

100 **in motion**™
Physical Activity - do it for life!

Getting Children in motion

Workbook for School Leaders



>>> JOIN THE MOVEMENT

*Saskatchewan
Centennial 2005*™



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***Inspire learning through
physical activity.***



INTRODUCTION

*Over two-thirds (77%) of children aged 5 to 12 are considered insufficiently active to achieve optimal health benefits. We need to take steps to address physical inactivity among our children and youth and reinforce healthy lifestyle choices (Fast Consulting, 2003). **in motion** has created this workbook, and the Children & Youth Resource Guide, so you can build on the great things you already do and make it easy to become an **in motion** school. Use both of these resources to make your planning more effective and less time consuming.*

Thank-you!

As an **in motion** champion your energy, enthusiasm and leadership are a great asset to your school. Your support of physical activity based on opportunities for the staff and students you work with every day are valued and appreciated.

Choice

Your time is valuable. The intent of this workbook is to assist you as a Champion at an **in motion** school. Choose the steps that work best for you and your students. If you already have a plan in mind, go ahead and get started!

Partners

Together we can get our children and youth **in motion**! Saskatchewan **in motion** encourages working in partnership. Our partners include: the Federation of Saskatchewan Indian Nations, SaskCulture Inc., Sask Sport Inc., Saskatchewan Parks and Recreation Association and the Saskatoon Health Region. Saskatchewan **in motion** is supported by the Government of Saskatchewan through the Community Initiatives Fund as a celebration of a sustainable future for Saskatchewan people.

WHAT IS AN *in motion* SCHOOL?

MISSION

To increase the level of physical activity in Saskatchewan.

COMPONENTS

There are four key components to achieving our vision:

- *Building Partnerships*
- *Building Awareness*
- *Targeted Community Strategies*
- *Measuring and Celebrating our Successes*

WHAT IS AN *in motion* SCHOOL?

- ✓ An *in motion* school values the benefits of physical activity and ensures that it is an observable priority everyday.
- ✓ An *in motion* school is committed to 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.

THREE STAGES TO AN *in motion* SCHOOL:

1. **Under Construction** - Once a school has made a commitment to the importance of physical activity for its students and is committed to working toward developing a plan and implementing *in motion* physical activity strategies, that school is considered **Under Construction**.
2. ***in motion* School** - Once a school has reached the goal of providing a minimum of 30 minutes of physical activity for every student, every day, this school will be eligible to be declared an "***in motion***" school.
3. **Excellence** - Once a school has maintained or surpassed the standards of an "Official 5/30" *in motion* school for one complete year AND has incorporated various opportunities for physical activity within the school AND has taken steps to ensure the longterm sustainability of *in motion* for the school, it will have achieved ***in motion* Excellence Status**.

A **MINIMUM** OF **5** DAYS A WEEK **30** MINUTES A DAY OF PHYSICAL ACTIVITY!

BUILDING THE CASE!

SASKATCHEWAN FACTS

According to a recent research study (Fast Consulting, 2003):

- Over two-thirds (77%) of children aged 5 to 12 are considered insufficiently active to achieve optimal health benefits.
- Over two-thirds (68%) of children aged 5 to 12 who suffer from a disease or disability are physically inactive.
- Over two-thirds (74%) of Aboriginal, Inuit or Métis children between the ages of 5 and 12 are physically inactive.

RESEARCH SHOWS THAT PHYSICAL ACTIVITY:

- Improves fitness and health
- Improves self-esteem
- Enhances academic performance
- Improves skeletal health
- Improves self discipline
- Reduces incidence of smoking and alcohol use
- Improves mental health

In motion TESTIMONIALS

- Morning walks improved punctuality and attendance.
- Atmosphere and morale of school noticeably improved.
- There were less discipline problems in the participating classrooms.
- Students encouraged parents to become more physically active.
- Students kept teachers honest, insisting on 30 minutes a day of physical activity.
- Students enjoyed the walks because everyone could participate.
- Morning walks helped an autistic student start the day cooperative and productive.

SNAPSHOT OF YOUR *in motion* CLASSROOM



This snapshot of what is currently happening within your classroom will help you determine where there are opportunities for physical activity. Use these questions to stimulate a classroom discussion. It is a great way to introduce *in motion* to your students and to discuss the importance of physical activity.

Celebrate that your classroom is encouraging physical activity and make the opportunities for physical activity more accessible.

Within your classroom how many students participate in regular physical activity within the school?

- 0-5
- 6-15
- 15-30+

Survey your students to determine who is involved in physical activities at school. This would include sport teams, intramurals, running club, organized recess games, etc.

Do you have children in your classroom that are faced with:

- Physical Barrier
- Mental Barrier
- Social Barrier

What is the interest level in physical activity among the students in your classroom?

