

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

August 2022

Curriculum-Linked Resource	Website	Description	Grades
Apple Schools	<a href="http://www.appleschools.ca/resource-section">http://www.appleschools.ca/resource-section</a>	Free resources to use in your classroom to incorporate physical activity into your lessons.	K-Gr. 6
At My Best En/Fr	<a href="http://www.atmybest.ca/">http://www.atmybest.ca/</a>	Free toolkit with activities promoting physical activity and healthy lifestyle choices.	K-Gr. 6
Healthy Schools Ontario En/Fr	<a href="http://www.eworkshop.on.ca/edu/dpa/intro.cfm">http://www.eworkshop.on.ca/edu/dpa/intro.cfm</a>	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	<a href="https://ophea.net/resources">https://ophea.net/resources</a>	This online resource provides ready-to-use lesson plans per grade, student templates and assessment tools. The resources 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.	K-Gr. 12
Evergreen: Teachers Corner	<a href="https://www.evergreen.ca/tools-publications/?type=290">https://www.evergreen.ca/tools-publications/?type=290</a>	Website Lesson plans to assist teachers in bringing the curriculum to life on your school ground through naturalization and discovery of the natural world.	K-Gr. 12
<b>Other websites for reliable physical activity information</b>			
Active for Life En/Fr	<a href="https://activeforlife.com/">https://activeforlife.com/</a>	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 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	<a href="https://olympic.ca/education/resources/">https://olympic.ca/education/resources/</a>	The Canadian Olympic School Program (COSP) Resource Library offers free, high-quality resources and activities that support the delivery of provincial and territorial curriculum across the country while empowering students to integrate the Olympic values in their daily lives.	
Canadian Public Health Association Unstructured Play En/Fr	<a href="https://www.cpha.ca/unstructured-play">https://www.cpha.ca/unstructured-play</a>	This project includes a position statement, report and a toolkit on supporting unstructured play for children.	
Cira Ontario	<a href="https://www.ciraontario.com/">https://www.ciraontario.com/</a>	CIRA Ontario encourages, promotes and develops active living, healthy lifestyles and personal growth through intramural and recreational programs within the education and recreation communities. This site includes active game and activity ideas to promote daily physical activity for all.	

<b>Heart and Stroke Foundation – Healthy Kids</b>  <b>En/Fr</b>	<a href="https://www.heartandstroke.ca/get-healthy/healthy-kids/">https://www.heartandstroke.ca/get-healthy/healthy-kids/</a>	Recipes, tools and tips to help kids eat healthy and to inspire heart-healthy habits in kids, including resources for schools, parents, and teachers.
<b>KidsHealth – Sports</b>	<a href="https://kidshealth.org/en/parents/sports-competition.html">https://kidshealth.org/en/parents/sports-competition.html</a>	Tips for teachers/parents to help kids cope with competition in sport.
<b>Ontario Active School Travel</b>  <b>En/Fr</b>	<a href="http://ontarioactiveschooltravel.ca/">http://ontarioactiveschooltravel.ca/</a>	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.
<b>ParticipACTION Canada</b>  <b>En/Fr</b>	<a href="http://www.participaction.com/">http://www.participaction.com/</a>	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.