESS SOCIETY

BC Chapter

Protects wilderness in every corner of the province and deep into the ocean by safeguarding large parks, protected areas and wilderness corridors. Get Outside BC provides a gateway experience for youth engagement with BC's outdoors, and subsequent opportunities for engagement through youth-led follow-up events and the creation of a supportive youth network of natural leaders.

Cost: 604-685-7445
Contact: info@cpawsbc.org ■ www.getoutsidebc.ca

CEREBRAL PALSY ASSOCIATION OF BC

Committed to making a Life Without Limits for people with disabilities.

Contact: 1-800-663-0004
info@bccerebralpalsy.com
www.bccerebralpalsy.com

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

A not-for-profit society that works to establish connections between the health and education sectors to support the creation of healthy school communities through strong relationships and the integration of theory and practice. DASH promotes, supports, and facilitates improvements in health and learning in school communities, with a vision of all students being healthy, engaged and connected at school. Manages the Healthy Schools Network (p. 192) and Healthy Schools BC (p. 192), and actively works with Action Schools! BC (p. 186). 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
www.dashbc.ca
www.healthyschoolsbc.ca

DIETITIAN SERVICES AT HEALTHLINKBC

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 Guidelines for Food and Beverage Sales in BC Schools 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 wellbeing of lower income British Columbians. FREE community planning tools guide stakeholders in a five stage process of learning, engaging, planning, acting, and reflecting. Two new online learning modules, “Social Inclusion and Recreation” and “Engaging the Hard to Reach” provide information about working with low-income populations.

Cost: Download tools for FREE
Online modules \$55

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

FIRST NATIONS HEALTH AUTHORITY

Responsible for the delivery of First Nations Health Programs across BC.

Contact: 1-866-913-0033
info@fnha.ca
www.fnha.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 BC

A key initiative of Healthy Families BC (HFBC), Healthy Schools BC recognizes we can achieve more by working together than we can on our own. The initiative's vision is for all BC students to learn, play and thrive in healthy school communities. Healthy Schools BC aims to achieve this by strengthening partnerships between the health and education sectors, by building capacity for the effective implementation of healthy schools, and by engaging students to address healthy living in their schools. Healthy Schools BC involves a partnership between the ministries of Health and Education, DASH BC, health authorities, education partners, and other key stakeholders.

Contact: DASH BC
604-681-0600
info@healthyschoolsbc.ca
www.healthyschoolsbc.ca

HEALTHY SCHOOLS NETWORK (HSN)

A voluntary organization of public, independent, and band schools who work in classrooms, schools, and school districts to optimize student health and learning with the goal of improving overall student wellbeing. The vision of the HSN is for every student in British Columbia to be a part of a healthy school community and to feel supported and engaged in their health and learning. Established in the 2006-2007 school year and continues to grow and develop.

Contact: DASH BC
604-681-0600
hsn@dashbc.ca
www.healthyschoolsnetwork.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: 778-372-8000 ext. 8043
www.heartandstroke.bc.ca

JESSIE'S LEGACY

Provides eating disorders prevention education, resources and support for BC youth, families, educators and professionals. The provincial leader for Provincial Eating Disorders Awareness (PEDAW) – a province wide effort to raise awareness around prevention, early intervention and treatment of eating disorders, as well as media literacy, resiliency, healthy body image and self esteem.

Contact: Family Services of the North Shore
604-988-5281
family@familyservices.bc.ca
www.familyservices.bc.ca

KELTY MENTAL HEALTH RESOURCE CENTRE

A provincial mental health and substance use information and resource centre for BC children, youth, and families. Provides resources, peer support, and system navigation for those struggling with mental health, substance use, and disordered eating.

Contact: 604-875-2084 or 1-800-665-1822
keltycentre@bcmhs.bc.ca
www.keltymentalhealth.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

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. Movers and Shakers (p. 156) celebrates the physical education movement in BC.

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

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 60 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. Website provides downloadable GPS tracks.

Contact: 604-942-6768
trailsbc@trailsbc.ca ■ www.trailsbc.ca

VIASPORT

Established to increase awareness, opportunity and participation in sport across the province – at every stage of life, and in every community. ViaSport collaborates with BC's amateur sport system, and provides programs and support in a number of areas, including coaching and leaders, sport for life, and granting.

Contact: info@viasport.ca
www.viasport.ca

■ BC Health Authorities

Visit your local health authority's website for school nutrition information or to locate a community nutritionist in your area.

