



DPA Bins

The Daily Physical Activity bins (DPA Bins) were inspired by the needs of teachers in the APPLE Schools. Some of the major barriers to implement daily physical activity were the lack of available equipment in the classroom and not having ready to use ideas. These bins will provide solutions to both of those problems.

What are DPA Bins?

The DPA bins are an easy-to-access solution for including daily physical activity into their busy classroom schedules. The DPA bins contain easy to follow instructions for specific activities and all equipment needed to implement the activities.

Inside the DPA bins you will find:

- class set of equipment
- four in-class DPA ideas
- one physical education class idea

There are over a dozen different DPA bins available, (see reverse for complete list). Most of the activities are taken from resources that are available in the APPLE Schools. Please see the resource list provided for all the sources of activities in the DPA Bins.

How do you use the DPA bins in a school setting?

The DPA bins are stored right in the classrooms! One day each week, teachers or designated students from each class send the bin to the neighboring classroom. This way, new bins with new equipment and ideas are circulated to each classroom every week. The rotation of the bins has been explained to the school staff and remains consistent each week.

By using the DPA bins, we hope you find easy solutions for DPA in the classroom and gymnasium. The bins can also be used for indoor recess activities, quick breaks when you notice a class tiring, or full gymnasium ideas for days when you need a new game or warm up activity during physical education. All activities are linked to the physical education curriculum, and you can find the achieved outcomes noted on the individual activity pages.

Teachers and students are encouraged to provide feedback or new ideas for the bins on the recipe cards provided. Additions and suggestions are always welcome.

Examples of APPLE Schools DPA Bins:

Stacking Cups Bin
Tennis Balls Bin
Resistance Bands Bin
No Equipment Bin
Rubber Chickens Bin
Cards, Dice and Jax Bin
Sponges Bin

DVD Bin
Music CD Bin
Stretching Bin
Feathers Bin
Scarves Bin
PVC Pipe Bin

List of Resources used in the APPLE Schools DPA Bins:

- The Biggest Little Games Book Ever! The Basic Pack Jo Brewer www.cahperd.ca
- 50 Games with 50 Tennis Balls John Byl www.cahperd.ca
- Zany Activities with a Rubber Chicken CIRA www.cahperd.ca
- Ever Active Schools Promising Practices- Ever Active www.everactive.org
- Daily Physical Activity: A Handbook for Grades 1-9 Schools Alberta Education <http://www.lrc.education.gov.ab.ca/pro/default.html>
- Action Schools! BC Classroom Action Resource Grades K to 7 Action Schools www.actionschoolsbc.ca
- You're 'It! Tag, tag... and more tag. Games for All Ages CIRA www.cahperd.ca
- Yoga Deck for Kids
- Everybody Move! Daily Vigorous Physical Activity (2nd Ed.) *Includes music CD and DVD with activity demonstrations* CIRA www.cahperd.ca
- Positives Playgrounds Ltd., Vol. 1: Games: A Comprehensive Resource of Outdoor and Indoor Games Marko, Pearl www.positiveplaygrounds.com
- Energize! Energizers and Other Great Cooperative Activities for All Ages Lions QUEST program <http://www.lrc.education.gov.ab.ca/pro/default.html>
- DPA: 15 minute activities Handout – Cheryl Shinkaruk Edmonton Catholic Schools
- Resistance Band Activities for Elementary Students Be Fit For Life Network www.befitforlife.ca
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- Games Kids Play, "Down Down Down" website www.gameskidsplay.net
- Speed stacking www.speedstacks.com
- PE Central Website <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=6134>