

# **QUICK FACTS**

## **Physical Education and Physical Activity: What are they and why are they both important?**

### **What is Physical Education?**

Physical Education is a school subject designed to help children and youth develop the knowledge, skills and attitudes necessary to become physically educated persons. The aims include developing positive attitudes toward physical activity, promoting a lifestyle oriented to overall well-being, and developing concept-based skills. Quality Physical Education programs encompass a wide variety of carefully planned learning experiences from sport to outdoor skills, to dance and gymnastics. Attention to developmentally appropriate curricular goals and learning outcomes will ensure that children of all abilities and interests are able to build a foundation of movement experiences and knowledge – that is, a language of physical movement or physical literacy that leads to life-long active and healthy living.

Physical Education is a Required Area of Study at the elementary level. The time allocated for teaching Physical Education is 150 minutes per week in single track English schools. French Immersion and Fransaskois schools are allocated 120 minutes per week. At the secondary level, the following applies: Physical Education 20 = 1 credit (100 hours) and Physical Education 30 = 1 credit (100 hours).

### **What is Physical Activity?**

Physical Activity is the movement of the body that expends energy; such as participation in sports, dance, and exercise. Physical Activity is used in Physical Education programs as a medium for teaching curriculum content and for providing fun opportunities through which to practice and improve on learned skills. It is the vehicle to become physically active, just as a book is a vehicle to becoming a reader.

### **Aboriginal Culture and Physical Activity**

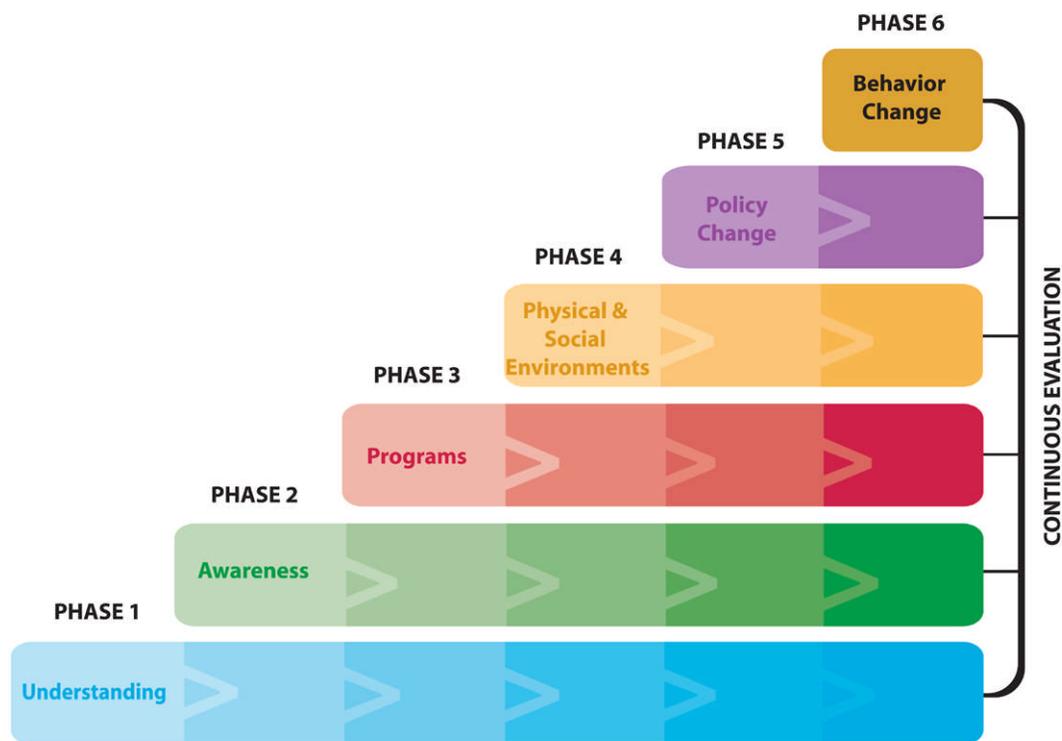
Physical activity has, from a historical perspective, played a significant role in Aboriginal culture. It has been used to display strength, courage and self-discipline. It also serves as a form of relaxation and leisure and is accepted in both its competitive and recreational forms.

### **What is Quality Daily Physical Education (QDPE)?**

QDPE is a program of the Canadian Association for Health, Physical Education, Recreation and Dance (CAHPHERD). CAHPHERD developed a definition for QDPE that describes the minimum standards required for a school QDPE program. QDPE is a well-planned school program of compulsory Physical Education provided for a minimum of 30 minutes each day to all students (Kindergarten to grade 12) throughout the school year. A QDPE school is one that values the importance of Physical Education to the complete learning of your children, and has engrained QDPE and physical activity into the foundation and culture of the school environment.

## What is Saskatchewan *in motion* and an *in motion* school?

- Saskatchewan *in motion* is a province-wide movement aimed at increasing Physical Activity for health, social, environmental, and economic benefits. An *in motion* elementary school values the benefits of Physical Activity and ensures that it is an observable priority in the daily life of the school. An *in motion* elementary school is committed to the goal of providing a minimum of 30 minutes of Physical Activity every day for every student. This can be achieved through Physical Activity breaks and programs, intramurals, sport, programs, or special events. The Saskatchewan *in motion* youth strategy is a high school-based initiative to raise awareness and understanding around Physical Activity and to increase Physical Activity levels in Saskatchewan youth. It has been developed in partnership with youth, for youth. It is led by youth to increase Physical Activity for students in their school. Resources are provided to engage schools in a phased approach, using the behavior change model to enable strong student leadership.



## What is physical literacy?

There is no specific definition of physical literacy however, the following definition has been discussed in our province “A child or person who has the skills, knowledge, and dispositions to support continual lifelong engagement in meaningful physical activity”.

**This information was adapted from the Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD), [www.cahperd.ca](http://www.cahperd.ca), the Saskatchewan Learning website at [http://www.sasked.gov.sk.ca/branches/curr/evergreen/phys\\_ed.shtml](http://www.sasked.gov.sk.ca/branches/curr/evergreen/phys_ed.shtml) and Saskatchewan *in motion*.**

# Increasing Physical Activity in Northern Saskatchewan – What School Divisions and Education Authorities Can Do ...

We need to ensure that our children and youth in Northern Saskatchewan develop the skills, knowledge and attitudes necessary for participating in active healthy living. Children and youth need to be physically educated so they will be physically active throughout their lives. Education Divisions and Education Authorities are positioned to take a strong leadership role by influencing their staff and schools to adopt a strong Physical Education curriculum and ensuring the provision of Physical Activity programs and opportunities.

*As an Education Division or an Education Authority, here is how you can help:*

- Pay attention to the crisis that is affecting our communities.
- Understand the important role that Physical Education and Physical Activity has on our children and youth.
- Invite the Medical Health Officer to do a presentation to your board.
- Ensure that school facilities are open and accessible to communities during and after school hours.
- Adopt a Physical Education and Physical Activity policy that will impact all schools within your system (sample policy available).
- Encourage local School and Parents Advisory Councils to adopt a school/local Physical Education and Physical Activity policy that will address school/local action to be followed (sample policy available).
- Hold your Division/Education Authority accountable to meet the Saskatchewan Learning Physical Education curriculum requirements.
- Encourage all schools to reach the Saskatchewan Quality Daily Physical Education (Q.D.P.E.) standards of 30 minutes of Physical Education per day.
- Ensure that qualified Physical Education specialists are hired within the education division/education authorities and at the schools.
- Ensure in-services and support is available to enable administrators and teachers to support quality Physical Education and Physical Activity initiatives at the school level.
- Encourage students and staff within all schools to reach the goal of 30 minutes of Physical Activity every day.
- Encourage all schools become *in motion* elementary schools by ensuring 30 minutes of daily Physical Activity for each student and *in motion* high schools to enable youth leadership to engage students and staff in behavior change in a phased approach.
- Ensure that school facilities, such as gymnasiums and playgrounds are adequate and safe.
- Keep informed – make sure that you know what is happening in your school division or education authority to support Physical Education and Physical Activity.
- Provide ongoing encouragement, support and positive feedback to community school councils/parent councils, administration, staff and students as they strive to improve Physical Education and Physical Activity opportunities.
- Encourage Aboriginal cultural relevance (i.e. involving Elders, culture camps, traditional activities) and gender equity (i.e. separate P.E. classes, shared responsibility, group norms, respect interests) in Physical Education and Physical Activity.

