

Action Pages!

A PHYSICAL ACTIVITY, PHYSICAL EDUCATION & HEALTHY EATING RESOURCE GUIDE 2006/2007

Compiled by JW Sporta: Health, Physical Activity and
Sport Education Consultants, developers and disseminators of:



Action Schools! BC, a best practices model designed to assist schools in creating individualized action plans to promote healthy living.



Premier's Sport Awards Program (p.s.a.p.), a physical education resource program designed to help teachers and instructors teach children their basic sport skills.

ORGANIZED WITH TEACHERS IN MIND

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WRITTEN BY: Sydney Millar, Jennifer Fenton, Bryna Kopelow

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DESIGN/LAYOUT: Julie Cochrane

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ActNowBC



For more information about the Action Pages! please contact:

Action Schools! BC

#228–1367 West Broadway

Vancouver BC V6H 4A9

604-738-2468 or 1-800-565-7727

f 604-737-6043

info@actionschoolsbc.ca www.actionschoolsbc.ca

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How to Use the Action Pages!

The Action Pages! is a user-friendly resource to link teachers, youth coaches, and community instructors with the multitude of resources available across Canada to support healthy and active school communities.

With teachers in mind, the Action Pages! is organized by general physical education curriculum organizers.

- **ACTIVE LIVING** includes programs and resources that support active school communities, and the development of a foundation for lifelong healthy living.
- **MOVEMENT SKILLS** emphasizes physical activity skills and concepts, and includes individual and dual sports (including cycling), alternative environment pursuits, games, dance, and gymnastics.
- **SAFETY, FAIR PLAY & LEADERSHIP** encompasses resources about safety and injury prevention; tobacco, alcohol and drug use prevention and cessation; self-esteem and body image; gender equity; and leadership.
- **HEALTHY EATING** highlights nutrition initiatives and resources to educate students and influence policy to make healthy food choices the easy choices.











The Action Pages! also includes the following sections:

- **TEACHER EDUCATION** includes program and lesson planning aids; coaching resources; and educational, professional development and certification opportunities
- **WEBSITES** that provide links to active living and healthy eating initiatives and resources; and interactive, educational sites for students to learn about the importance of healthy living.

- **SUPPORT ORGANIZATIONS** to connect individuals with others supporting healthy school communities across Canada.
- **JUST BC** connects BC teachers with provincial government agencies, support organizations, community nutritionists, and sport governing bodies.

If you prefer an alphabetized list, flip to the INDEX for an A-Z resource listing and to search by specific topics.

Icons, for quick reference, have been included to indicate the following:

-  grade level, e.g. K-3
-  lesson plans
-  published resource
-  download from the internet
-  presentation or workshop
-  DVD, CD & video
-  music CD
-  additional information available online
-  available in French
-  available only in certain provinces, e.g. BC

If there is a program, resource or organization that should be added to the Action Pages! please contact the Action Schools! BC Support Team at 604-738-2468 or 1-800-565-7727, or by email at info@actionschoolsbc.ca.

ACTION PAGES! & ACTION SCHOOLS! BC

Action Schools! BC is a best practices model designed to assist in creating individualized action plans to support healthy living. The Action Schools! BC framework for action focuses the efforts of teachers, school administrators, families and community practitioners on six Action Zones to create a balanced portfolio of activities that promote healthy living.

For each resource listed in the Action Pages!, corresponding Action Schools! BC Action Zones have been listed. Regardless of whether or not your school is involved in this initiative, teachers, school administrators and other members of the school community can use the zones to consider how physical activity, physical education, and healthy eating resources can be used to support healthy school communities.



Makes healthy choices the easy choices by creating safe and inclusive school environments, and supporting healthy living policy.



Provides an annual physical education calendar of ideas and best practice resources that support the Ministry of Education prescribed learning outcomes for scheduled physical education.



Provides creative, alternative classroom physical activity ideas that complement physical and health education, and build healthy bodies and minds.



Fosters the development of partnerships with families and community practitioners to benefit from the wealth of resources available to promote and encourage healthy living.



Supports a variety of opportunities for students, staff and families to engage in healthy living before and after school, and during lunch and recess.



Cultivates school spirit by encouraging physical activity, supporting healthy eating choices, and celebrating the benefits of healthy living for the whole school.

Targeting the Benefits of Healthy Living

Action Schools! BC is a response to concerns about children's health. The initiative's school-based resources were developed to achieve positive outcomes in four health targets.



Healthy Bones – Strong bones are built during childhood and adolescence. Jumping, weight-bearing, and strength training activities build strong skeletons, and decrease the risk of osteoporotic fractures later in life.



Healthy Heart – Cardiovascular disease is the second leading cause of death in Canada. Physical inactivity is considered to be a major modifiable risk factor for heart disease. Participation in active games, individual pursuits, and running or walking regularly will contribute to students' heart health.



Healthy Muscles – Muscle strength and flexibility enhance functional ability and support life-long active living. Weight bearing and strength training activities exert forces on the bones contributing to healthy bone development. Stretching increases range of motion and contributes to muscle development.



Healthy Self – Healthy living contributes to the development of self-esteem, decreases tobacco use, supports proper nutrition, maintains healthy weight, and enhances academic performance.

