



Daily Physical Activity (DPA)
on a Shoestring Budget
Presented by: Ryan Fahey,
Ever Active Schools



Acknowledging The Land

- Our session today is being held in Treaty 6, which is the traditional territory of many nations, including Cree and Metis peoples. I wish to acknowledge those peoples as Traditional Owners of these lands. I would also like to pay my respects to the Elders of these lands, both past and present, and the Elders from other communities who may be here today.



Warm Up To Learning





Supporting Healthy School Communities in Alberta

Vision

All Alberta students belong to healthy school communities that enable optimal health and learning.

Mission

To provide provincial leadership that promotes and supports healthy, active school communities through a comprehensive school health approach.

Priority

Lead, support and connect work towards improved health and learning outcomes of children in Alberta.



Outcomes

- Understand the DPA initiative**
- Become familiar with strategies for implementing DPA**
- Refresh your existing DPA games and resources**
- Explore possible connections to cross-curricular competencies**
- Become familiar with tools, resources and available on-going support from EAS**



Why Physical Activity?

Physical Activity is linked to:

- Readiness to learn
- Academic performance
- Concentration & memory
- Attendance & behavior
- Overall school performance



active kids learn better

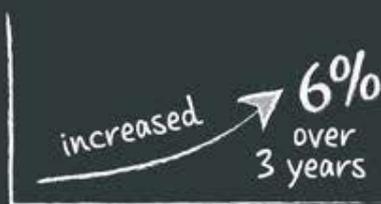


physical activity at school is a win-win for students and teachers

GRADES:



STANDARDIZED TEST SCORES:



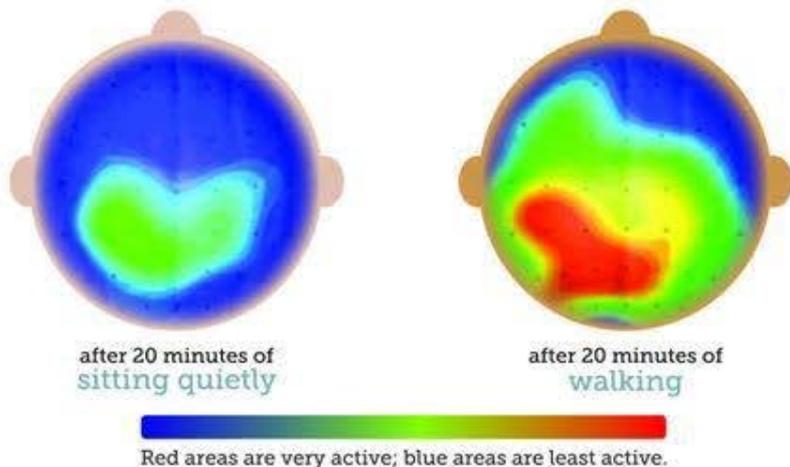
JUST ONE PHYSICALLY ACTIVE LESSON CREATES:



21% decrease in teachers' time managing behavior

physically active kids have more active brains

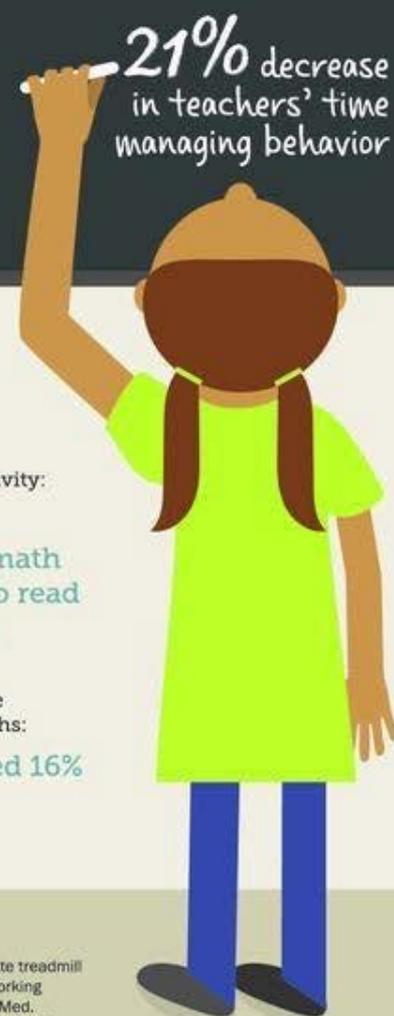
BRAIN SCANS OF STUDENTS TAKING A TEST:



MORE RESULTS:

after 20 minutes of physical activity:
students tested better in reading, spelling & math and were more likely to read above their grade level

after being in a physically active afterschool program for 9 months:
memory tasks improved 16%