FRASER HEALTH

Contact: www.fraserhealth.ca

INTERIOR HEALTH

Contact: www.interiorhealth.ca

ISLAND HEALTH

Contact: www.viha.ca

NORTHERN HEALTH

Contact: www.northernhealth.ca

VANCOUVER COASTAL HEALTH

Contact: www.vch.ca

■ BC Multi-Sport Organizations

For more sport and physical activity resources and workshops in BC contact the following organizations:

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 INSTITUTE PACIFIC

Contact: 250-220-2500 (Victoria)
778-295-6940 (Vancouver) ■ 604-962-8892 (Whistler)
questions@cspacific.ca ■ www.csipacific.ca

PACIFIC WESTERN ATHLETIC ASSOCIATION

Contact: www.pacwestbc.ca

SPORTMEDBC

Contact: 604-294-3050 or 1-888-755-3375
info@sportmedbc.com ■ www.sportmedbc.com

■ BC Sport Organizations

ABORIGINAL SPORTS, RECREATION & PHYSICAL ACTIVITY PARTNERS COUNCIL

Contact: 250-388-5522 or 1-800-990-2432
www.aboriginalsportbc.ca

BC ALPINE SKI ASSOCIATION

Contact: 604-678-3070 ■ office@bcalpine.com ■ http://bcalpine.com

BC ARCHERY ASSOCIATION

Contact: kc12@telus.net ■ www.archeryassociation.bc.ca

BC ATHLETICS

Track & Field, Road Running, Cross Country Running, Race Walking, Run Jump Throw (p. 66).

Contact: 604-333-3550
bcathletics@bcathletics.org ■ www.bcathletics.org

BADMINTON BC

Contact: 604-385-3595 ■ info@badmintonbc.com ■ www.badmintonbc.com

BC BALL HOCKEY ASSOCIATION

Contact: 604-998-1410 ■ president@bcbha.com ■ www.bcbha.com

BASEBALL BC

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

BASKETBALL BC

Contact: 604-445-2813 ■ www.basketball.bc.ca

BC BLIND SPORTS & RECREATION ASSOCIATION

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: info@bowlsbc.com ■ <http://bowlsbc.com>

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

Road, Track, Cyclo-Cross, Mountain Biking, BMX and Para-Cycling.

Contact: 604-737-3034 ■ membership@cyclingsbc.net ■ www.cyclingsbc.net

DANCESPORT BC

Contact: info@dancesportbc.ca ■ www.dancesportbc.com

BC DEAF SPORTS FEDERATION

Contact: 604-526-5010 (TTY)
info@bcdeafsports.bc.ca ■ www.bcdeafsports.bc.ca

BC DISC SPORTS

Ultimate, Disc Golf, Freestyle, GUTS, Goaltimate, Double Disc Court.

Contact: <http://discbc.com>

BC DIVING

Contact: 604-531-5576
jayne@bcdiving.ca ■ www.bcdiving.ca

BC FENCING ASSOCIATION

Contact: www.fencing.bc.ca

FIELD HOCKEY BC

Contact: 604-737-3046
info@fieldhockeybc.com ■ www.fieldhockeybc.com

BC FLOORBALL

Contact: 778-385-7825 ■ info@bcfloorball.com
www.bcfloorball.com

FOOTBALL BC

Contact: 604-677-1025
communications@playfootball.ca ■ www.playfootball.bc.ca

BC GOLF

Contact: 604-279-2580 or 1-888-833-2242
info@bcga.org ■ www.britishcolumbiagolf.org

GYMNASTICS BC

Contact: 604-333-3494 ■ info@gymbc.org ■ www.gymbc.org

BC HOCKEY

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

JUDO BC

Contact: 604-333-3513 ■ info@judobc.ca ■ www.judobc.ca

KARATE BC

Contact: 604-333-3610 ■ info@karatebc.org ■ www.karatebc.org

BC LACROSSE ASSOCIATION

Contact: 604-421-9755 ■ info@bclacrosse.com ■ www.bclacrosse.com

FEDERATION OF MOUNTAIN CLUBS OF BC

Contact: 604-873-6096
fmc@mountainclubs.org ■ www.mountainclubs.org

BC NETBALL ASSOCIATION

Contact: 604-293-1820 ■ info@netball.ca ■ http://bcnetball.ca

ORIENTEERING ASSOCIATION OF BC

Contact: www.orienteingbc.ca

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