Results from a comprehensive evidence-based health outcome pilot evaluation proved Action Schools! BC increased the physical activity level of students, and contributed to improvements in their bone health, heart health, dietary requirement awareness, and academic performance.

Based on the success of the pilot evaluation findings, Action Schools! BC is now being rolled out across British Columbia.

Activate Your School with Action Schools! BC

For more information about Action Schools! BC visit www.actionschoolsbc.ca or contact the Action Schools! BC Support Team by phone: 604-738-2468 or 1-800-565-7727, or email: info@actionschoolsbc.ca.

Active Living

ACTIV8



A curriculum-based physical activity challenge program with an emphasis on participation rather than performance that helps students of all abilities develop their fitness and skill level. Grade specific modules include warm-ups, cool downs, and everything in-between.

Cost: FREE hardcopies

Contact: Active Healthy Kids Canada
416-426-7120 or 1-888-446-7432
info@activ8.org www.activ8.org

Zone: Scheduled Physical Education

ACTIVE & SAFE ROUTES TO SCHOOL



Encourage families to choose safe and active routes to and from school to improve the health of students and the environment, while improving safety in and around the school zone. Program components include the Walking or Cycling School Bus, International Walk to School events, a Walking Tour of Canada, and more.

Cost: Download for FREE

Contact: Go for Green
613-748-1800 or 1-888-822-2848
asrts@goforgreen.ca www.asrts.ca

In BC: Way to Go! School Program
604-732-1511 or 1-877-325-3636
waytogo@telus.net www.waytogo.icbc.bc.ca

In ON: Green Communities/ASRTS
416-488-7263 or 1-877-533-4098
info@saferoutestoschool.ca www.saferoutestoschool.ca

Zone: School Environment ■ Family and Community ■ Extra-Curricular

ACTIVE LIVING SCHOOLS: Build It & They Will Come



A step-by-step process for creating or improving an Active Living School. Includes success stories from across the country and information about support programs and resources.

Cost: Download for FREE

Contact: CAHPERD

613-523-1348 or 1-800-663-8708 ext. 221

info@cahperd.ca

www.cahperd.ca/eng/advocacy/tools

Zone: School Environment

ACTIVITY STATIONS



Stations and tips for an activity day to celebrate physical activity. Stations use a variety of skills and include variations for individual differences.

Cost: Download for FREE

Contact: Ever Active Schools

780-454-4745

info@everactive.org

www.everactive.org/files/Activity%20Stations%20Manual.pdf

Zone: School Spirit

ANOTHER GAMES BOOK NOT JUST ANOTHER GAMES BOOK



Two resources for special event and theme week programming designed to involve students and staff, increase school spirit, and promote active living.

Cost: \$25 each

Contact: CIRA Ontario

905-575-2083

office@ciraontario.com

www.ciraontario.com

Zone: Extra-Curricular
School Spirit

CANADA GAMES DAY KIT



Experience the Canada Games in your own community. Students are encouraged to set goals, take pride in their achievements, and above all, participate! Between sporting activities, participants take part in entertaining trivia challenges and learn more about their country and the Canada Games. Teacher “Catch the Spirit” kit includes everything needed to plan, organize, and run a Canada Games Day, including activity cards, action lists, score sheets, tips and promotional tools.

► NOTE: Visit the Canada Games Council website at www.canadagames.ca for more information.

Cost: \$19.95

Contact: CAHPERD

613-523-1348 or 1-800-663-8708 ext. 221

excelway@phec.ca

www.excelway.ca

Zone: Scheduled Physical Education
School Spirit

CANADIAN CROSS COUNTRY FITNESS CHALLENGE



Imagine walking, running, biking, swimming or rollerblading across Canada, from sea to sea! This online program enables classes or students to track their physical activity mileage 10,529 kms from Newfoundland to British Columbia. A new World Cross Country Challenge is available.

Cost: \$75

Contact: Canadian Cross Country Fitness Challenge

info@c2cfits.com

www.c2cfitscanada.com

Zone: Scheduled Physical Education
Classroom Action
Extra-Curricular
School Spirit

CANADIAN OLYMPIC SCHOOL PROGRAM



Capture the excitement of the Olympic Games in your classroom. Program aligns lesson plans with information about the Olympic Games and the achievements of Canadian athletes to educate, motivate and inspire students to become “Smarter, Better and Stronger.” Teaching resources include lesson plans, adaptable classroom ready activities, and curriculum connections for physical education, mathematics and language arts.

Cost: FREE with enrolment

Contact: Canadian Olympic Committee
416-962-0262
contact@olympic.ca
www.olympicschool.ca

Zone: Scheduled Physical Education ■ School Spirit

CO-ED RECREATIONAL GAMES



More than 200 games that maximize physical activity time while helping students drop their inhibitions, put aside their worries, and just play. Games accommodate students of all ages and skill levels so everyone can enjoy participating. Can be used for physical education or intramurals.

Cost: \$29.95

Contact: CAHPERD
613-523-1348 or 1-800-663-8708 ext. 221
excelway@phec.ca www.excelway.ca

Zone: Scheduled Physical Education ■ Extra-Curricular

EAT WELL. PLAY WELL. STAY WELL.



