

APPLE School Recommended Resources

*Note: These resources are available for sign-out via the School Health Facilitator.

<u>Physical Activity Resources</u>		<u>Author</u>	<u>Year</u>	<u>Topic</u>
Play by the Rules				
1.	Health and Life Skills Guide to Implementation: Kindergarten to Grade 9	Alberta Learning	2002	all
2.	Physical Education Guide to Implementation: Kindergarten to Grade 12	Alberta Learning	2000	Physical Activity
3.	Physical Education Resources: Alberta Authorized Resource List and Annotated Bibliography	Alberta Education	2005	Physical Activity
4.	Daily Physical Activity: A Handbook for Grades 1-9 Schools	Alberta Education	2006	Physical Activity
Play Your Way				
5.	Alberta's Active and Safe Routes to School: Resource Manual	SHAPE		Physical Activity
6.	50 Games with 50 Tennis Balls	CIRA		Physical Activity
7.	Building Literacy Through Movement - handout	Edmonton Catholic Schools		Physical Activity
8.	Cowabunga Dudes: Games for Good Sports - handout	Schools Come Alive		Physical Activity
9.	Energize! Energizers and Other Great Cooperative Activities for All Ages	Carol Apacki Lions's QUEST program	1991	Physical Activity
10.	Everybody Move! Daily Vigorous Physical Activity (2 nd Ed.) <i>Includes music CD and DVD with activity demonstrations</i>	Canadian Intramural Recreation Association (CIRA) of Ontario	2006	Physical Activity
11.	Heart Health: A Resource for Senior High School Physical Education	Alberta Education	2006	
12.	Moga Madness: a compilation of mass participation events	CIRA		Physical Activity
13.	Positives Playgrounds Ltd. Program Manual and Comprehensive Resource of Outdoor and Indoor Games	Positives Playgrounds Ltd.	2007 revised	Physical Activity
14.	Positives Playgrounds Ltd., Vol. 1: Games: A Comprehensive	Positives Playgrounds Ltd.	2000	Physical Activity

	Resource of Outdoor and Indoor Games	(Revisions 2007)		
15.	Positives Playgrounds Ltd., Vol. 2: Outdoor and Indoor Games	Positives Playgrounds Ltd.	2006	Physical Activity
16.	Power to Play	Alberta Milk		Nutrition and pa
17.	Ready-to-Use P.E. Activities for Grades K-2	Joanne and Maxwell Landy	1992	Physical Activity
18.	Ready-to-Use P.E. Activities for Grades 5-6	Joanne and Maxwell Landy	1993	Physical Activity
19.	Resistance Band Activities for Elementary Students	Be Fit for Life Network		Physical Activity
20.	The Biggest Little Games Book Ever! The Basic Pack	Jo Brewer	1991	Physical Activity
21.	Zany Activities with a Rubber Chicken (+ 10 rubber chickens)	CIRA/CAHPERD	1995	Physical Activity
	Big Ideas			
22.	Ever Active Schools Promising Practices- www.everactive.org	Ever Active Schools		Physical Activity Nutrition

Nutrition Resources

Linked to AB Health and Life Skills Curriculum:

- Power to Play curriculum (K-3), Alberta Milk
 - o Must complete (free) inservice prior to receiving kit
 - o More information at <http://www.powertoplay.com/index.htm>
- Power 4 Bones (Gr. 5), Alberta Milk
 - o Course delivery is online
 - o More information at <http://www.power4bones.com/>
- David Thompson Health Region Nutrition Lesson Plans (K-9)
 - o Downloadable at <http://www.dthr.ab.ca/resources/documents/nutrition/index.htm>
- Peace Country Health Region Nutrition Lesson Plans (K-9)
 - o Downloadable at <http://www.pchr.ca/Default.aspx?tabid=450>

Other Programs and Resources:

- Healthy Eating is in Store for You, Dietitians of Canada
 - o Downloadable at <http://www.healthyeatingisinstore.ca/>
- Mission Nutrition (K-8), Kellogg's Canada
 - o Downloadable at <http://www.missionnutrition.ca/missionnutrition/index.html>
- Fat Wise, Portion Wise and Sugar Shockers Educational kits, Capital Health