- High
- Moderate
- Low

Do you encourage regular stretch or movement breaks in your classroom?

- Yes
- No
- Sometimes

Do you have visual aids to promote physical activity in your classroom?

- Yes
- No

Are there funds allocated to your classroom that could be used to enhance physical activity?

- Yes
- No

What physical resources are available in your classroom to encourage physical activity?
i.e. bean bags, stretching bands, equipment for use at recess, etc.

What human resources are available to you to lend their expertise in the area of physical activity? i.e. parents, community volunteers, fellow staff members, etc.

Do your students receive physical education every day? or Do your students receive 150 minutes of physical education a week?

What are the current policies and practices in your school that present barriers to physical activity and what are some alternatives to overcoming those barriers? To learn about the challenges experienced by other *in motion* schools, refer to section 12 of the Children and Youth Activity Resource Guide.



PHYSICAL ACTIVITY OPPORTUNITIES

Saskatchewan *in motion* encourages schools to look beyond the traditional choices for physical activity throughout the school day. Many opportunities exist where physical activity can be incorporated and used as a tool to enhance student learning and foster positive physical activity experiences for every student. **What opportunities for physical activity, outside the regular physical education class, do you provide for your students?** Think about recess, field trips, assembly, integrated curriculum activities with math, science, etc.

Before School

i.e. walking school bus

After School

i.e. "everybody plays" team sports

In Class

i.e. incorporate kinesthetic learning approaches

Assembly

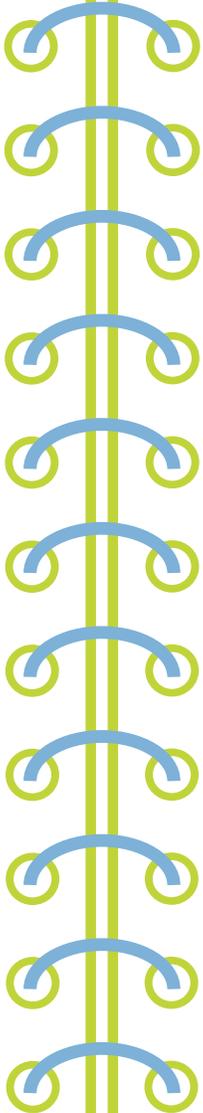
i.e. *in motion* break

Recess

i.e. provide activity buckets full of great ideas

Lunch Hour

i.e. intramurals



CREATE ACTIVE MINDS!

- Make learning fun through physical activity themes.
- Host a spelling bee with words related to physical activity.
- Have students give answers to math problems using jumping jacks.
- Have students keep a journal on how they incorporate physical activity into their lives.
- Have students act out active verbs like march, skip, hop.
- Hang posters that have a physical activity theme.
- Use movement, not words, for memory games.
- Have students take their pulse after two minutes of various physical activities and graph them on a chart.
- Have students measure their heart rate before and after doing a physical activity.
- Simon Says... integrate physical activity and following directions.
- On a nature walk have students identify cloud formations.
- Practice measurement skills by having students measure the distance covered when hopping, jumping or leaping.
- Create an anatomy colouring book and have students colour the part of the body they use while performing different types of physical activity.
- Create a movement math class and have students jump forward for addition, hop back for subtraction, and slide to the right for multiplication and leap left for division.



DEVELOP A PLAN

Once you have a snapshot of your classroom, take some time to develop ideas, plans or programs that will increase the physical activity levels of your students. Here are some resources to help you.

In motion RESOURCES

Use *In motion* resources! You do not have to start from scratch.

Contact Saskatchewan *in motion* at 1-866-888-3648 (DO IT)

- In motion's* [Children and Youth Physical Activity Resource Guide](#) is full of ideas for increasing physical activity, for specific programming and for planning. These sections specifically deal with **Physical Activity Plans**:
 - Section 5 - Initiatives and Ideas** - outlines several Key Initiatives that have been successful at *in motion* schools in the past, and lists other program ideas. Example - Teacher *in motion* log. Teachers keep a record of their classroom's daily physical activity.
 - Section 6 - Activities and Games** - details the setup and directions for dozens of physically active games. Example - Frost Bite Tag. The "it" hops on one foot as though frostbitten. When others are tagged they must also become frostbitten and join the "it" as a tagger.
 - Section 7 - Small Space Activities** - provides information to help you plan to increase physical activity in an indoor setting. These games provide ideas of physical activities that can be done in a classroom, hallway or other small space in the school.
 - Section 8 - Activity Buckets** - details a plan to increase student's accessibility to physical activity equipment. Activity buckets consist of a large container holding different types of equipment to promote fun and fitness for children.
 - Section 9 - Monthly Challenges** - ideas that can specifically be used within the Special Events Physical Activity Opportunity. Have a Fall... *in motion* promotion at your school using activity logs to track your classroom's physical activity for a month.
 - Section 12 - Challenges and Solutions** - identifies some of the challenges and solutions experienced by other *in motion* schools.