Presentations by physicians for school parent groups about healthy active living. Website features information about childhood obesity, healthy eating and physical activity.

Cost: FREE

Contact: Fiona Youatt, BC Medical Association
604-638-2881 or 1-800-665-2262
fyouatt@bcma.bc.ca
www.bcma.org/healthykids

Zone: School Environment ■ Family and Community

ENERGIZERS



Classroom based physical activities that integrate physical activity with academic concepts. 10 minute activities appropriate for the classroom. Specific resources for grades K-5 and 6-9.

Cost: Download for FREE

Contact: North Carolina Physical Education
www.ncpe4me.com/energizers.html

Zone: Classroom Action

GYM RIOT



An event designed to enhance school spirit, Gym Riot can involve any number of teams and students. Every aspect of the event is explained in detail. Specific resources for grades 2-6 and 7-12.

Cost: \$19.95 each

Contact: CAHPERD
613-523-1348 or 1-800-663-8708 ext. 221
excelway@phec.ca
www.excelway.ca

Zone: Scheduled Physical Education
Extra-Curricular
School Spirit

HEALTHY CHOICES



A comprehensive school health program addressing healthy eating, physical activity, body image, relationships, sexual health, and more. Grade specific binders include lesson plans, support programs, and resource agencies. Developed by the Vancouver Island Health Authority – Prevention Services.

Cost: \$15-\$40 each

Contact: Vancouver Island Health Authority – Prevention Services
250-744-5100
wanda.hurdle@viha.ca

Zone: School Environment
Classroom Action

HEARTSMART KIDS



Curriculum based activities related to three heart health themes: healthy eating, active living, and living smoke-free. Activities can stand alone or be used sequentially. Program includes an educator's guide, student magazines, and workshop participation. Complementary resources include a HeartSmart Kids program for Aboriginal students (grades 4-6) and a HeartSmart Active Fun Kit for families.

Cost: FREE with workshop participation

Contact: Heart & Stroke Foundation of BC & Yukon
604-736-4404 or 1-888-473-4636
www.heartandstroke.bc.ca

Zone: Scheduled Physical Education

HERO IN YOU

BC Sports Hall of Fame & Museum



An online education program designed to motivate, inspire and encourage youth to set and achieve meaningful personal goals. Resources include 14 lessons with worksheets, student-directed classroom activities, video footage, interviews, and photos for students to learn about BC athletes. New lessons feature Terry Fox, Daniel Igali and Silken Laumann.

Cost: FREE online

Contact: BC Sports Hall of Fame & Museum
604-687-5520
sportsinfo@bcsporthalloffame.com
www.heroinyou.ca
www.bcsporthalloffame.com

Zone: Scheduled Physical Education

INTERNATIONAL WALK TO SCHOOL WEEK



Promotes active and sustainable transportation to and from school, contributing to healthier, more vibrant communities. In 2005, more than 3 million children, parents, and community members from 38 countries around the world participated in iWALK events.

- NOTE: International Walk to School Week is celebrated annually in October.
Visit the International Walk to School site at www.iwalktoschool.org.

Contact: Go for Green
613-748-1800 or 1-888-822-2848
info@goforgreen.ca www.asrts.ca

In BC: Way to Go! School Program
604-732-1511 or 1-877-325-3636
waytogo@telus.net www.waytogo.icbc.bc.ca

In ON: Green Communities Canada/ASRTS
416-488-7263 or 1-877-533-4098
info@saferoutestoschool.ca
www.saferoutestoschool.ca

Zone: School Environment
Family and Community
School Spirit

IT'S THE REAL DEAL: Petro-Canada's Paralympic Schools Program



Designed by educators for educators to learn about equality and inclusiveness; ignite positive engagement for people with a disability; and teach youth about resilience, flexibility, perseverance and persistence. Features cross-curricular lesson plans about athletes, the Paralympic Games, and the history of the Paralympic Movement.

Cost: FREE

Contact: Jessica Lapelle, Canadian Paralympic Committee
613-569-4333 ext. 226
education@paralympic.ca www.paralympic.ca

Zone: Scheduled Physical Education
Family and Community
School Spirit

- NOTE: Contact the CPC about Paralympic Heroes – presentations by Paralympic athletes and members of the Paralympic family.

LEARNING WITH THE BODY IN MIND



The scientific basis for energizers, movement, play, games and physical education. Includes more than 100 indoor and outdoor games, brain boosters, and energizers.

Cost: \$32.50

Contact: Purchase at your local bookstore!
ISBN: 1890460079

Zone: Scheduled Physical Education
Classroom Action

LONG LIVE KIDS



Encourages students to “eat smart, move more, and be media wise”, addressing the importance of media literacy as it applies to physical activity and healthy eating. Media literacy can help students understand the need to balance sedentary time with physical activity, and interpret and analyze media messages in order to make smart, informed activity and nutrition choices.

Cost: FREE

Contact: Concerned Children’s Advertisers
416-484-0871
info@cca-kids.ca
www.cca-kids.ca

Zone: School Environment
Scheduled Physical Education

► NOTE: FREE Long Live Kids workshops are available for conferences.

MASS APPEAL



Activities designed to involve groups of at least 50 with a maximum participation of 1000. Activities require little equipment and can be incorporated into special event days or weeks.