**This information was adapted from the Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD), [www.cahperd.ca](http://www.cahperd.ca).**

# **Increasing Physical Activity in Northern Saskatchewan – What **Community School Councils** or **Parent Advisory Councils** Can Do ...**

Our children and youth are in a health crisis that stems from inactivity and unhealthy living. Our schools must step in to play a key role. Schools are the only institution that has the ability to reach every child, regardless of age, ability, gender, culture, or socio-economic background.

Community Councils/Parents Advisory Councils must become involved to ensure that our children and youth are physically active. As a council member, you have the power to influence positive changes. The health of our children is counting on your leadership.

## ***As a Community or Parents Advisory Council, here is how you can help:***

- Pay attention to the crisis that is affecting our children.
- Understand the important role that Physical Education and Physical Activity has on our children and youth.
- Ensure that school and community facilities, such as gymnasiums, playgrounds and arenas are accessible during school and after school hours to support Physical Activity programs.
- Hold your school accountable to meet the Saskatchewan Learning curriculum requirements.
- Encourage your school to reach the Saskatchewan Quality Daily Physical Education standards of 30 minutes of Physical Education per day.
- Encourage all students and staff within your school to reach the goal of 30 minutes of Physical Activity every day.
- Encourage all schools become *in motion* elementary schools by ensuring 30 minutes of daily Physical Activity for each student and *in motion* high schools to enable youth leadership to engage students and staff in behavior change in a phased approach.
- Keep informed – make sure that you know what is happening in your school to support Physical Education and Physical Activity.
- Contact your School Trustee, Education Director, Band Education Councillor, Education Minister or other key decision maker to state your concern and ask for change.
- Provide ongoing encouragement, support and positive feedback to school administration, staff and students as they strive to improve Physical Education and Physical Activity opportunities in your school.
- Encourage Aboriginal cultural relevance (i.e. involving Elders, culture camps, traditional activities) and gender equity (i.e. separate P.E. classes, shared responsibility, group norms, respect interests) in Physical Education and Physical Activity.
- Adopt a school/local Physical Activity policy that will address school/local action to be followed (sample policy available).

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# Increasing Physical Activity in Northern Saskatchewan - What Administrators Can Do ...

Schools play a fundamental role in educating our children and providing them with the tools and skills that they will need in future years. It is essential that schools provide all children and youth with the opportunities to develop the required knowledge, skills and attitudes that will equip them to stay healthy and active, not only now but also in the future. Because it is often the Administration that sets the tone for the school, it is the responsibility of the administrator to see that students are provided with an opportunity to learn in a safe, healthy and supportive environment. Administrators can help to create this type of environment and play a primary role in ensuring that Physical Activity is seen as an important component of a child's education.

*As an Administrator, here is how you can help:*

- Ensure that Physical and Health Education is included and valued as a core subject area in the school curricula.
- Ensure that school facilities, such as gymnasiums, playgrounds and arenas are accessible during school and after school hours to support Physical Activity programs.
- Hold schools and teachers accountable to the Saskatchewan Learning Physical Education curriculum requirements.
- Ensure that all students have the opportunity to develop skills, knowledge, and attitudes to lead active lifestyles.
- Ensure that there are adequate resources available for quality Physical Education including teaching tools equipment and facilities.
- Ensure that the teachers are properly trained, qualified and receive ongoing Professional Development opportunities to teach Physical Education and Physical Activity.
- Require teachers to report student achievement and /or challenges on all Report Card and feedback opportunities.
- Encourage all schools become *in motion* elementary schools by ensuring 30 minutes of daily Physical Activity for each student and *in motion* high schools to enable youth leadership to engage students and staff in behavior change in a phased approach.
- Provide opportunities where all students are participating in some form of Physical Activity at the same time during the day... "Drop Everything and Move".
- Recognize excellent teaching of Physical Education through announcements, award nominations and success stories in newsletters and bulletin boards.
- Serve as a role model. Let the staff and students see you being physically active on a daily basis.
- Encourage Aboriginal cultural relevance (i.e. involving Elders, culture camps, traditional activities) and gender equity (i.e. separate P.E. classes, shared responsibility, group norms, respect interests) in Physical Education and Physical Activity.
- Adopt a school/local Physical Education and Physical Activity policy that will address school/local action to be followed (sample policy available).

**This information was adapted from the Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD), [www.cahperd.ca](http://www.cahperd.ca).**

## **Increasing Physical Activity in Northern Saskatchewan - What Teachers Can Do ...**

Physical Activity is not only good for the heart but also for the brain. Studies show that children who exercise do better in school. (Newsweek 2/19/96) As well, Dr. John Ratey, author of [A User's Guide to the Brain](#) says “ Our physical movements can directly influence our ability to learn, think, and remember. It has been shown that certain physical activities that have a strong mental component, such as soccer or tennis, enhance social, behavioral, and academic abilities. Our physical movements call upon some of the same neurons used for reading, writing and math. Physically active people report an increase in academic abilities, memory, retrieval and cognitive abilities. What makes us move also makes us think. Certain kinds of exercise can produce chemical alterations that give us stronger, healthier, and happier brains. A better brain is better equipped to think, remember, and learn.”

As teachers, take a stand, be a champion and ensure that the students who attend your classroom and school are physically active for at least 30 minutes a day!

### ***As a Teacher, here is how you can help:***

- Ensure that Physical Education is valued as an integral school program.
- Provide opportunities for daily Physical Activity even if the Gym is unavailable.
- Ensure that all students have the opportunity to develop skills, knowledge, and attitudes to lead active lifestyles.
- Provide lesson plans that are developmentally appropriate and are linked to the goals of the Saskatchewan Learning Physical Education curriculum requirements.
- Prepare for Physical Education classes ahead of time to maximize students' time engaged in vigorous activity.
- Do not cancel Physical Education class unless it is absolutely necessary. Make use of alternate facilities or resources if needed.
- Never remove or use Physical Education as a punishment for poor achievement or bad behavior. This would not be considered appropriate for other core subject areas such as Math, English, or Science.
- Incorporate Physical Activity into other subject areas by including movement in your lesson plans.
- Provide for activity breaks throughout the day to link movement to learning.
- Encourage all schools become *in motion* elementary schools by ensuring 30 minutes of daily Physical Activity for each student and *in motion* high schools to enable youth leadership to engage students and staff in behavior change in a phased approach.
- Address Physical Education achievements and challenges to students, parents, and on report cards.
- Encourage students to practice what they have learned. Assign Physical Education homework particularly over school breaks.

- Adopt the Active, Healthy School community concept. Ensure that all students have the opportunity to learn in a safe, healthy, and active school environment.
- Encourage Aboriginal cultural relevance (i.e. involving Elders, culture camps, traditional activities) and gender equity (i.e. separate P.E. classes, shared responsibility, group norms, respect interests) in Physical Education and Physical Activity.
- Recognize and celebrate successes of students with regards to Physical Education and Physical Activity.

**This information was adapted from the Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD), [www.cahperd.ca](http://www.cahperd.ca).**



# Increasing Physical Activity in Northern Saskatchewan – What Parents Can Do ...

## DRAFT

We need to ensure that children and youth develop the skills, knowledge and attitudes necessary for participating in active healthy living. Children and youth need to be physically educated so they will be physically active throughout their lives. A ‘physically educated’ person is a person who is physically literate. Similar to the need for children to become literate in mathematics and language, we also want children to develop physical literacy.