- Browse *in motion's* website at www.saskatchewan.inmotion.ca and check out the link section
- Browse Health Canada - www.healthcanada.ca for lots of physical activity freebies
- Saskatchewan Physical Education Association - www.speaonline.ca
- Canadian Association of Health Physical Education, Recreation and Dance - www.cahperd.ca
- Talk with your *in motion* School Champion

in motion ACTIVITY EXAMPLES ¹¹

For additional activity ideas please refer to sections 5 - 8 of the *in motion* Children and Youth Physical Activity Resource Guide

PHYSICAL ACTIVITY OPPORTUNITY	Physical Activity	Student Participants	Instuctor or Supervisor	Resources Used	Time Description
Before the Start of Classes	All school walk	All Students	SRC, all teachers and staff	School grounds	1st thing in the morning every school day, 10 minutes
During Recess	Facilitated recess	All Students	Playground supervisor	Activity buckets	Make available activity buckets full of easy-to-use equipment
Over Lunch	Intramurals	Mix of students participate (mostly older)	Lunch hour supervisor	Gymnasium or school grounds	30-45 minutes per session
In the Classroom	Activity break	All Students	Teacher	None	Every hour have students stand and do an activity
In the Classroom	Cardio/strength break	All Students	Teacher	Chair	Have students stand up and sit down 10 times
In the Classroom	Active math	All Students	Teacher	Classroom or outdoors	Regular class period... active demonstrations of mathematics
Outside the Classroom	Nature walk	All Students	Teacher parent volunteer	Great Outdoors	During science class, walk around the school yard and discuss nature firsthand
Assembly	<i>in motion</i> cheer	All Students	SRC, all teachers and staff	Gymnasium	Have students march on the spot, move their arms and do an <i>in motion</i> cheer
Over Lunch	<i>in motion</i> club	Entire school	SRC, teachers	Anywhere	Once a week - 30-34 minutes per session
After School	Team basketball	Team members	Coaches and staff volunteer	Gymnasium	Practice twice a week and play at least once a week

"Create a classroom that *moves*".

MEASURING SUCCESS...KEEP IT SIMPLE

SIMPLE EVALUATION OF *IN MOTION* IN YOUR CLASSROOM HELPS YOU TO MEET THE OBJECTIVES OF AN *IN MOTION* SCHOOL.

Measuring objectives allows you to see if what you are doing is or is not working and provides you with ideas on how you can make improvements. Evaluation is often important when it comes to securing funding and other resources. If you can show what you have done and how it has worked you will have an easier time gaining support for your school's *in motion* initiative.

- 5/30 achieved?
- Has the level of enthusiasm increased in your class for *in motion*?
- Are students becoming *in motion* leaders?
- Can you see improved self-esteem, academic performance and self-discipline in your classroom since implementing *in motion*?

CELEBRATE YOUR SUCCESS!!!!

Celebrating and sharing your accomplishments is important to maintain momentum and encourage continued support of the *in motion* physical activity movement. Here are just a few suggestions:

- Create a bulletin board or display celebrating your physical activities.
- Celebrate the success of 5/30 with a theme event.
- Challenge other 5/30 classrooms and celebrate together.
- Write an article for the community newsletter or school paper.
- Create an *in motion* student of the month award.
- Appoint *in motion* student ambassadors.
- Appoint *in motion* student classroom leaders.
- Submit a success story to the regional advisory council or provincial *in motion* office.

LET US KNOW HOW YOU ARE DOING!

Tell us about your success and share your ideas with others.

If you would like some help in reaching *in motion* **Excellence Status** let us know.

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Celebrate your success!

FINDING OUT WHAT YOUR STUDENTS THINK

Here are some questions to stimulate discussion in your classroom regarding *in motion* activities.

How did we do?

Title of activity/event:

Date or time period:

Location:

What did you like about the *in motion* activity/program/event?

What did you dislike about the *in motion* activity/program/event?

What does it mean to be *in motion*?

Do you do *in motion* activities at home?

Have you encouraged anyone else to be *in motion*?

Did you enjoy incorporating physical activity into our daily routine?

Physically, do you feel stronger, more energetic?

How can our classroom celebrate our *in motion* success?

Do you have any suggestions for *in motion* activities you would like to try?

>>> **JOIN THE MOVEMENT**
of healthy, active schools across Saskatchewan!

REFERENCES

Fast Consulting. Physical Activity Survey for the Provincial *in motion* strategy. Saskatoon, 2003.

Saskatoon Health Region. Children & Youth Physical Activity Operational Manual. Saskatoon, 2003.

