

Renfrew County and District Health Unit
Health and Physical Education On-line Teaching Resources
TOPIC: Physical Activity

July, 2019

Curriculum-Linked Resource	Website	Description	Grades
Apple Schools	http://www.appleschools.ca/resource-section	Free resources to use in your classroom to incorporate physical activity into your lessons. Email the organization and you can get login information for free.	JK-Gr. 8
At My Best En/Fr	http://www.atmybest.ca/	Free toolkit with activities promoting physical activity and healthy lifestyle choices.	JK-Gr. 6
Healthy Schools Ontario En/Fr	http://www.eworkshop.on.ca/edu/dpa/intro.cfm	This site includes helpful information about safety, inclusion, and scheduling, as well as printable activity sheets, and videos of activities that show Ontario teachers and school leaders how to implement DPA in the classroom, gymnasium, multipurpose areas, and outdoors.	Gr. 1-8
OPHEA Health & Physical Education Curriculum Resources En/Fr	http://teachingtools.ophea.net/lesson-plans/hpe	This online resource provides 130 ready-to-use lesson plans per grade, student templates and assessment tools. The resources are organized into two main sections that are consistent with the 2015 H&PE Curriculum: Movement Competence & Active Living, and Healthy Living. As in the curriculum, activities that address living skills are integrated throughout.	Gr. 1-8
OPHEA Early Learning Resource En/Fr	http://teachingtools.ophea.net/activities/earlylearning-resource	This OPHEA Early Learning Resource assists kindergarten teachers, early-childhood educators and early-learning teams with the implementation of The Kindergarten Program, Health and Physical Activity learning area.	EL-K
Evergreen: Teachers Corner	https://www.evergreen.ca/toolspublications/?type=290	Website Lesson plans to assist teachers in bringing the curriculum to life on your school ground through naturalization and discovery of the natural world.	JK-Gr. 9
Other websites for reliable physical activity information			
Active for Life En/Fr	https://activeforlife.com/	Active For Life provides ideas and resources for both teachers and parents to get kids active. Physical education leads to physical literacy, which is critical for child development. This website has kids' activities organized by age and sex, so teachers and parents can find fun and engaging ways of making sure children get the recommended daily amount of physical activity.	
Canadian Olympic School Program En/Fr	https://olympic.ca/education/	The Canadian Olympic Committee has partnered with the You Can Play Project and Egale to launch the One Team: Creating a Safe School and Sport Environment classroom resources aimed at promoting Lesbian, Gay, Bisexual, Transgender, Transsexual, Two Spirit, Queer and Questioning (LGBTQ) inclusion and respect in schools and sports throughout the country.	

Canadian Public Health Association Project Play En/Fr	https://www.cpha.ca/project-play	This project includes a position statement, report and a toolkit on supporting unstructured play for children.
Cira Ontario	https://www.ciraontario.com/	Active games and activity and DPA ideas.
Heart and Stroke Foundation – Healthy Kids En/Fr	https://www.heartandstroke.ca/get-healthy/healthy-kids/	Recipes, tools and tips to help kids eat healthy and to inspire heart-healthy habits in kids, including resources for schools parents and teachers.
Kid Active	http://www.kidactive.ca/about	The Ontario Children's Outdoor Charter aims to get children outside to discover the wonders of nature. Spending time outdoors is essential to every child's development, health and well-being. It builds a connection to our rich natural and cultural heritage. Kids connected to nature grow up caring for the Earth and helping to conserve biodiversity.
KidsHealth – DPA	https://kidshealth.org/en/kids/bfs-elementary-exercises.html	Lesson Plans for DPA and PE in the classroom.
KidsHealth – Sports	https://kidshealth.org/en/parents/sports-competition.html	Tips for teachers/parents to help kids cope with competition in sport.
Ontario Active School Travel En/Fr	http://ontarioactiveschooltravel.ca/	A community-based initiative that promotes the use of active transportation for the daily trip to school, addressing health, physical activity, and traffic safety issues while taking action on air pollution and climate change.
ParticipACTION Canada En/Fr	http://www.participaction.com/	This website will provide you with information and resources on how to get kids moving in a way that is fun and doesn't feel like a chore. You will find examples of games to play and easy ways to fit activity into each and every day. Discover the value of play.