Parents must become involved to ensure that children and youth are physically active. As a parent, you have the power to influence positive change. Parents work in partnership with school personnel to ensure the successful development of their children. It is critical that parents ask school educators and administrators about the quality of the Physical Education and Physical Activity programs being provided to their children. Questions can vary greatly depending on the learning situation, here are some examples:

### *As a Parent, here is how you can help, you can ask:*

- How often do your children receive Physical Education each week?
- Is the school fulfilling the minimum mandated time for Physical Education as stated in the Saskatchewan Learning Physical Education curriculum?
- Who is teaching the Physical Education? Is the teacher qualified? Enthusiastic? Prepared?
- Does the school have the resources needed to provide a quality program (i.e. equipment, facilities, teaching support)?
- Does the Physical Education program support a wide variety of activities?
- How often is Physical Education cancelled and for what reasons?
- Do your children look forward to Physical Education class?
- Is Physical Education used as a punishment for poor achievement or bad behaviour (would this be considered for other core subjects such as math, science or English?)
- Is Physical Education homework provided? If not, could it be?
- Does your children’s school receive the national Quality Daily Physical Education (QDPE) Recognition Award Program (RAP)?
- Are your children receiving the opportunity to develop skills in a variety of areas within and outside of the Physical Education (i.e. intramurals, after school Physical Activity programming)
- Are the students involved with the planning and implementation of Physical Activity programs? Are the youth valued as leaders?
- Is your children’s school a Saskatchewan *in motion* school?
- What types of physical activity programs or breaks are occurring in your children’s school (i.e. walks before school, activity breaks in the classroom)?
- Is there Aboriginal culture relevance (i.e. involving Elders, culture camps, traditional activities) and gender equity (i.e. separate P.E. classes, shared responsibility, group norms, respect interests) in the Physical Education and Physical Activity programs and initiatives?

***If the answer to any of these questions is NO, do your part to influence change:***

- Talk to your principal about making Physical Activity and Physical Education an integral part of your child's school experience.
- Ask that Physical Activity and Physical Education be added to the Parent Council or Community School Council agenda in order to make other parents aware of its importance and to ask that it be a core part of the school program.
- Invite a guest speaker to do a Quality Daily Physical Education, Saskatchewan *in motion* or any other Physical Activity presentation.
- Ask your child's teacher to report and explain what your child is learning in Physical Education.
- Contact your School Community Council, School Trustee, Education Director, Band Education Councillor, Education Minister or other key decision maker to state your concern and ask for change.
- Become involved in the implementation of an active, healthy school community – be a volunteer.
- Provide ongoing encouragement, support and positive feedback to school administration, staff and students as they strive to improve Physical Education and Physical Activity opportunities in your school.

***Remember, we all have a role to play with our children's health. There are many things you can do at home with your children as well, such as:***

- Be a role model – let your kids see you being physically active daily.
- Help everyone watch less TV – set limits and replace TV time with active family time. Do the same for time spent on the computer and video games.
- Go for a walk as a family.
- Put on some music and dance with the children!
- Have the children help with household active chores (inside or outside, i.e. vacuum, shovel snow, carry groceries).
- PLAY catch, soccer, hockey with them.
- Go cycling, swimming, skating or sliding together.
- Build Physical Activity into your daily routine.
- Walk with them to school or encourage them to walk with friends.
- Encourage them to join in an organized sport or Physical Activity or after school program.
- Encourage your older students to register in a Physical Education course.
- Encourage more walking – to school, a friend's house, etc.

**This information was adapted from the Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD), [www.cahperd.ca](http://www.cahperd.ca).**



## **Increasing Physical Activity in Northern Saskatchewan - What Students Can Do ...**

We all want to have FUN. Students who make Physical Activity a part of their daily routine have reported that being active is FUN, it is a great way to socialize with friends, it helps maintain healthy body weights, many youth report feeling more energetic and having less stress.

Students must become involved to ensure that they and their peers are physically active. As a student and peer, you have the power to influence change and be a leader. Students can become physically educated and lead active, healthy lifestyles! You can take a leadership role in the Physical Activity programming in your school through the Student Leadership Council, or a school or classroom action team.

### ***As a Student, here is how you can help:***

- Participate in Physical Activity programs outside of the Physical Education class (i.e. intramurals, before and after school active programming, spend less time being inactive).
- Be a leader for Physical Activity programs for your school.
- Ensure you take part in Physical Education classes.
- Have a positive attitude toward Physical Education and Physical Activity.
- Express your interests, needs and ask to be listened to and involved.
- Ask for Physical Education homework!
- If you aren't one already, ask about becoming an *in motion* and/or Quality Daily Physical Education (QDPE) school.
- Develop an action team to lead Physical Activity programming in your school.
- Ask that Physical Activity and Physical Education be added to the Student Leadership Council agenda in order to make other students aware of its importance and ask that it be a core part of the school program.
- Work with your teacher leaders to plan a presentation or special activity day.
- Talk to your Teachers, Principals, School Community Council, School Trustee, Education Director, Band Education Councillor, Education Minister or other key decision maker to state your concern and ask for change.
- Become involved in the implementation of an active, healthy school community – be a volunteer.

***Remember, you can be a role model too! Think about the impact that you had on your parents with recycling. Do the same for Physical Activity! There are many things you can do at home, such as:***

- Help everyone watch less TV. Set limits and replace TV with active family time. Do the same for time spent on the computer and video games.
- Go for a walk as a family.
- Put on some music and dance!
- Help with household active chores (inside or outside, i.e. vacuum, shovel snow, carry groceries).
- PLAY catch, soccer, hockey with your family.
- Go cycling, swimming, skating, or sliding with your family.
- Build Physical Activity into your daily routine.
- Walk with your brother(s) and/or sister(s) or friends to school.
- Join an organized sport of Physical Activity, intramural, or after school program.
- Do more walking – to school, a friend’s house, for lunch, etc.
- Do what you enjoy and make it fun!

**This information was adapted from the Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD), [www.cahperd.ca](http://www.cahperd.ca).**



# Developing a School Division or Education Authority Physical Activity Policy

## *Why would we develop and adopt a Physical Activity Policy?*

Policies can be generated at the school board/education authority or individual school levels. School Divisions and Education Authorities have a leadership responsibility to local school policies, including those related to healthy lifestyles and healthy students. Setting broad policy at the division or authority level sets the leadership standard to address local level needs. Healthy Physical Activity policy provides a basis for practical action. This includes benefits:

### **For schools:**

- Demonstrates a commitment to health and well-being of students and staff.
- Eliminates inconsistencies and confusing messages about Physical Activity (i.e. teaching about the importance of being active but using the removal of Physical Education as a punishment to the students).
- Supports teachers in educating students about the importance of and providing Physical Activity.

### **For parents:**

- Reinforces the efforts of physically active conscious parents.
- Provides an opportunity for parents to express their concern about Physical Activity at their school.
- Educates parents on how they can help their child and school become an active school (i.e. walk their child to school, get involved with events and activities).

### **For students:**

- Creates awareness about Physical Activity and how it is fun.
- Provides a supportive, healthy active environment for all students, including those with health issues (i.e. allows an opportunity for all students to be active, allows an opportunity for students to practise what has been learned at home).
- Provides consistent messages about Physical Activity.
- Reinforces physical and health education taught in the classroom.
- Demonstrates to students the concern that schools have for their physical and mental well being.

### **For community organizations and groups:**

- Communicates that the school (or board) is serious about the health of its students.
- Communicates that the school is willing to partner with other organizations or groups in the community in order to promote Physical Activity.
- Ensures a standardized approach.