Cost: \$20

Contact: CIRA Ontario
905-575-2083
office@ciraontario.com
www.ciraontario.com

Zone: Family and Community
School Spirit

PHYSICAL ACTIVITY GUIDES



Tools to help students incorporate active living into their daily lives. Available resources include targeted guides for children and youth, families, and teachers; interactive magazines; and a physical activity chart with stickers. Physical Activity Guides for Healthy Active Living are also available for adults and older adults.

Cost: FREE hardcopies or download from the internet

Contact: Health Canada
1-888-334-9769
www.healthcanada.ca/paguide

Zone: School Environment
Family and Community

► NOTE: Health Canada also produces a Guide to Healthy Eating (see pg. 76).

PLAYSKILLS & POWERSKILLS HeartSmart Family Activities



Take home activity sheets to educate students and families about the importance of physical activity, and support the development of basic sport skills and life-long active living habits. Five activity sheets per grade.

Cost: Download for FREE

Contact: Heart & Stroke Foundation of Canada
www.heartandstroke.ca

Zone: Family and Community

PURPLE PIRATE



Dustin Anderson, Canada's only pedal-powered entertainer, encourages students to be active through his FUNdamentals of fitness show. Students learn the 5 FUNdamentals of Fitness with rule number one being – HAVE FUN! 45 minutes of inter-ACTIVE entertainment.

Cost: Presentations start at \$450

Contact: Purple Pirate Productions
604-805-4395
www.purplepirate.com

Zone: School Spirit

QUALITY DAILY PHYSICAL EDUCATION (QDPE)



The centre of CAHPERD's strategy for increasing the physical education levels of Canadian children and youth. Emphasizes the importance of providing students with the knowledge and skills necessary to develop a positive attitude toward physical activity that will last a lifetime. Lots of resources to help teachers advocate for and implement QDPE. Visit CAHPERD's website for more information.

Cost: A variety of resources can be downloaded for FREE

Contact: CAHPERD

613-523-1348 or 1-800-663-8708 ext. 221

info@cahperd.ca

www.cahperd.ca

Zone: School Environment
Scheduled Physical Education

QUALITY SCHOOL HEALTH



Promotes a comprehensive approach to school health and includes considerations for curriculum connections, school environment, community support, and school services.

Cost: Download resources for FREE

Contact: CAHPERD

613-523-1348 or 1-800-663-8708 ext. 221

info@cahperd.ca

www.cahperd.ca

Zone: School Environment

RIGHT TO PLAY

Learning to Play. Playing to Learn.

Explores the experiences of children around the world, the countries they live in, and our rights and responsibilities in the world community. Curriculum-based social studies lesson plans are integrated with creative play to increase activity levels in your school and community. Program includes teacher's guide, physical activity suggestions with classroom ball, DVD, and poster. Workshops are available.

Cost: FREE

Contact: Right to Play

1-877-808-PLAY (7529)

www.righttoplay.com

Zone: Classroom Action

SNOW FUN! FAVOURITE CANADIAN WINTER ACTIVITIES



Winter physical activities gathered from teachers and students across Canada. Activities are organized into six categories: scavenger, cooperative – team building, relay, tag teams, targeting, carnival and special days. Imaginations and improvisations allow these games to be played indoors if there is no snow or the day is too cold.

Cost: \$20

Contact: CAHPERD
613-523-1348 or 1-800-663-8708 ext. 221
excelway@phec.ca www.excelway.ca

Zone: Scheduled Physical Education
Family and Community
School Spirit

TERRY FOX RUN



A non-competitive event commemorating Terry Fox's "Marathon of Hope" and keeping his dream of a cure for cancer alive. Website includes information about Terry Fox, resources to host a run in your school or community, and provincial/territorial contacts.

Cost: Participation is FREE

Contact: Terry Fox Foundation
www.terryfoxrun.org

Zone: School Spirit

WAY TO GO! SCHOOL PROGRAM



This program develops traffic safety awareness and promotes alternative transportation (walking, cycling, carpooling, transit) to elementary and middle schools. Sponsored by the Autoplan Brokers of BC – insuring a safer BC. Toolkit provides a variety of strategies for addressing transportation concerns.

Cost: FREE in BC; by request in other provinces

Contact: Way to Go! School Program
604-732-1511 or 1-877-325-3636
waytogo@telus.net www.waytogo.icbc.bc.ca

Zone: School Environment
Family and Community

ZANY ACTIVITIES WITH A RUBBER CHICKEN



A coop full of improvisation ideas, this resource will add fun to your intramural/recreation program, physical activity club, classroom or staff meeting.

Cost: \$12

Contact: CAHPERD

613-523-1348 or 1-800-663-8708 ext. 221

excelway@phec.ca

www.excelway.ca

Zone: Classroom Action

Extra-Curricular

► NOTE: CAHPERD sells rubber chickens.

ZANY ACTIVITIES WITH PANTY HOSE, BOXER SHORTS & LEOTARDS



Improvisation ideas suitable for all age groups. Activities include group development, challenges, tag games, relays, target games and team activities.

