



Schools *in motion*

Quick Start Kit

Saskatchewan *in motion*
#202 – 2050 Cornwall Street
Regina, Saskatchewan S4P 2K5
Toll-free: 1-866-888-3648
Fax: (306) 780-9466
Email: info@saskinmotion.ca
www.saskatchewaninmotion.ca

Become part of the *in motion* movement!

The Saskatchewan *in motion* movement is made up of schools, communities, organizations, champions and leaders committed to raising the grade for physical activity as reported in Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth. Simply put, our goal is to get the kids of our province moving more!

Less than 15% of Saskatchewan children and youth are getting the recommended 60 minutes of physical activity they need every day. So what's the solution? Simply, let's get the kids we care about moving by sharing the responsibility and providing opportunities for 30 minutes of physical activity at school, at home and in the community. By working together, the recommended 60 minutes of physical activity per day is easier to achieve.

Join the movement!

Declare your school as an *in motion* school! Join over 450 *in motion* schools that have already declared and are committed to making physical activity a priority for their students and provide 30 minutes of physical activity every day!

What is an *in motion* school?

An *in motion* school is committed to the goal of providing a *minimum* of 30 minutes of physical activity every day for every student over and above a quality physical education program. The school values the benefits of physical activity and ensures that it's an observable priority in the daily life of all students. Physical activity can be provided in a variety of ways:



You are not alone!

The Saskatchewan *in motion* movement is here to help! We are committed to providing and connecting you and your school to tools and resources that will support your efforts in making physical activity the easy choice for our kids. By joining the movement, you'll receive:

- **Quarterly Newsletters and Monthly e-News**
 - Become connected with the movement to get some great ideas, learn about new resources, and find out what's going on in Saskatchewan schools.
- **Website (www.saskatchewaninmotion.ca)**
 - The website is an excellent source of new information and resources plus an online forum to share and discover new ideas.
- **Daily Physical Activity Manual**
 - A memory stick with the DPA Manual and other resources on it. Developed by Saskatchewan educators, the DPA Manual includes over 150 easy-to-use activities that are perfect for all school settings, making it easier to implement daily physical activity into the classroom and the school day.
- ***In motion* Banner**
 - Display the banner proudly in your school! Let all staff and visitors know you are proud to be an *in motion* school!

It's easy to become *in motion*!

- Place *in motion* on the agenda at an upcoming staff meeting for discussion.
- Identify staff member(s) to lead *in motion* and "champion" the *in motion* initiatives in your school.
- Return the attached declaration form to the *in motion* office to let us know of your *in motion* school commitment!
- Continue the great physical activity work you're already doing. Try out a few new ideas! Use the resources offered on www.saskatchewaninmotion.ca.

Inspire Learning Through Physical Activity!





School Declaration Form

Complete and submit the declaration form below to the Saskatchewan *in motion* office by mail, e-mail or fax. By joining the movement, you'll receive *in motion* information and resources that will help keep the kids we care about moving! Together we can strengthen a movement that will enrich the lives of children and youth, families, community members and all Saskatchewan people!

- YES!** Our school wants to become *in motion!* We value the benefits of physical activity and are committed to creating a supportive school environment by providing physical activity opportunities for all students. Please send us the *in motion* Resource Kit.

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| Contact Name: |
| Position: |
| Name of School: |
| School Division: |
| Enrolment: |
| Type of School: <input type="checkbox"/> Elementary <input type="checkbox"/> Middle School <input type="checkbox"/> K-12 <input type="checkbox"/> High School <input type="checkbox"/> Other: _____ |
| School Mailing Address: |
| City/Town: |
| Postal Code: |
| Phone no. (w): |
| Fax: |
| Contact e-mail: |
| School Web Site Address: |
| Principal Signature: |

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