



Physical Activity Programs

H.E.A.L.T.H.Y.
Pledge Program

Activity Menu

Objective: Increase access to physical activity opportunities during non-instructional time.

NOTE: Some of the resources and self-guides in this Activity Menu are from Ophea. If your organization does not subscribe to Ophea, click to register for free: <https://teachingtools.ophea.net/lesson-plans/hpe?redirected=1>. Once registered, follow the Ophea site prompts to locate the resources.

Activity	Resources	
Intramurals/ Sports	Access the CIRA Ontario "Games Galore" Database for guides and videos for various games and activities.	
	Canadian Active After School Partnership (CAASP) After School Activities Database offers a wide variety of "self-guides" for facilitating various sport activities such as:	
	Badminton	Badminton Targets: http://activeafterschool.ca/activities/badminton-targets
	Basketball	Basketball minefield: http://activeafterschool.ca/activities/basketball-minefield Hoop-skee-ball: http://activeafterschool.ca/activities/hoop-skee-ball Basketball with a Partner: http://activeafterschool.ca/activities/basketball-partner Foosketball: http://activeafterschool.ca/activities/foosketball-foosball-and-basketball Basketball Freeze Ball: http://activeafterschool.ca/activities/basketball-freeze-tag Basketball Shooting and Layups: http://activeafterschool.ca/activities/basketball-shooting-and-layups Ultimate Basketball: http://activeafterschool.ca/activities/ultimate-basketball
	Soccer	Team Name Soccer: http://activeafterschool.ca/activities/team-name-soccer Winter Soccer: http://activeafterschool.ca/activities/winter-soccer Soccer Stardom: http://activeafterschool.ca/activities/soccer-stardom
Football	Football Quarterbacks, Receives and Running Relay: http://activeafterschool.ca/activities/football-quarterbacks-receivers-and-running-relay Football Kicker: http://activeafterschool.ca/activities/football-kicker Football Obstacle Run: http://activeafterschool.ca/activities/football-obstacle-run Rock Paper Scissors Football: http://activeafterschool.ca/activities/rock-paper-scissors-football	

Activity	Resources	
Intramurals/ Sports	Tennis	Tennis Keep Up and Collect 'Em: http://activeafterschool.ca/activities/tennis-keep-and-collect-em Tennis Server: http://activeafterschool.ca/activities/tennis-server Tennis Baseball: http://activeafterschool.ca/activities/tennis-baseball Tennis Ball Spelling Bee: http://activeafterschool.ca/activities/tennis-ball-spelling-bee Tennis Ball Agility and Over-Under Relay: http://activeafterschool.ca/activities/tennis-ball-agility-and-over-under-relay Beanbag/Tennis Ball Toss: http://activeafterschool.ca/activities/beanbagtennis-ball-toss Tennis Mix It Up!: http://activeafterschool.ca/activities/tennis-mix-it
	Hockey	Hockey Target Practice: http://activeafterschool.ca/activities/hockey-target-practice Hockey Keep Away: http://activeafterschool.ca/activities/hockey-keep-away Hockey Weave, Pass and Control: http://activeafterschool.ca/activities/hockey-weave-pass-and-control Hockey Passing and Trapping: http://activeafterschool.ca/activities/hockey-passing-and-trapping Line Hockey: http://activeafterschool.ca/activities/line-hockey Pylon Obstacles (Hockey): http://activeafterschool.ca/activities/pylon-obstacles-hockey
	Dodgeball	Shadow Dodgeball: http://activeafterschool.ca/activities/shadow-dodgeball Dodgeball and Roller Tag: http://activeafterschool.ca/activities/dodgeball-and-roller-tag Doughnut Dodgeball: http://activeafterschool.ca/activities/doughnut-dodgeball Seesaw Dodgeball: http://activeafterschool.ca/activities/seesaw-dodgeball Hoop Dodgeball: http://activeafterschool.ca/activities/hoop-dodgeball Silent Dodgeball: http://activeafterschool.ca/activities/silent-dodgeball Sideline and Treasure Hunt Dodgeball: http://activeafterschool.ca/activities/sideline-and-treasure-hunt-dodgeball
	Baseball	Baseball High Fives: http://activeafterschool.ca/activities/baseball-high-fives Hooptacular Baseball: http://activeafterschool.ca/activities/hooptacular-baseball Hula Hoop Baseball: http://activeafterschool.ca/activities/hula-hoop-baseball Flying Chicken Baseball: http://activeafterschool.ca/activities/flying-chicken-baseball
	Frisbee	Frisbee Waiter(tress): http://activeafterschool.ca/activities/frisbee-waitertress Frisbee Pass and Run!: http://activeafterschool.ca/activities/frisbee-pass-and-run Frisbee and Beanbag Relay: http://activeafterschool.ca/activities/frisbee-and-beanbag-relay
	Volleyball	Volleyball Target: http://activeafterschool.ca/activities/volleyball-target Volleyball Group Keep Up: http://activeafterschool.ca/activities/volleyball-group-keep Blanket Volleyball: http://activeafterschool.ca/activities/blanket-volleyball
	Clubs and Activities	Running/ Walking/Biking Club and Events
Dance		Adaptation of Canada's National Ballet Sharing (NBS) Dance Toolkit and Resources NBS Share Dance "Learn the Choreography" videos OPHEA's 50 Dance Moves https://www.ciraontario.com/dance Instructional Dance Videos (elementary and secondary) https://teachingtools.ophea.net/supplements/instructional-dance-videos