Cost: \$12

Contact: CAHPERD

613-523-1348 or 1-800-663-8708 ext. 221

excelway@phec.ca

www.excelway.ca

Zone: Scheduled Physical Education

Classroom Action

Movement Skills

50 GAMES WITH 50 TENNIS BALLS



Gymnasium, field and classroom activities with tennis balls. Categories include warm-up activities, ball-throwing games, sport variations, relay games, and wall games.

Cost: \$20

Contact: CIRA Ontario
905-575-2083
office@ciraontario.com
www.ciraontario.com

Zone: Scheduled Physical Education
Classroom Action
Extra-Curricular

ACTIVE PLAYGROUNDS



More than 100 games for asphalt, blacktop or tarmac surfaces. Includes hopscotch, four square, skipping, wall and line games. Diagrams and dimensions for markings are included.

Cost: \$30

Contact: CIRA Ontario
905-575-2083
office@ciraontario.com
www.ciraontario.com

Zone: Scheduled Physical Education
Classroom Action

ARCHERY WORKSHOPS & DEMONSTRATIONS



The BC Archery Association offers practical and fun workshops for students, teachers, and coaches in elementary schools. Equipment is provided; all that is required is a gym or outdoor space.

Cost: Price negotiable (suggested \$100)

Contact: Susan Lemke, BC Archery Association
arclslem@axionet.com
www.archeryassociation.bc.ca

Zone: Scheduled Physical Education
Family and Community

ATOMIC VOLLEYBALL



Age-appropriate volleyball instruction using badminton courts, mini volleyballs, and short nets. Lessons focus on skill development and practise to appeal to all skill levels.

Cost: Call for price

Contact: Lee Taylor, Volleyball Canada
613-748-5681 ext.222
info@volleyball.ca
www.volleyball.ca

Zone: Scheduled Physical Education

BANG FOR YOUR BUCK



Alternative games using alternative equipment. Ideas for intramural and physical education games and activities using low-cost equipment from dollar stores.

Cost: \$25

Contact: CIRA Ontario
905-575-2083
office@ciraontario.com
www.ciraontario.com

Zone: Scheduled Physical Education
Classroom Action
Extra-Curricular

BASKETEERS



An intramural style game designed to promote the importance of quality physical activity and provide students with opportunities for positive social interaction in a Fair Play environment. A modified scoring system and mandatory equal playing time ensure participants have fun and work together.

Cost: Manual \$35

Contact: Jason Jansson, Basketball Ontario
416-426-7136
jjansson@basketball.on.ca www.basketball.on.ca

Zone: Family and Community ■ Extra-Curricular

► NOTE: Clinics and teacher workshops are available in Ontario.

BEAN BAG ROCK & ROLL CD



Rollicking routines promote coordination, team work, motor development and following directions. Includes Shake Rattle and Roll, Blue Suede Shoes, Happy Days and other favourites from the rock 'n roll era.

Cost: \$22.59

Contact: School Specialty Sportime
1-800-775-7478
www.schoolspecialty.ca/sportime

Zone: Scheduled Physical Education ■ Classroom Action

BEGINNING RUNNER'S HANDBOOK



Advice from shoe selection to completing a 10km race. Includes training schedules with log, strength training routines, and injury protection and recovery tips.

Cost: \$22.95

Contact: Purchase at your local bookstore!
ISBN: 1553650875

OR: SportMedBC
604-730-7255 or 1-888-755-3375
info@sportmedbc.com

www.sportmedbc.com/Content/Intraining/Resources/Introduction.asp

Zone: Schedule Physical Education ■ Family and Community

► NOTE: Visit SportMedBC's InTraining running and walking clinic site at www.sportmedbc.com/Content/Intraining/Home.asp

BIGGEST LITTLE GAMES BOOK EVER
Vol 1: For Teachers & Community
Leaders Everywhere
Vol 2: Games Using Small Equipment



Hundreds of games and activities. Volume 1 includes tag games, strength activities, warm-up games, goofy relays, and fun activities for acrobats. Volume 2 focuses on small equipment: bean bags, hoops, balls, sticks and pucks, scoops, paddle bats and racquets, and jump ropes. Each activity includes a description, illustrations and variations, with instructions for students of all skill levels.

Cost: \$31.15 each

Contact: Alberta Learning Resources Centre
780-427-2767 or 1-888-310-7777 (in AB, first dial 310-0000)
lrccustserv@gov.ab.ca
www.lrc.education.gov.ab.ca

Zone: Scheduled Physical Education
Classroom Action

BIKE SMARTS



Helps teachers improve the safe cycling knowledge, skills and attitudes of children. Instructors with little or no background can assist children to learn safe cycling skills that convert into lifetime habits. Lesson plans are based on solid learning principles and curriculum learning outcomes.

Cost: Download for FREE

Contact: Insurance Corporation of British Columbia
www.icbc.com/Youth/roadsense_kids.asp
www.icbc.com/Youth/pdf/bikesmarts.pdf

Zone: Scheduled Physical Education
Extra-Curricular

BOUNCEBALL



Created in BC, this innovative team sport requires a high level of participation from all players while teaching cooperation, problem solving and sporting spirit. Instructional set includes manual and teaching video.