A Physical Activity policy provides a way to deal with Physical Activity issues in schools, helps to create an environment where students, school staff and school community/parent councils can practise the following standards, and show a commitment to physical literacy, life long Physical Activity and healthy living.

***What could a Physical Activity Policy include?***

A Physical Activity policy at the school division/education authority level could consider the key aspects of Physical Activity and Physical Education provision as outlined in the sample policy below.

**Policy Statement:**

A healthy school environment is important for growth, development, and learning. We believe that this school division/education authority has a responsibility to foster and support healthy practices by:

**Policy Components/Standards for Physical Activity:**

- Ensure that each school within our jurisdiction follows the minimum mandated Saskatchewan Learning Physical Education curriculum.
- Encourage each school within our jurisdiction to be a Quality Daily Physical Education (QDPE) school.
- Ensure that each school within our jurisdiction provides Physical Activity for 30 minutes a day for each student in the school (and is a Saskatchewan *in motion* school).
- Encourage each school within our jurisdiction to develop their own local Physical Activity policy, monitor it, and report on progress.

Date: \_\_\_\_\_

Signature (person responsible to monitor policy implementation):

\_\_\_\_\_  
Name

\_\_\_\_\_  
Position

Date(s) to be reviewed: \_\_\_\_\_

**Adapted from Developing a School Physical Activity Policy or Guidelines, December 2004 by Christine Preece, Health Promotion Officer, Community Health Services Department, County of Lambton, for the Healthy Schools Advocacy Committee.**

# Developing a School Physical Activity Policy

## *Why would we develop and adopt a Physical Activity Policy?*

Policies can be generated at the school board/education authority or individual school levels. Policy development is often fuelled by local concerns. Schools can address these concerns through their policies. Community involvement is key to the development of an effective Physical Activity policy. Students, parents, educators, community volunteers all have a role to play. Healthy Physical Activity policy provides a basis for practical action. This includes benefits:

### **For schools:**

- Demonstrates a commitment to health and well-being of students and staff.
- Eliminates inconsistencies and confusing messages about Physical Activity (i.e. teaching about the importance of being active but using the removal of Physical Education as a punishment to the students).
- Supports teachers in educating students about the importance of and providing Physical Activity.

### **For parents:**

- Reinforces the efforts of physically active conscious parents.
- Provides an opportunity for parents to express their concern about Physical Activity at their school.
- Educates parents on how they can help their child and school become an active school (i.e. walk their child to school, get involved with events and activities).

### **For students:**

- Creates awareness about Physical Activity and how it is fun.
- Provides a supportive, healthy active environment for all students, including those with health issues (i.e. allows an opportunity for all students to be active, allows an opportunity for students to practise what has been learned at home).
- Provides consistent messages about Physical Activity.
- Reinforces physical and health education taught in the classroom.
- Demonstrates to students the concern that schools have for their physical and mental well being.

### **For community organizations and groups:**

- Communicates that the school (or board) is serious about the health of its students.
- Communicates that the school is willing to partner with other organizations or groups in the community in order to promote Physical Activity.
- Ensures a standardized approach.

A Physical Activity policy provides a way to deal with Physical Activity issues in schools, helps to create an environment where students, school staff and school community/parent councils can practise the following standards, and show a commitment to physical literacy, life long Physical Activity and healthy living.

### ***What could a Physical Activity Policy include?***

A Physical Activity policy could consider all aspects of the school such as playgrounds, classroom curriculum, special events, intramurals, sporting events, fun days, student leadership programs, after school programming, and Physical Education classes. It may outline:

- **Standards for safe Physical Activity practises**, which includes the physical and social setting (i.e. certified playground equipment, active games, schoolyard supervision)
- **Standards for participation** (i.e. emphasis on participation instead of winning)
- **Standards for special events or fun days** (i.e. one a month)
- **Standards for student leadership programs** (i.e. students involved in all aspects from leadership groups to promotion to implementation)
- **How Physical Activity will be included in all aspects of the curriculum** (i.e. cross curricular lesson plans, incorporating Physical Activity into subjects)
- **Standards for promotion of Physical Activity** (i.e. the removal of Physical Education class as a punishment)
- **Standards for partnering with outside agencies** to enhance Physical Activities for the students and their families
- **Standards for Physical Education classes** (i.e. students will have a minimum of 30 minutes per day that focus on fun and introduce students to a variety of skills, programs, and activities)
- **Provision for after school programs that allow children and families to be active** (i.e. partner with organizations in your community)
- **Standards for sport and recreation clubs** (i.e. school will encourage the introduction of different clubs, i.e. volleyball, ski club, outdoor club, etc.)
- **How sporting events will focus on the positive aspects of healthy living** (i.e. all students have an opportunity to attend the event, highlight student's efforts even if they finished last, etc.)
- **Who ensures these guidelines are met?** (i.e. administration, student leaders, school community/parent councils)

### ***Make it yours ...***

It is important that you make your policy as practical as possible. Start with what is most important to address in your community school and that which builds on your current successes. Below is a sample policy template.

## Sample Physical Activity Policy

### Policy Statement:

A healthy school environment is important for growth, development, and learning. We believe that this school has a responsibility to foster and support healthy practices by:

### Policy Components/Standards for Physical Activity:

- Ensuring that the school follows the minimum mandated Saskatchewan Learning Physical Education curriculum.
- Becoming or maintaining a Quality Daily Physical Education (QDPE) School.
- Becoming or maintaining a Saskatchewan *in motion* elementary school (providing Physical Activity for 30 minutes a day for students in the school) and/or high school (enable youth leadership to engage students in behavior change in a phased approach).
- Ensuring students are introduced to a variety of activities that they may adopt as a lifelong behaviour.
- Encouraging all students to be involved in the intramural program and that participation, instead of winning, are rewarded.
- Ensuring that partnerships are formed within the community in order to introduce students to Physical Activity opportunities in the community, and families and community residents in the school.
- Ensuring that teachers understand the importance of Physical Activity in the school, classroom, incorporated into subject areas, and as a reward for when their classes do well.
- Ensuring that students are provided with safe playgrounds and opportunities to be active during recess.
- Ensuring that students have access to after school recreational programs that offer Physical Activity in a non-threatening manner.
- Encouraging Aboriginal cultural relevance (i.e. involving Elders, culture camps, traditional activities) and gender equity (i.e. separate P.E. classes, shared responsibility, group norms, respect interests) in Physical Education and Physical Activity.
- Enforcing a “no punishment” rule which deems that Physical Education and Activity will not be removed or used as punishment.

Date: \_\_\_\_\_

Signature (person responsible to monitor policy implementation):

\_\_\_\_\_  
Name

\_\_\_\_\_  
Position

Date(s) to be reviewed: \_\_\_\_\_

## ***Developing a Physical Activity Policy Checklist***

This checklist is a useful tool in policy planning. Use it to ensure that all issues are dealt with in policy planning.

Physical Activity is defined.	
Physical Education is defined.	
Recreational opportunities are defined.	
Student leadership is defined.	
Intramurals are defined.	
The Saskatchewan <i>in motion</i> and Quality Daily Physical Education initiatives are defined.	
Students and staff understand definitions.	
Physical Activity programs and activities are encouraged by the school community/parent council and student leadership groups.	
All stakeholders participate in policy formation.	
School fundraising activities (when applicable) follow the Physical Activity policy and align themselves only with health issues (i.e. selling of healthy foods to raise money for intramural programs, equipment or travel).	
The school curriculum, encourages the instruction of Physical Activity/active living not through only the Physical Education and health/wellness curriculum but other areas such as language arts, science and technology, etc.	
The entire school population adheres to the Physical Activity policy.	
Physical Activity standards are practiced at field trips, sporting events, play days, etc. (i.e. follow the safe Physical Activity policy component).	
Physical Activity standards and practices are appropriately promoted and advertised.	
An intramural program is in place.	
All students are aware of and have access to an after school program that promotes Physical Activity in a non-threatening way.	
In-services and/or training are provided for education personnel, school community/parent council members and students.	
Policy is widely publicized and communicated.	
Policy supports curriculum-based learning.	
Policy is monitored and followed.	

