



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

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

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

## Teacher Lead Resources for Facilitating Student Feedback Process

Activity	Description, Implementation Ideas and Resources
Dotmocracy	<p><b>Resources:</b></p> <ul style="list-style-type: none"> <li>• Large piece of craft paper to cover the selected wall area</li> <li>• Tape or sticky tack</li> <li>• Writing utensils and/or dot stickers (optional)</li> </ul> <p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>1. Seek permission from your school administration.</li> <li>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!".</li> <li>3. Determine the appropriate communication tool for promoting the dotmocracy (e.g., Facebook, Twitter, posters, announcements).</li> <li>4. Tape or tack the paper onto the chosen wall.</li> <li>5. Section-off different dotmocracy themed wall pieces to provide PA Program activity options (e.g., sports and/or non-competitive activities).</li> <li>6. Encourage students to participate in the dotmocracy to have their choices considered for their school.</li> <li>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).</li> </ol>
Graffiti Wall	<p><b>Resources:</b></p> <ul style="list-style-type: none"> <li>• Large piece of craft paper to cover the selected wall area</li> <li>• Tape or sticky tack</li> <li>• Writing utensils and/or post-its (optional)</li> </ul> <p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>1. Seek permission from your school administration.</li> <li>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!".</li> <li>3. Determine the appropriate communication tool for promoting the graffiti wall (e.g., Facebook, Twitter, posters, announcements).</li> <li>4. Tape or tack the paper onto the chosen wall.</li> <li>5. Section-off different graffiti wall themed wall pieces to provide PA Program activity options (e.g., sports and/or non-competitive activities).</li> <li>6. Encourage students to participate in the graffiti wall to have their choices considered for their school.</li> <li>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).</li> </ol>