Cost: \$30

Contact: Bounceball Sports
250-756-4356
bounceball@hotmail.com

Zone: Scheduled Physical Education
Extra-Curricular

BUILDING STRONG BONES & MUSCLES



Circuits and stations, games, gymnastics, dance and other activities that are research-based, easy to implement, require little equipment, and are appropriate for a variety of settings. Includes illustrations, reproducibles, and assessment tools.

Cost: \$27.95

Contact: Purchase at your local bookstore!
ISBN: 0736044868

Zone: Scheduled Physical Education
Classroom Action

CANADA ACTIVE LIVING FITNESS CHARTS



Develop cardio-respiratory and resistance routines for your class. Set of 40 fitness charts provide step-by-step exercises for the whole body. Includes two anatomy charts and a manual with exercise techniques, safety tips, equipment lists, and circuit samples and design templates. Unique series for elementary and secondary grades.

Cost: \$225.50 per series

Contact: Thompson Educational Publishing, Inc.
416-766-2763
orderdesk@thompsonbooks.com
www.thompsonbooks.com/DPA_Charts

Zone: Scheduled Physical Education
Classroom Action

CANADIAN CYCLING ASSOCIATION'S SPROCKIDS: National Introduction to Cycling Program



A two-wheeled approach to building self-esteem through a healthy life-long activity. Curriculum includes bike maintenance, riding techniques and skills, and safety rules and etiquette. Visit the Sprockids website for course schedules, available instructors, or for information about becoming a certified instructor.

Cost: Prices vary
Leader Certification FREE (for a limited time)

Contact: Canadian Cycling Association
613-248-1353 ext.2604
sprockids@canadian-cycling.com www.sprockids.ca

In BC: BC Sprockids Program, Cycling BC
604-737-3034
assist@cyclimg.bc.ca

Zone: Scheduled Physical Education
Family and Community
Extra-Curricular

► NOTE: Created in Gibsons BC by elementary school teacher Dough Detwiler.

CANOE & DRAGONBOAT WORKSHOPS



Class, full day multi-session, or multi-week programs in a variety of boats including recreational canoes, beginner sprint racing boats, voyageur canoes, and dragon boats. Multi-week programs are available in conjunction with club or community events and festivals. Teachers workshops for CANOEKIDS (a coaching in community sport NCCP coaching certification) and Level 1 Dragon Boating are also available. All equipment is supplied and coaches are certified.

► NOTE: Workshops are offered throughout BC in areas where CKBC has member clubs.

Cost: Prices vary

Contact: Canoe Kayak BC
604-465-5268
mj@canoekayakbc.ca www.canoekayakbc.ca

Zone: Scheduled Physical Education
Family and Community
Extra-Curricular
School Spirit

CHILDREN IN SPORT: A Fundamental Skill Development Program



Builds fundamental skills through games and skill progressions to encourage life-long participation in sport. Program materials include parent, teacher and sport leader guides; a video; and promotional materials.

Cost: Download for FREE; hardcopy prices vary

Contact: Sask Sport Inc.
306-780-9300
sasksport@sasksport.sk.ca
www.sasksport.sk.ca

Zone: Scheduled Physical Education
Family and Community

CHILDREN'S GAMES FROM AROUND THE WORLD



A compilation of games that focus on multiculturalism, creativity and cooperative learning. Features traditional games from around the world, and new games invented by children from fifty countries.

Cost: \$47.95

Contact: CAHPERD
613-523-1348 or 1-800-663-8708 ext. 221
excelway@phec.ca www.excelway.ca

Zone: Scheduled Physical Education

CHINESE JUMP ROPE



A comprehensive video and resource booklet includes skills and a history of Chinese Jump Rope.

Cost: Video \$30.99; Booklet \$6.59

Contact: School Specialty Sportime
1-800-775-7478
www.schoolspecialty.ca/sportime

Zone: Scheduled Physical Education
Classroom Action

► NOTE: School Specialty Sportime sells Chinese Jump Ropes.

CLASSROOM ACTION RESOURCE



One page lesson plans with implementation ideas, action tips, recommended resources, and curriculum outcomes support physical activity in the classroom or alternative space. Developed with generalist teachers in mind. Based on a 15x5 model to provide 15 minutes of physical activity a day, each day of the school week. Specific resources for K-7 and Middle Schools.

Cost: In BC: FREE to registered Action Schools
Outside BC: Resource \$10; Call for workshop costs

Contact: Action Schools! BC
604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca www.actionschoolsbc.ca

Zone: Classroom Action

EVERYBODY MOVE! Daily Vigorous Physical Activity



Teaching resource, music CD, and demonstration DVD provide game ideas, dance suggestions, and administrative tips. Gets everybody moving whether in a small, confined space or a large, spacious gymnasium.

Cost: \$60

Contact: CIRA Ontario
905-575-2083
office@ciraontario.com www.ciraontario.com

Zone: Scheduled Physical Education ■ Classroom Action

EXERCISE IN DISGUISE



Resources for Daily Vigorous Physical Activity. Two teaching resources full of classroom, hallway and playground games. Descriptions include activity sequences, variations, equipment lists, and teacher tips. A teacher in-service DVD features teacher modeling and student leadership, curriculum connections, and assessment opportunities.