SOURCES: Donnelly J.E. and Lambourne K. (2011). Classroom-based physical activity, cognition, and academic achievement. *Prev Med.* 52(Suppl 1):S36-S42. Hillman C.H. et al. (2009). The effect of acute treadmill walking on cognitive control and academic achievement in preadolescent children. *Neuroscience.* 159(3):1044-1054. Kamiyo K. et al. (2011). The effects of an afterschool physical activity program on working memory in preadolescent children. *Dev Sci.* 14(5):1046-1058. Kibbe D.L. et al. (2011). Ten years of TAKE 10!: integrating physical activity with academic concepts in elementary school classrooms. *Prev Med.* 52(Suppl 1):S43-S50. Nelson M.C. and Gordon-Larsen P. (2006). Physical activity and sedentary behavior patterns are associated with selected adolescent health risk behaviors. *Pediatrics.* 117(4): 1281-1290.

We are Designed to Move

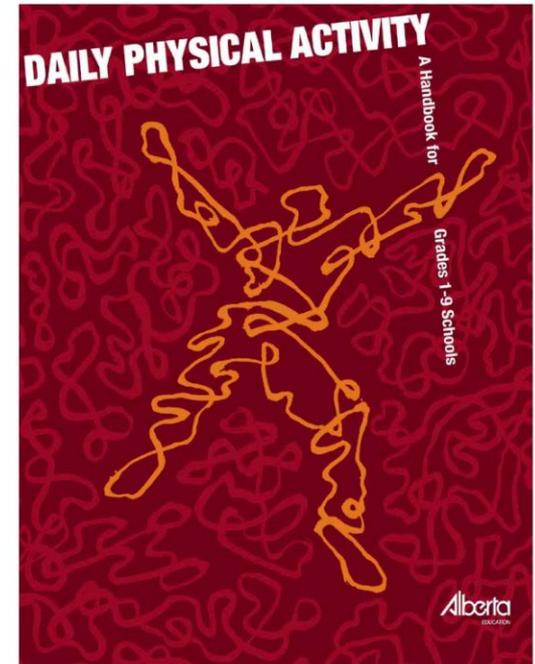


DPA GUIDELINES

- Policy: School authorities shall ensure that all students in grades 1-9 are physically active for a minimum of 30 minutes daily through activities that are organized by the school.

- Daily physical activities should:

- vary in form and intensity
- take into account each student's ability
- consider resources available within the school and community
- allow for student choice



Let's Talk DPA

- Are other staff aware of DPA at your school?
- What is happening at your school to support the DPA initiative?
- Is the DPA initiative being monitored by school authorities?
- How can you move the DPA initiative forward in your school?



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SPARK

THE REVOLUTIONARY
NEW SCIENCE OF EXERCISE
AND THE BRAIN



Supercharge Your Mental Circuits to
Beat Stress, Sharpen Your Thinking, Lift Your Mood,
Boost Your Memory, and Much More