**Adapted from Developing a School Physical Activity Policy or Guidelines, December 2004 by Christine Preece, Health Promotion Officer, Community Health Services Department, County of Lambton, for the Healthy Schools Advocacy Committee.**

# PHYSICAL ACTIVITY RESOURCE LISTS

The following 3 lists provide information on:

- Organizations that Support Physical Activity
- Physical Activity Programs and Initiatives
- Grants for Physical Activity/Active Living

The lists may not have all physical activity resources available, but includes many that have been accessed by communities in Northern Saskatchewan. We hope you find them helpful!



Northern Healthy Communities Partnership

Northern Physical Activity  
**ACTION PLAN**



## Organizations that Support Physical Activity

*The following is a list of organizations that support physical activity and may offer physical activity resources that can be accessed for use by northern communities.*

**Northern Sport, Culture and Recreation District (NSCRD)** – The purpose of the NSCRD is to facilitate and foster the development and delivery of sport, culture, recreation and leadership programs and services which are responsible to and benefit people and communities in the north. The NSCRD website contains information on the physical activity initiatives in Northern Saskatchewan as well as other resource information on sport, culture and recreation. Visit the website at [www.nscrd.com](http://www.nscrd.com) or call 425-3127 or toll free at 1-877-777-6722.

**Northern Healthy Communities Partnership (NHCP) and the Active Communities Team (ACT)** – The vision of the NHCP is: Northern Saskatchewan, working wholistically, to support and promote healthy communities through active living, accessible, nutritious foods, the promotion of good mental well-being, and the prevention of substance abuse. The Active Communities Team implement and evaluate the Northern Physical Activity Action Plan for northern Saskatchewan physical activity development. For more information contact:  
NHCP - Jan Shewchuk at 425-8520

ACT Co-Chairs:

Joaleen Szeles, ACT Co-Chairperson

**Telephone:** (306) 425–3127, ext.4

Pam Molnar, ACT Co-Chairperson

**Telephone:** (306) 425– 4826

**Website:** [www.diabetes.kcdc.ca](http://www.diabetes.kcdc.ca)

**Saskatchewan *in motion*** – is a province-wide movement aimed at increasing physical activity for health benefits. The vision of *in motion* is that the people of Saskatchewan will be the healthiest, most physically active in the country. Visits the website at [www.saskatchewaninmotion.ca](http://www.saskatchewaninmotion.ca) or call the La Ronge office at 425-3127, etx.5 or the provincial office at 1-866-888-3648.

Similar resources and information can also be accessed at [www.canadiainmotion.ca](http://www.canadiainmotion.ca)

**Saskatchewan Physical Education Association (SPEA)** – “The Saskatchewan Physical Education Association (SPEA) is a non-profit incorporated organization that provides quality leadership, advocacy, and resources for professionals in physical and health education in order to positively influence the lifestyles of Saskatchewan’s children and youth.” (SPEA, 2006) See their web site at [www.speaonline.ca](http://www.speaonline.ca) or call the SPE Executive Director at (306) 565-1895.

**Sask Sport, Saskatchewan Parks & Recreation Association and SaskCulture – the three provincial (“global”) organizations** – The mandate of these three organizations is the development of sport, culture and recreation in the province. They host a wealth of information and contacts for sport, culture and recreation in the province. For more information, check out the websites and contact numbers listed below:

SPORT – Sask Sport. **Telephone:** 780-9300. **Website:** [www.sask.sport.sk.ca](http://www.sask.sport.sk.ca)

CULTURE – SaskCulture. **Telephone:** 780-9284. **Website:** [www.saskculture.sk.ca](http://www.saskculture.sk.ca)

RECREATION – Saskatchewan Parks and Recreation Association (SPRA).

**Telephone:** 1-800-563-2555. **Website:** [www.spra.sk.ca](http://www.spra.sk.ca)

**Resource Centre for Sport, Culture, and Recreation** – Check the Saskatchewan Parks and Recreation Association (SPRA) website to view many of the numerous resources on sport, culture, recreation, and active living that are available for free loaning from the Resource Centre. There is also an On-line Events Guide and information about sports clinics and available training/education opportunities.

**Telephone:** 780-9411/9206 or 1-800-563-2555. **Website:** [www.spra.sk.ca](http://www.spra.sk.ca) (then hit the tab Resource Centre)

**Aboriginal Sport Circle** – This national organization is a united voice for Aboriginal sport, which brings together the interest of First Nations, Inuit, and Métis peoples. Resources include an Aboriginal Sport Manual, and National Awards programs for athletes and coaches.

**Telephone:** 613-938-1176

**Website:** [www.aboriginalsportcircle.ca](http://www.aboriginalsportcircle.ca)

**Go for Green** - A national non-profit, charitable organization encouraging Canadians to pursue healthy, outdoor physical activities while being good environmental citizens. Their website is at [www.goforgreen.ca](http://www.goforgreen.ca) or call 1-888-UB-ACTIV (822-2848).

**Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS)** – This website has numerous resources for mothers, inactive girls ages 9-18, active girls, and Aboriginal girls in sport. This website offers many ideas and information on ways women and girls can get and stay active. The website is [www.caaws.ca](http://www.caaws.ca). Subscribe to their free email newsletter when you are on their site or contact them at 1-613-562-5667.

**CAHPERD – Canadian Association for Health, Physical Education, Recreation and Dance.** A national, charitable voluntary-sector organization whose primary concern is to influence the healthy development of children and youth by advocating for quality, school-based physical and health education. Telephone (613) 523-1348 or 1-800-663-8708. General email: [info@cahperd.ca](mailto:info@cahperd.ca), website: [www.cahperd.ca](http://www.cahperd.ca)

**Canadian Fitness and Lifestyle Research Institute (CFLRI)** – A national research agency concerned with educating Canadians about the importance of leading healthy, active lifestyles. CFLRI develops research priorities and recommends strategies to increase physical activity levels for reducing the public health burden associated with sedentary living. Website: [www.cflri.ca](http://www.cflri.ca) or call 1-613-233-5528.

**Foundation for Active Healthy Kids** – Active Healthy Kids Canada was established to advocate the importance of quality, accessible, and enjoyable physical activity participation experiences for children and youth. Active Healthy Kids Canada can assist decision makers at all levels, from policy-makers to parents, in order to increase the attention given to, investment in, and effective implementation of physical activity opportunities for all Canadian children and youth. Website: [www.everactive.org](http://www.everactive.org) or call 1-780-454-4745.

**Canadian Diabetes Association** – To promote the health of Canadians through diabetes research, education, service, and advocacy. Website: [www.diabetes.ca](http://www.diabetes.ca). Telephone: 1-800-226-8464.

**SportFit** - SportFit™ promotes healthy, active lifestyles through an online sport education program that matches student's personal preferences and physical attributes with a number of summer and winter sports. Visit the website at [www.sportfitcanada.com](http://www.sportfitcanada.com) or call 1-604-607-4948.

**Government of Saskatchewan – Departments of Culture, Youth and Recreation, Health and Learning.** Website: [www.gov.sk.ca](http://www.gov.sk.ca) can then provide links to the departments listed, or other programs and services.

**Physicians, Health Care Providers and Health Authorities** – For advice on specific health issues and physical activity/exercise, you may want to suggest a visit to your local physician or health care provider. Health Authorities' (i.e. Regional or First Nations) Health Promotions staff are another contact for information.