Cost: Resources \$9.99 each; DVD \$15.99
Combination and bulk purchasing discounts are available

Contact: Waterloo Catholic District School Board
519-578-3660
Melody.grominsky@rdo.ca www.wcdsb.edu.on.ca/cr/cr.html

Zone: Classroom Action

FLAG FOOTBALL



A co-ed, in-school program for elementary and middle school students created to introduce football fundamentals. Kit includes footballs, belts and flags, activity sheets, and certificates. Website includes coaching tips and techniques. Regional, national and world tournaments are organized across the country.

Cost: Download Manual for FREE

Program Registration \$15

Contact: www.flagfootball.ca

Zone: Scheduled Physical Education
Extra-Curricular

FROM A TO Z BY BIKE



Provides information to teach children safe cycling, to wear helmets, and to apply good judgment to potentially dangerous traffic situations. Dictionary format provides quick access to important information.

► NOTE: Resource targeted for grades 4-6, but appropriate for grades K-8.

Cost: From \$1.50 per book; bulk quantities available

Contact: Roma Dehr, AMC Media

604-736-6931

AMCmedia@axionet.com

www.AMCmedia.net

Zone: Scheduled Physical Education
Extra-Curricular

GAELIC FOOTBALL WORKSHOPS



Introduce students to Ireland's national sport. Gaelic Football integrates skills found in volleyball, soccer, football and basketball. This innovative sport is easy to set up, with simple rules.

Cost: Prices vary

Contact: John O'Flynn

604-803-7232

oflynn@oflynn.ca

www.cul4kidz.com

Zone: Scheduled Physical Education
Family and Community

GAME ON!



A collection of 77 games with suggestions to unite groups and promote active fun. Ball games, playground games, and group activities for all ages offer a variety of healthy options to achieve specific curriculum goals.

Cost: \$22.95

Contact: CAHPERD

613-523-1348 or 1-800-663-8708 ext. 221

excelway@phec.ca www.excelway.ca

Zone: Scheduled Physical Education

GAMES FOR PEOPLE WITH SENSORY IMPAIRMENTS



A practical reference providing teachers with 70 ready-to-use games that people with sensory impairments – both visual and hearing – can play. Games are easily selected and modified for players of all ages and ability levels. Appropriate for people without disabilities as well, enabling them to have fun while appreciating the challenges often faced by persons with disabilities

Cost: \$29.95

Contact: Human Kinetics Publishers

1-800-465-7301

www.humankinetics.com

Zone: Scheduled Physical Education

GET STRONG 101 DVD



101 strength and conditioning skills, drills and games for use in the classroom, gym or on a field. Focuses on strength, quickness, balance, speed and agility for everyday activities, sport, or just to feel great! Each skill is a separate video. Includes sample workouts or teachers and students can create their own. The newest DVD featuring Judy Howard.

Cost: \$24.95

Contact: Engage Communications Inc.

604-874-7700

info@dvdskills.com www.dvdskills.com

Zone: Scheduled Physical Education ■ Classroom Action

► NOTE: “Fit Family Trio” – Purchase 6 Fit Kids’ Workouts (pg. 51), 65 Energy Blasts (pg. 52) and Get Strong 101 (pg. 30) as a package for \$67.36.

GREAT GATOR GAMES



Contains forty games for use in physical education, intramurals or playground programs. Gator Skin balls are adaptable, lightweight and available in a variety of sizes enabling children to learn motor skills without fear of the ball. Specific activities include icebreakers, team, tag, mass and dodgeball games.

Cost: \$20

Contact: CIRA Ontario
905-575-2083
office@ciraontario.com
www.ciraontario.com

Zone: Scheduled Physical Education
Classroom Action

HAND, PADDLE & RACQUET-TYPE GAMES



Learning activities and games to develop hand-eye coordination. The resource includes teaching tips, lesson plans, and game overviews.

Cost: \$11.75

Contact: CAHPERD
613-523-1348 or 1-800-663-8708 ext. 221
excelway@phec.ca
www.excelway.ca

Zone: Scheduled Physical Education

HANDBALL



Handball is similar to soccer, but uses the hands instead of the feet. Website features standardized rules and techniques, and adapted rules of play for diverse skill levels and ages.

Cost: Download for FREE

Contact: Canadian Team Handball Federation
www.handball.ca

Zone: Scheduled Physical Education

HEAD-TO-TOE STRETCH POSTER



Reinforce the importance of stretching when posted in the gymnasium or classroom. Safe stretching exercises endorsed by SportMedBC, BCRPA, CSEP-BC and PE-BC.

Cost: FREE to registered Action Schools (one per eligible classroom)
In BC \$4; Outside BC \$5; add \$1 for lamination

Contact: Action Schools! BC
604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca
www.actionschoolsbc.ca

Zone: Scheduled Physical Education
Classroom Action

HEALTHY OPPORTUNITIES FOR PRESCHOOLERS & PRIMARY



Developmentally appropriate movement activities for daily physical activity. Includes modifications and teaching and safety tips. Designed to suit varying time, space and environments.