JOHN J. RATEY, MD

COAUTHOR OF *DRIVEN TO DISTRACTION*

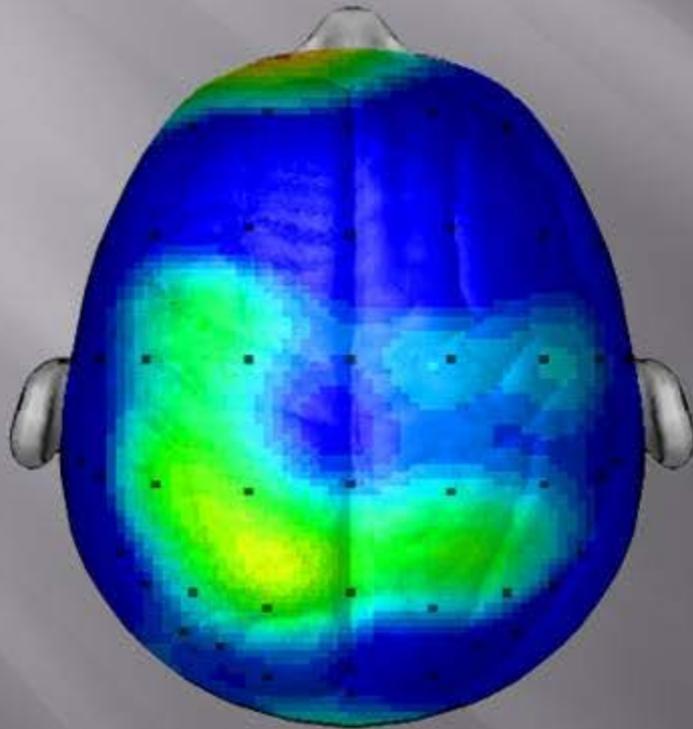
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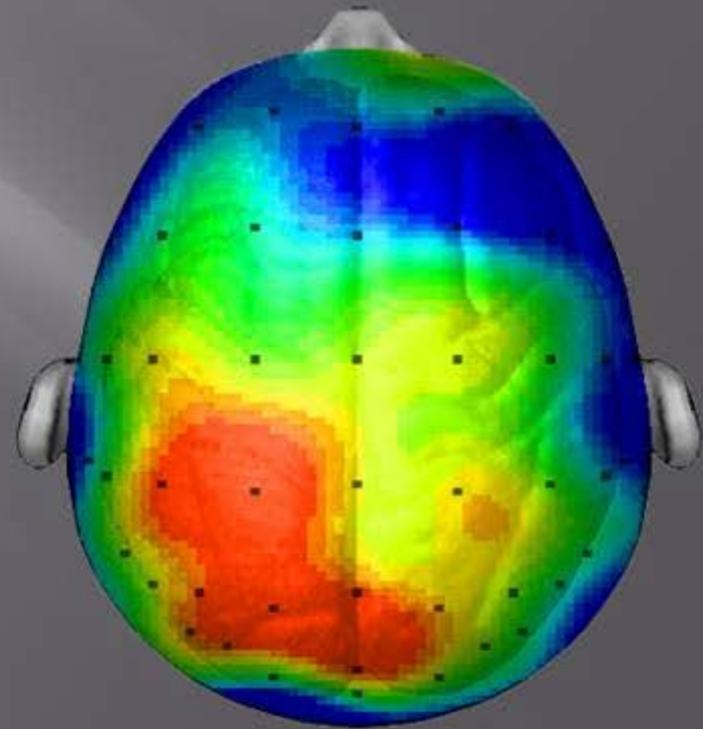


Average composite of 20 students brains taking the same test

BRAIN AFTER SITTING
QUIETLY



BRAIN AFTER 20 MINUTE
WALK



Research/scan compliments of Dr. Chuck Hillman University of Illinois



Recipe Card Lesson Plans

Games

GRADES 7 – 9 1-1

Lesson 1 of 6

Net/Wall Games

EQUIPMENT

badminton nets » variety of nylon shuttlecocks (red, blue, green) » badminton racquets » pails » pylons

RELATED RESOURCES

- Play Practice: The games approach to teaching and coaching sports, A. Launder, 2001, www.humankinetics.com
- Alberta Badminton Association, www.albertabadminton.ca

Warm It Up

CLEAR THE FIELD

Double the number of playable badminton courts in the activity area by placing pylons along the centre service line of all badminton courts from the net to the endline to divide each court into two equal halves. Assign four students to each court and have them play *Clear the Field*. From the end line (or a modified location to meet students' individual abilities), one student clears a shuttlecock as far as possible *directly towards* their opponents. After clearing this initial shot, the student will step outside the court and move behind her/his partner. Meanwhile, the first player on the opposing team returns the clear shot, attempting to clear the shuttlecock to the opponents' backcourt. The game continues with players attempting to "push back" their opponents by making deeper clearing shots. When a shot is not successfully returned, the opposite team initiates a new *Clear the Field* rally.

ABCD's of Physical Education



Activity

Basic Skills	A8-6
Application of Basic Skills	

Clues that students are achieving the outcome...

"Students will select, combine and perform manipulative skills by using elements of space awareness, effort and relationships, with and without objects, to improve performance" *K-12 Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can make offensive shots by varying the placement and pace of the shuttlecock
- Students can select appropriate shots based on the position of their opponents and an airborne shuttlecock



Physical Healthy

FICHES DE LEÇONS

M-3^e ANNÉE | PREMIÈRE SÉRIE



UN TOTAL DE 36 LEÇONS

réparties dans six unités de six leçons, dont cinq unités portent respectivement sur chacune des dimensions du programme d'éducation physique de la maternelle à la 12^e année de l'Alberta (danse, jeux, types de gymnastique, activités individuelles, milieux différents) et la sixième porte sur l'activité physique quotidienne.

CHAQUE LEÇON INCLUT :

Mise en train (échauffement préparatoire à l'activité principale de la leçon), Action (activité principale de la leçon), et Détente (récupération).