## **Physical Activity Programs and Initiatives** (at March 2007)

*The following is a list of physical activity programs and initiatives that can be accessed for use by northern communities, schools, organizations, and individuals.*

**Northern Physical Activity Week (First Week of May) - Northern Saskatchewan On The Move** - this is an event organized by the Active Communities Team (ACT) of the Northern Healthy Communities Partnership (NHCP). The goal is to encourage and motivate all members of our northern communities to improve their whole health through increased physical activity. Participants of all ages and activity levels are encouraged to challenge their present level of activity for the week and to experience the benefits. Northern schools, workplaces, health centres, daycares, churches, and other organizations can register between March 1 and May 1. Check out the website or contact our Coordinator for more information.

Joaleen Szeles, ACT Co-Chairperson      **Telephone:** (306) 425-3127, ext.4

Pam Molnar, ACT Co-Chairperson      **Telephone:** (306) 425- 4826

Judy MacLeod Campbell      **Telephone:** (306) 425-3127, ext.5

**Website:** [www.diabetes.kcdc.ca](http://www.diabetes.kcdc.ca)

**International Walk to School & Everywhere Else Month** – is an event organized by the Active Communities Team (ACT) of the Northern Healthy Communities Partnership (NHCP). It is a month long event challenging schools, families, workplaces and organizations to find ways to increase time spent walking during the month of October. International Walk to School is a Go for Green event, with information adapted for Northern Saskatchewan. For more information, visit the official international website at [www.iwalktoschool.org](http://www.iwalktoschool.org) or the national website at [www.goforgreen.ca/walktoschool](http://www.goforgreen.ca/walktoschool) or call the ACT co-chairs at the numbers below.

Joaleen Szeles, ACT Co-Chairperson      **Telephone:** (306) 425-3127

Pam Molnar, ACT Co-Chairperson      **Telephone:** (306) 425- 4826

Judy MacLeod Campbell      **Telephone:** (306)425-3127

**Saskatchewan in motion** – Join the Movement to receive some great tools and resources to assist individuals in becoming active and also to assist communities, schools, workplaces and others in raising awareness and opportunities for physical activity. Visit [www.saskatchewaninmotion.ca](http://www.saskatchewaninmotion.ca) to see what's offered.

Similar resources and information can also be accessed at [www.canadainmotion.ca](http://www.canadainmotion.ca)

**Quality Daily Physical Education (QDPE)** - is CAHPERD's term for a well-planned and implemented school program of physical education learning opportunities provided to all students in the school on a daily basis throughout the school year. A quality daily physical education program includes daily curricular instruction for all students, as well as intramural activities and school sports in which all students have the opportunity to participate. Check out the website for more information – [www.cahperd.ca](http://www.cahperd.ca).

**Health Canada** – Physical Activity Guides for adults, children, youth, teachers, older adults, and families. Call 1-888-334-9769 or visit their website at [www.healthcanada.ca/paguide](http://www.healthcanada.ca/paguide) to order.

**Canadian Food Guide to Healthy Eating** – Order the Canadian Food Guide, information on nutrition labels, and nutrition resources for educators and communicators. Also check out key information on healthy eating by visiting the following website [www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn/food\\_guide\\_rainbow\\_e.html](http://www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn/food_guide_rainbow_e.html).

**POSTERS featuring the Benefits of Sport, Culture and Recreation and other resources (some listed below)** - Posters are available that highlight research, focusing on the benefits – statements of sports, culture, and recreation. For more information, check out the websites and contact numbers listed below:

SPORT – Sask Sport. **Telephone:** 780-9300. **Website:** [www.sask.sport.sk.ca](http://www.sask.sport.sk.ca)

CULTURE – SaskCulture. **Website:** [www.saskculture.sk.ca](http://www.saskculture.sk.ca)

RECREATION – Saskatchewan Parks and Recreation Association (SPRA)  
**Telephone:** 1-800-563-2555 **Website:** [www.spra.sk.ca](http://www.spra.sk.ca)

**Children in Sport** - a program designed to ensure that children receive the most positive experience possible from sport. The focus of this program is on learning the fundamental skills before entering into more competitive sports and on providing an opportunity for children to have positive life-long experiences in sport. The focus is on process, not outcome. View the program information and the following available resources at [www.sasksport.sk.ca](http://www.sasksport.sk.ca)

- [Resource Guide For Parents](#)
- [Orientation Guide for Sport Leaders](#)
- [Posters](#)

**SportFit** - SportFit™ promotes healthy, active lifestyles through an online sport education program that matches student's personal preferences and physical attributes with a number of summer and winter sports. Visit the website at [www.sportfitcanada.com](http://www.sportfitcanada.com).

**“SPORT FOR ALL, OPENING DOORS TO EVERYONE”** - This guidebook is designed to open the doors and put the welcome mat firmly in place for those groups currently under represented in sport. It reviews the barriers that prevent many from participating, and shows how to eliminate those barriers when planning programs. Download a copy of [Sport for All, Opening doors to everyone](#) at [www.sasksport.sk.ca](http://www.sasksport.sk.ca) or by calling us at (306) 780-9300 or 1-800-319-GAME.

**SPORT It's More Than a Game** - a campaign to ensure the long term growth and development of amateur sport in Saskatchewan by promoting the benefits of amateur sport. Complementary promotional items are available for members and non- members of Sask Sport Inc. To download an order form, please go to [www.sasksport.sk.ca](http://www.sasksport.sk.ca)

**SPRA Fitness Leadership Certification** – A certification program for leaders/instructors of fitness classes delivered through the Saskatchewan Parks & Recreation Association. Call 1-800-563-2555 or visit the website at [www.spra.sk.ca](http://www.spra.sk.ca) for more information.

**Try Something New Initiative** – This initiative targets Canadian children and youth and promotes good nutrition and physical activity. Visit the website at [www.trysomethingnew.ca](http://www.trysomethingnew.ca) to

find everything you need to host a “Try Something New Event” in your school or community. Resources include posters, activities for leaders, ads, flyers, a planning toolkit, and a brochure.

**Everybody gets to play** is a national initiative to enhance the quality of life for low-income families and their children by removing barriers to play. Many kids often face user fees, transportation issues, a lack of family support and barriers related to language and culture. For additional information on the **Provincial Everybody gets to play™ Strategy** and how you can get involved, contact Nancy Porter at the Saskatchewan Parks and Recreation Association at (306)780-9456 or email [nporter@spra.sk.ca](mailto:nporter@spra.sk.ca). For more information on the *Everybody gets to play™* National Initiative please contact the Canadian Parks and Recreation Association at [cpra@cpra.ca](mailto:cpra@cpra.ca) or visit their website at <http://www.cpra.ca>. Start now by downloading the Community Mobilization Tool Kit Order Form from the website.

**Impact and Benefits of Physical Activity and Recreation on Canadian Youth-at-Risk –**

This booklet provides a number of specific suggestions for program delivery based on focus group discussions and a review of best practices. Learn about common constraints to participation and the program structures that youth themselves identify as keys which contribute to the degree of program success. To access this resource, please contact us at [www.sasksport.sk.ca](http://www.sasksport.sk.ca), or call (306) 780-9300 or 1-800-319-GAME.