Activity	Resources	
	Yoga	<p>Ophea Yoga resources for grades 2,4,6,8:</p> <ul style="list-style-type: none"> · https://teachingtools.ophea.net/lesson-plans/hpe/grade-2/yoga · https://teachingtools.ophea.net/lesson-plans/hpe/grade-4/yoga · https://teachingtools.ophea.net/lesson-plans/hpe/grade-6/yoga · https://teachingtools.ophea.net/lesson-plans/hpe/grade-8/yoga <p>Ophea Yoga Alphabet Cards - \$20.00; 4 to 6 weeks delivery</p> <ul style="list-style-type: none"> · https://teachingtools.ophea.net/activities/yoga-alphabet-cards <p>Ophea 50 Fitness Activities - \$30.00; 4 to 6 weeks delivery</p> <ul style="list-style-type: none"> · https://teachingtools.ophea.net/activities/50-fitness-activity-cards
Clubs and Activities	Other	<p>Ophea Lesson Plans and Resources:</p> <p>Capture the Flag (Gr. 8): https://teachingtools.ophea.net/lesson-plans/hpe/grade-8/ultimate-disc-and-touch-football/capture-flag/pdf</p> <p>Ultimate Disk (Gr. 7): https://teachingtools.ophea.net/lesson-plans/hpe/grade-7/ultimate-disc-and-flag-rugby/ultimate-disc-throws</p> <p>Fun Fitness Activities (Gr. 4): https://teachingtools.ophea.net/lesson-plans/hpe/grade-4/fun-fitness-activities</p> <p>Jump Rope (Gr. 3): https://teachingtools.ophea.net/lesson-plans/hpe/grade-3/jump-rope</p> <p>Choreographed Dance (Gr. 3): https://teachingtools.ophea.net/lesson-plans/hpe/grade-3/choreographed-dance/simple-mixers</p> <p>Creative Movement (Gr. 3): https://teachingtools.ophea.net/lesson-plans/hpe/grade-3/creative-movement/pathways-beat</p> <p>First Nations Inspired DPA: https://teachingtools.ophea.net/activities/first-nations-inspired-dpa</p>

For P.A.L.S. and Painted Playgrounds, contact the School PHN to access resources and equipment for these programs.

Teacher Lead Resources for Facilitating Student Feedback Process

Activity	Description, Implementation Ideas and Resources
Dotmocracy	<p>Resources:</p> <ul style="list-style-type: none"> • Large piece of craft paper to cover the selected wall area • Tape or sticky tack • Writing utensils and/or dot stickers (optional) <p>Instructions:</p> <ol style="list-style-type: none"> 1. Seek permission from your school administration. 2. Write along the top of the paper a statement to collect feedback such as: "Vote for the sports and activities you would like to participate in at your school!" 3. Determine the appropriate communication tool for promoting the dotmocracy (e.g., Facebook, Twitter, posters, announcements). 4. Tape or tack the paper onto the chosen wall. 5. Section-off different dotmocracy themed wall pieces to provide PA Program activity options (e.g., sports and/or non-competitive activities). 6. Encourage students to participate in the dotmocracy to have their choices considered for their school. 7. Consult with students about the best way to run the dotmocracy (i.e. during lunch hour or during another time when votes can be monitored by students for a given period of time).
Graffiti Wall	<p>Resources:</p> <ul style="list-style-type: none"> • Large piece of craft paper to cover the selected wall area • Tape or sticky tack • Writing utensils and/or post-its (optional) <p>Instructions:</p> <ol style="list-style-type: none"> 1. Seek permission from your school administration. 2. Write along the top of the paper a statement to collect feedback such as: "Vote for the sports and activities you would like to participate in at your school!" 3. Determine the appropriate communication tool for promoting the graffiti wall (e.g., Facebook, Twitter, posters, announcements). 4. Tape or tack the paper onto the chosen wall. 5. Section-off different graffiti wall themed wall pieces to provide PA Program activity options (e.g., sports and/or non-competitive activities). 6. Encourage students to participate in the graffiti wall to have their choices considered for their school. 7. Consult with students about the best way to run the graffiti wall (i.e. during lunch hour or during another time when votes can be monitored by students for a given period of time).