ABCD DE L'ÉDUCATION PHYSIQUE



CHAQUE LEÇON EST DIRECTEMENT LIÉE

aux résultats d'apprentissage du programme d'éducation physique de la maternelle à la 12^e année de l'Alberta et aux lignes directrices sur la sécurité de l'activité physique dans les écoles de l'Alberta.

www.education.alberta.ca/francais.aspx

www.aiclr.ualberta.ca

Ever Active Schools | www.everactive.org

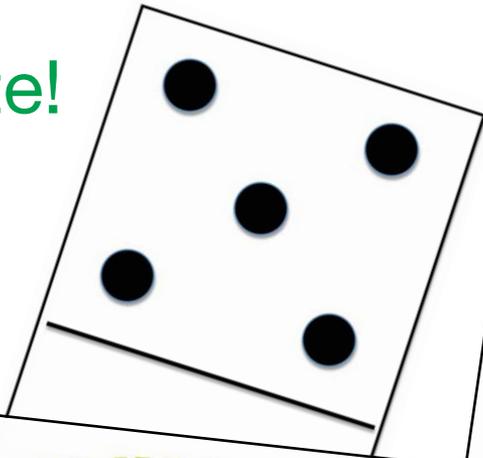


Visit our Website!

FITNESS DICE
WWW.EVERACTIVE.ORG/PHYSICAL-ACTIVITY-NEW

- 1 AIRPLANE BALANCE**
HOLD FOR 20 SEC
- 2 HIT THE DECK**
CONTINUE FOR 20 SEC
- 3 SUPERMAN BAN**
CONTINUE FOR 20 SEC
- 4 RAG DOLL**
HOLD FOR 20 SEC
- 5 STAR JUMP**
CONTINUE FOR 20 SEC
- 6 FLOOR JUMP**
CONTINUE FOR 20 SEC

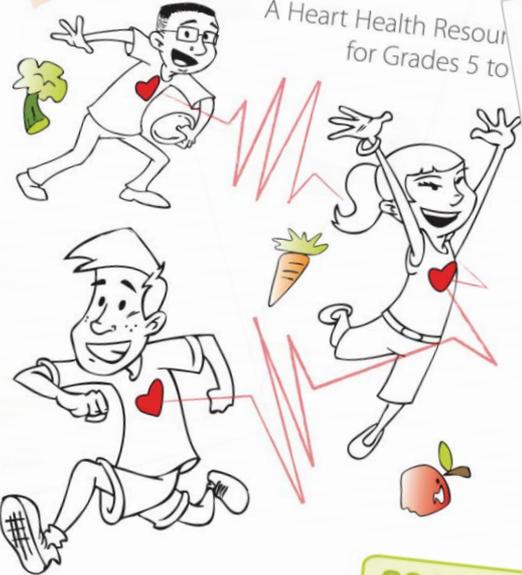
Alberta
Physical Activity



Broccoli Avenue

PUMPING it UP

A Heart Health Resource
for Grades 5 to 7



2010

Pop Over

Place bean bag on the floor and hop side to side over the bean bag with both feet together. Bring your arms up in front as you 'pop' over the bean bag.





SHAPING *the* FUTURE 2017

January 26th to 28th, 2017 - Kananaskis, AB



AMA YOUTH RUN CLUB COACH WORKSHOP

Alberta Medical Association



Registration is open! The fall workshop series is a great opportunity for new clubs to gain new tools through hands-on learning and guidance, for existing clubs to network and share ideas, and for all to gain new, easy to implement ideas! Join us in helping encourage healthy, active youth and creating lifelong connections. Snacks will be provided and participants will leave with a new resource that includes some of our favourite warm-up activities.



CALGARY

OCTOBER 18TH, 2016

RED DEER

OCTOBER 19TH, 2016

EDMONTON

OCTOBER 24TH, 2016

FREE for all to attend! To learn more & to register,
visit www.amayouthrunclub.com/workshops



ALBERTA
MEDICAL
ASSOCIATION



Healthy Active Schools Symposium



What do you do with an idea?

Supporting Healthy School Communities
through Student Leadership



Edmonton HASS
Grades 4-12
Wednesday, October 26th 2016
Saville Centre

EverActive.org/HASS
@EverActiveAB
#EASHASS



HPEC 2017 Jasper, AB.



May 11th-13th



#EASchat

September 7th @ 8pm MST

Teaching with Technology in Education



- Q1. What is the best way to integrate technology into your teaching?**
- Q2. How do you use technology to deliver your instruction?**
- Q3. How do you use technology to collect data?**
- Q4. How can you use technology to connect and share information with parents?**

Ever Active Schools welcomes @Physed_Pomeroy & @wellnessrf as our moderators for our September 7th #EASchat



Matt is a grade 7&8 HPE Teacher @ Merton Intermediate School in Wisconsin



Ryan is the School Health Facilitator at Ever Active Schools



Supporting Healthy School Communities in Alberta



W. RUDLING