**"ON THE MOVE" Resource Guide** - This guidebook defines the reasons why young girls do not participate in sport and provides excellent ideas to encourage them towards physical activity, improved self-esteem, and other healthy lifestyle choices. To access this resource, please contact [www.caaws.ca](http://www.caaws.ca)

**Sadie’s Walk** – This Diabetes Prevention Awareness Walk is planned annually in May, in memory of Sadie Muik to promote the prevention of type 2 diabetes. Contact the National Aboriginal Diabetes Association for more information at:

**Telephone:** (204) 927-1220

**Toll Free:** 1-877-232-NADA (6232)

**Email:** [diabetes@nada.ca](mailto:diabetes@nada.ca)

Web site: [www.nada.ca](http://www.nada.ca)

Or contact Jan Kroll at: **Telephone:** (306) 953 – 7253 **Email:** [jkroll@pagc.sk.ca](mailto:jkroll@pagc.sk.ca)

**The Terry Fox Run** - The annual Terry Fox Run is held around mid September. The Run is a non-competitive event where people get together as individuals, families and groups to raise money in Terry’s name. It is a day of celebrating Terry’s legacy and helping to keep his dream of a cure for cancer alive. For more information contact:

**Tel:** 306-757-1662

**Toll Free:** 1-888-836-9786

**e-mail:** [sk@terryfoxrun.org](mailto:sk@terryfoxrun.org)

**Web site:** [www.terryfoxrun.org](http://www.terryfoxrun.org)

**Quality School Health (QSH)** – another CAHPERD initiative for schools. This one promotes a comprehensive approach to school health and includes curriculum considerations, as well as considerations for school environment, community support and school services. The **QSH vision** is to develop healthy learning environments where all children and youth are supported by their school community to make healthy lifestyle choices. QSH involves participation and collaboration from the whole school community, including students, parents, school staff and community partners, and focuses on the health issues specific to the needs and concerns of each school community. Available downloads at [www.cahperd.ca](http://www.cahperd.ca) include:

- [Overview Presentation](#)
- [Checklist Poster](#) (quiz to assess your school)
- [Information Brochure](#)

**Recognition Awards Program (RAP)** – CAHPERD hosts National School Challenges for physical activity yearly in November, February and May. Resources and award packages are available and you don't have to be a QDPE school to participate in the RAP.

**Commuter Challenge** is a national program that aims to increase the awareness of the benefits of sustainable commuting and to encourage Canadians to take action by walking, cycling, taking transit, carpooling or tele-working instead of driving alone to get work. There is an **annual National Commuter Challenge event** where communities and workplaces across Canada compete for the highest percentage of participation during [Clean Air Day](#) (June 7, 2006) and [Canadian Environment Week](#) (June 4 to 10, 2006). There is also the **Commuter Challenge Ongoing Challenges project** encourages communities, workplaces and individuals to register their own Commuter Challenge events at different times throughout the year on the Commuter Challenge Web site at [www.commuterchallenge.com](http://www.commuterchallenge.com).

**Active & Safe Routes to School** is a national program encouraging the use of active modes of transportation to and from school. The benefits include:

- Increased physical activity for children and youth.
- A healthier lifestyle for the whole family.
- Less traffic congestion around schools.
- Safer, calmer streets and neighborhoods.
- Improved air quality and a cleaner environment.

The **Walking Tour of Canada** is a school based program that encourages your students to walk to and from school and for teachers to incorporate walking within each school day. Distances will be tracked on the online Walking Tour of Canada map to show the students how far they have walked across Canada. As the accumulated distances reach each provincial/territorial capital, you will be able to download a provincial/territorial **PASSPORT** to congratulate the students on their success so far. As the students "Walk" through each province/territory, you'll find loads of information that relates to history and social studies as well as active living information. When you've completed the **Walking Tour of Canada**, download and print your **Certificate of Recognition** and display it proudly in your classroom!

**“Summer Active” Program** - A national promotion campaign held in spring each year to encourage and support inactive Canadians to take the first steps towards an active, healthy lifestyle. Leader resource kits are available upon request. The program runs through May and June. Visit the website at [www.summeractive.canoe.ca](http://www.summeractive.canoe.ca) for ideas and to register you Summer Active events.

**“Winter Active” Program** – Winter Active is the new counterpart to Summer Active, the popular annual initiative that helps Canadians take their first steps to becoming more physically active and spreads the word that active living, healthy eating, and living smoke-free are all key parts of a healthy lifestyle. Winter Active was piloted from Feb. 28-March 13, 2006 to generate and share ‘cool’ ideas and unique approaches to healthy living during March Break. This information will be used as a foundation for planning a comprehensive Winter Active 2007 that will focus on healthy living throughout the winter months. The official Winter Active website at

[www.winteractive.org](http://www.winteractive.org) features tips, tools and information about healthy living in the winter, with a focus on the following key elements: physical activity, healthy eating, living smoke-free, participating in sport, as well as information specifically related to Aboriginal Canadians.

**Public Health Agency of Canada** – On this website you can view an all encompassing health resource called the Healthy Heart Kit which touches on physical activity, blood pressure, healthy eating, etc. This resource can be downloaded at [www.healthyheartkit.com](http://www.healthyheartkit.com).

**Heart and Stroke Foundation** – Check the website for their [Catalogue of Print Resources](#). Physical activity resources include:

- [Fitness Wheel](#) (shows calories in popular foods and the equivalent activity needed to offset calories)
- [The Active Heart Booklet](#)
- [Healthy Public Policies in Rural Rinks in Saskatchewan](#)

**Jump Rope for Heart** – an in-school skipping program that gets your students out of their seats and on their feet. Students can earn prizes, schools can earn valuable resources and The Heart and Stroke Foundation raises funds to continue research into heart disease and stroke. Geared to students aged 4 to 10, Jump Rope for Heart gets kids moving and teaches them that an active heart is a healthy heart. With an emphasis on fun and games, kids can take to the playground when the program is done. This program gets everyone in your school moving. Call 1-888-HSF-INFO for general inquiries or check out the web site at [www.heartandstroke.ca](http://www.heartandstroke.ca).

**Big Bike for Stroke Program** – if you would like the Heart & Stroke Big Bike to visit your community this summer call the local ride coordinator at 1-866-334-6333 or the provincial office of the Heart and Stroke Foundation at 1-888-473-4636.

**Hoops for Heart** - a program that gets students out of their seats to sink baskets for a good cause. Students can earn prizes, schools can earn valuable resources and The Heart and Stroke Foundation raises funds to continue research into heart disease and stroke. A Student Leadership Award is available to those kids who help you organize the event. The program is easy to organize and gives students a chance to be active, socialize and contribute to a good cause. Call 1-888-HSF-INFO for general inquiries or check out the web site at [www.heartandstroke.ca](http://www.heartandstroke.ca).

**Rick Hansen WHEELS IN MOTION (RHWIM)** – The Rick Hansen Man in Motion Foundation holds its annual participation event in June. Canadians from every province and territory are invited to wheel (wheelchairs, bicycles, in-line skates, strollers, skateboards or scooters!), walk or run to raise awareness and funds to help with research and to improve the lives of those living with spinal cord injury. Also, educators and kids can go to the Foundation's website for information and access to free lesson plans and games. Website for the Rick Hansen Man In Motion Foundation is [www.rickhansen.com/](http://www.rickhansen.com/)

**Active Healthy Kids Canada** (formerly, The Foundation for Active Healthy Kids) - a national charitable organization committed to the development of active healthy children and youth. Check out these programs on their website:

- **ReadySetGo.org**: this is a **free** interactive and informational website for kids, parents, and coaches to find sports activities that match their skill and interest levels. Links hundreds of traditional and innovative kids' sports programs.
- **Activ8**: a curriculum-based physical activity challenge program for schools. The **free** pre-planned lessons have direct links to your province's curriculum and helps

children and youth of all abilities develop their fitness and skill levels. It is designed to motivate students to be physically active, recognize each student's personal development, and celebrate students' individual achievements. Activ8 consists of eight pre-planned lessons for grades K-8 including warm-ups, cool-downs and lots of fun physical activity challenges that engage all students, regardless of ability and skill level. You can order activ8 in four different grade modules: Kindergarten, Grades 1-3, Grades 4-6, and Grades 7-8.