- <http://www.capitalhealth.ca/EspeciallyFor/SchoolsandPreschools/SchoolHealth/More+Information?TAL1ID=14&TAL2ID=99&SDTID=46&type=2>
- ❑ Long Live Kids- Media Literacy kit (K-9), Concerned Children's Advertisers
 - More information at <http://longlivekids.ca/>
- ❑ Classroom Healthy Eating Action Resource (K-3, 4-7) and Action Pages!, Action Schools! BC
 - More information at <http://www.actionschoolsbc.ca/content/home.asp>
- ❑ Canadian Health Activities (various grades), Canadian Curriculum Teaching Resource
 - Reproducible handouts and lesson plans suited for Canadian schools
- ❑ Food for Life (2nd Edn), McGraw-Hill Ryerson publishing
 - Canadian version, suitable for middle grade students (Gr. 5-8)
 - Student text, Teacher resources, etc.
 - Talk to your McGraw-Hill Ryerson rep for a free examination copy

Helpful Websites:

- ❑ Healthy U – This site government site is run by Alberta Health and Wellness and has many, many resources and tools for physical activity and nutrition. Create a Movement materials can be found here, as well as the Snacktivity Box. The site also has:
 - Cookbooks for Kids
 - Food Fit: 10 smart bites to a Healthier U
 - Nutrition Guidelines
 - Healthy Eating and Active living for Your 6 – 12 Year old (for parents)
 - Food Serving Sizes for Children 6 – 12 (for parents)
 - YOU! Magazines (for students)
 - Links to the Wellness Fund and the Healthy School Communities Award
 - Cooking videos

See: www.healthyalberta.com/AboutHealthyU/280.htm

- ❑ Dietitians of Canada- Website contains interactive online tools like EaTracker, Recipe Analyzer, and Let's Make a Meal!, as well as healthy eating tips, FAQ's, and information on various nutrition topics <http://www.dietitians.ca/>
- ❑ Health Canada, Nutrition and Healthy Eating <http://www.hc-sc.gc.ca/fn-an/nutrition/index-eng.php>
 - Gives you information on trans fats, sodium, children's nutrition issues, etc.
- ❑ Breakfast for Learning: The Report Card on Nutrition for School Children can be ordered by emailing Nicole@breakfastforlearning.ca (please include your mailing address, quantity required, and language preference) or a PDF version can be downloaded at www.breakfastforlearning.ca.
- ❑ Use this link to order your Plate Mate tools (max 100 copies). This resource replaces the Food Guide Slide. There are also other good resources you can order. <http://www.dairygoodness.ca/resourcecenter/Request-for-material.aspx?NavID=426&CultureCode=en>

- ❑ The Nutrition Guidelines for Children and Youth were launched on June 4, 2008 and now you can check them out online: <http://www.healthyalberta.com/AboutHealthyU/280.htm> .
- ❑ The Canadian Association for School Health sponsors a number of web-based tools including a wiki for school nutrition, a school health network and webinars across Canada. See: <http://www.safehealthyschools.org/>
- ❑ Ever Active Schools: This site has promising practices, planning tools, links to other organizations to support comprehensive school health, healthy eating and active living: www.everactive.org
- ❑ Schools Come Alive offers professional development for all aspects of physical and health education in Alberta school communities: www.schoolscomealive.org
- ❑ The Alberta Coalition for Healthy School Communities is the go-to site for information related to Comprehensive School Health. The site has related research, links to other organizations and upcoming events. See: www.achsc.org
- ❑ Public Health Agency of Canada (PHAC) has links to Eating Well with Canada's Food Guides: <http://www.phac-aspc.gc.ca/hp-ps/ebulletin/index-eng.html#h> As well, PHAC has Physical Activity Guidelines for Children and Youth: <http://www.phac-aspc.gc.ca/pau-uap/paguide/index.html>

Curriculum Material:

Physical Education:

This site contains lesson activities organized by outcome for the K-12 Physical Education program of studies

www.education.gov.ab.ca/physicaleducationonline (.)

This site contains teacher resources, links to other resources, program of studies <http://education.alberta.ca/teachers/core/pe.aspx>

For the link to the Learning Resource Centre, see: <http://www.lrc.education.gov.ab.ca/pro/default.html>

Daily Physical Activity:

This site contains a literature review supporting DPA, evaluation of DPA, the DPA manual as well as the wording of the DPA policy:

<http://education.alberta.ca/teachers/resources/dpa.aspx>

Health and Life Skills:

This site contains teacher resources, links to other resources, program of studies <http://education.alberta.ca/teachers/core/pe.aspx>

For resources to support implementation of Health and Life Skills, see: <http://www.lrc.education.gov.ab.ca/pro/default.html>