- **Active Healthy Kids Day** is held each year to raise awareness of the importance of physical activity for children and youth. Active Healthy Kids Day is held annually on the last Thursday of May, and will be held this year on **Thursday, May 25, 2006**.  
Active Healthy Kids Canada      **Telephone:** 1- 888 – 446 -7432  
**Website:** [www.activehealthykids.ca/](http://www.activehealthykids.ca/) or [www.ReadySetGo.org](http://www.ReadySetGo.org)

**'Fun N' Motion'** - a kit for helping girls and young women set goals for Physical Activity is available at the following:

F.A.M.E. - Female Athletes Motivating Excellence

Ontario Sports and Recreation Centre

Tel: (416) 426-7183

**Keep Sport Healthy, Safe & Fun** - "Keep Sport Healthy Safe and Fun" campaign is a number of educational and promotional materials, such as ad mats, posters, brochures, and informational booklets are available for community use. For more information call 1-800- 667-7171.

**The Annual Global Move for Health Day** – is initiated by the World Health Organization (WHO). It occurs annually on May 10<sup>th</sup> and is celebrated around the world. "Move for Health" is a partnership based initiative, and part of an integrated approach to the prevention of chronic diseases and health promotion. Recognize this day in your organization/community.

**True Sport** – True Sport is a growing Canadian movement that recognizes and promotes the life skills and values derived from community sport. Check out their resources at [www.truesportpur.ca](http://www.truesportpur.ca).

**Stairway to Health Program** is a fun and easy way to get employees active in the workplace. Visit our web site at [www.healthcanada.ca/stairwaytohealth](http://www.healthcanada.ca/stairwaytohealth) for downloadable posters, virtual challenges, and other tools to develop and manage a stairway to health program. Stairway to Health is a partnership between Public Health Agency of Canada and the Canadian Council for Health and Active Living at Work (CCHALW).

The **Business Case for Active Living at Work** has been developed in partnership by Health Canada and the Canadian Council for Health and Active Living at Work (CCHALW). It is an internet resource that suggests the benefits of being active in the workplace, summarizes the research that has been done, provides some information about what works and how to get started, as well as provides a template for practitioners to use in developing a business case for active living in their own organizations. Visit the website at [www.activelivingatwork.com](http://www.activelivingatwork.com).

**National Healthcare Canada's website** provides tips for starting, managing and evaluating **workplace wellness programs**. The site also provides free resources and tools to assist with planning. Visit the website at [www.naturalhealthcare.ca/workplace\\_wellness.phtml](http://www.naturalhealthcare.ca/workplace_wellness.phtml).

**The Canadian Council for Health and Active Living at Work** – [www.cchalw-ccsvat.ca/english/](http://www.cchalw-ccsvat.ca/english/) offers many resources, tips, and information about improving employee health and wellness through active living in the workplace.

## **Grants for Physical Activity/Active Living (at March 2007)**

### **Saskatchewan Lotteries Community Grant Program**

- Assists in the development of sport, culture, and recreation programs in the community. Funds are distributed through local governments.
- Deadlines are April 1 and October 1 annually, funding based on population
- Contact your Regional Recreation Association or the NRCC

### **Prevention and Support Grant (Saskatchewan Action Plan for Children)**

- Prevention and Support grants are one of the community components of the Saskatchewan Action Plan for Children, a provincial strategy to enhance the well-being of children, youth and families and to provide a process for service integration.
- Contact person is Karen Eckhart at (306) 425-6640

### **Community Initiatives Fund (CIF) Grant**

- Annual and summer grants support community programs and services targeted toward vulnerable children, youth, and families. While the annual grants are for programs and services that will be delivered throughout the year, the summer grants assist community organizations in providing summer programs and services that are to be delivered between May and September.
- Contact person is Karen Eckhart at (306) 425-6640

### **(Federal Government) Summer Career Placements – Student Summer Job Action**

- Positions created must be incremental jobs for both secondary and post secondary students; that is, the jobs must be in addition to the regular staff compliment
- Deadline – check early in April for deadline at your nearest Service Canada office.
- Contact the La Ronge Office at 425-6512 or [www.canada.gc.ca](http://www.canada.gc.ca)

### **Mamawetan Churchill River Regional Health Authority (MCRRA) Wellness Grants (includes the Athabasca Health Authority) OR Keewatin Yatthé Regional Health Authority (KYRHA) Wellness Grants.**

- MCRRA – up to \$1500 for a project in a single community: over \$1500 for joint projects between 3 or more communities or community groups.
- KYRHA - up to \$1000 for single community projects and up to \$5000 for regional projects
- Projects address community wellness in one of the following areas: tobacco reductions, alcohol and drug prevention, injury prevention, family support
- MCRRA – contact Lionel Chabot at (306)425-4837
- KYRHA – contact Elaine Malbeuf at (306) 288-4820

### **SaskTel Community Investment Fund**

- The Community Investment Program supports non-profit and charitable organizations based in Saskatchewan which are involved in activities that directly benefit a Saskatchewan community or the province, including; events, programs, activities and projects; educational, cultural, ethnic, athletic, Aboriginal, and community service activities; prize draws or raffles with a donation or merchandise; and fundraising events through the purchase of tickets
- Contact: SaskTel Community Relations Rachel Littlecrow at (306) 777-5236 or [www.communityrelations@sasktel.sk.ca](mailto:www.communityrelations@sasktel.sk.ca)

### **KidSport Program**

- a children's charity dedicated to assisting children of families who are facing financial obstacles to participate in community sport programs
- individual grants of up to \$200.00 are available to children up to 18 years of age to cover the cost of registration fees or equipment for a particular community sport program
- for application forms or more information contact the Provincial KidSport office at (306) 780-9345 or the Zone 9 office at (306) 425-3127
- Look for more information on the Sask Sport web site at [www.sasksport.sk.ca](http://www.sasksport.sk.ca)

### **Baseball Tomorrow Fund**

- the mission of this fund is to promote and enhance the growth of Baseball in United States, Canada and throughout the world by funding programs, fields and equipment purchases, designed to encourage and maintain youth participation in the game
- Deadlines for each quarter are: January 1, April 1, July 1 and October 1
- Contact Cathy Bradley at (212) 931-7991
- More information and the application form are at [www.baseballtomorrowfund.com](http://www.baseballtomorrowfund.com)

### **Jeux Canada Games Foundation Inc.**

- assistance in the development of, and have long lasting benefits to, amateur sport
- deadline for applications form is December 1
- contact Jeux Canada Games Foundation at (306) 251-1989

### **National Hockey League Players Association Goals & Dreams Fund**

- providing funding for incremental programming and facilities for grass roots hockey programs
- contact the National Hockey League Players' Association at <http://www.nhlpa.com>

### **Investors Group Community Coaching Conferences (Hosting Grant)**

- assistance for hosting Community Coaching Conferences which are intended to promote and supplement the 3M National Coaching Certification Program
- applications must be received three months before the date of the conference
- contact Lucie LeBel at (613) 235-5000
- More information and the application form can be found at [www.coach.ca](http://www.coach.ca)

### **Saskatchewan Government Insurance and Acquired Brain Injury Partnership Project**

- SGI and the Acquired Brain Injury (ABI) Partnership Project are pleased to be involved in a joint program to provide community grants for injury prevention and traffic safety. Our goal is to enable community groups to establish, enhance and deliver programs that address safety issues in their communities. SGI and ABI will provide support and guidance in identifying priorities and in the development and implementation of any of these initiatives.
- Grants are offered twice a year, deadlines are February 28 and October 31
- Contact (306) 425-4807 or [www.sgi.sk.ca](http://www.sgi.sk.ca)

### **Northern Lights Community Development Corporation**

- Band enterprises or charitable organizations that serve communities in the catchment area of the City of Prince Albert, R.M. of Buckland, the R.M. of Prince Albert, the Saskatoon Tribal Council, the Agency Chiefs Tribal Council and/or the Prince Albert Grand Council
- Applicants whose projects have one or more of the charitable purposes, set out above and who have exhausted other funding sources
- Funds will be distributed on a quarterly basis (i.e. March, June, September and December)
- Contact Eddie Head (Manager) at (306) 953-7200