Cost: Download for FREE at
www.educ.uvic.ca/faculty/temple/vtstd/HOP/Frameset.htm

Contact: Action Schools! BC for hardcopies
604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca
www.actionschoolsbc.ca

Zone: Scheduled Physical Education
Classroom Action

HEART HEALTHY KIDS LESSON PLANS



Grade specific heart health units; include lesson plans and student worksheets.

Cost: Download for FREE

Contact: Heart & Stroke Foundation of Canada
www.heartandstroke.ca

Zone: Classroom Action

HEART HEALTHY KIDS PHYSICAL ACTIVITY HANDBOOK



Support in integrating physical activity into the daily classroom schedule.

Cost: Download for FREE

Contact: Heart & Stroke Foundation of Canada
www.heartandstroke.ca

Zone: Classroom Action

HOCKEY IN THE SCHOOLS



Introduce students to Canada's National winter game. Manual includes learning outcomes, lesson plans, assessment, and tools to photocopy. Program coordinator offers support, including connections with instructors and ice facilities. Specific curricula for grades 1-3, 4-6 and 7-12.

Cost: FREE

Contact: BC Amateur Hockey Association
250-652-2978
info@bchockey.org
www.bchockey.org

Zone: Scheduled Physical Education

HOOPS FOR HEART JUMP ROPE FOR HEART



A whole school event combining cardiovascular fitness with fun, while raising funds for the Heart & Stroke Foundation. Students are taught to care for their hearts through fitness and heart health education. Participating schools receive FREE heart health teaching resources.

Cost: FREE fund raising package with event registration

Contact: Heart & Stroke Foundation of Canada
1-888-473-4636 www.heartandstroke.ca

Zone: Scheduled Physical Education
Classroom Action
School Spirit

► NOTE: Visit the Heart and Stroke Foundation website for additional resources and provincial/territorial contact info.

INCLUSIVE GAMES



50 games and hundreds of game variations for students to practice, plan and improve their physical activity skills together.

Cost: \$23.95

Contact: CAHPERD

613-523-1348 or 1-800-663-8708 ext. 221

excelway@phec.ca www.excelway.ca

Zone: Scheduled Physical Education

INTER-CROSSE



Introduce students to Canada's national summer sport. Inter-Crosse is founded upon the values of respect, movement, communication and adaptability. Resource package includes an introduction to inter-crosse, warm-up activities, lessons, drills and games, and an introductory video.

Cost: FREE

Contact: BC Lacrosse Association

604-421-9755

info@bclacrosse.com

www.bclacrosse.com

Zone: Scheduled Physical Education

Family and Community

Extra-Curricular

JOY OF JUGGLING



Learning tools for juggling with scarves, bean bags, balls, ring and clubs. Illustrated manual covers basic and advanced skills. Video includes skill descriptions and demonstrations with young jugglers.

Cost: Manual \$10.59; Video \$27.99

Contact: School Specialty Sportime

1-800-775-7478

www.schoolspecialty.ca/sportime

Zone: Scheduled Physical Education

Classroom Action

JUGGLETIME VIDEO



Demonstrations and instructional hints to speed-up the teaching-learning process. Helps students develop persistence, positive thinking and a sense of self-confidence.

Cost: VHS \$28.59

Contact: School Specialty Sportime
1-800-775-7478
www.schoolspecialty.ca/sportime

Zone: Scheduled PE
Classroom Action

JUGGLING: FROM START TO STAR



In the classroom or gym, juggling is fun and active. This easy to use manual includes tips, fun games, photographs, diagrams and different apparatus suggestions for all levels of jugglers.

Cost: \$29.95

Contact: CAHPERD
613-523-1348 or 1-800-663-8708 ext. 221
excelway@phec.ca
www.excelway.ca

Zone: Scheduled Physical Education
Classroom Action

JUMP2bFIT



A rope skipping activity and fitness program designed to improve fitness, skill development, team-work, leadership skills, and self-esteem. Kit includes instructor manual, video, music CD, one skipping rope, instructional posters, and a sample student activity booklet.

Cost: Kit \$49.95; prices for individual resources vary

Contact: CAHPERD
613-523-1348 or 1-800-663-8708 ext. 221
excelway@phec.ca www.excelway.ca

Zone: Scheduled Physical Education
Classroom Action

► NOTE: CAHPERD sells skipping ropes.

JUMPFIT



A jump rope workout program. Booklet and DVD start with basic skills and progress to tricks. A web-based Personal Challenge Program with downloads complements the program. Music CD was compiled for rope jumping; tempos increase from track one to track twelve.

Cost: Booklet & DVD \$12.95; Music CD \$7.95

Contact: Atec Marketing Limited
905-648-0178
jumpfit@jumprope.com
www.jumprope.com

Zone: Scheduled Physical Education

JUMPING INTO THE CURRICULUM



Jump rope activities with curricular connections to language, math, science, the arts and social studies.

Cost: Download for FREE

Contact: Heart & Stroke Foundation of Canada
www.heartandstroke.ca

Zone: Scheduled Physical Education

K-3 GAMES



A practical resource to teach sport skills through games. Promotes game and social skills, physical fitness, knowledge and understanding, and positive attitudes.

Cost: \$12.95

Contact: CAHPERD
513-523-1348 or 1-800-663-8708 ext. 221
excelway@phec.ca
www.excelway.ca

Zone: Scheduled Physical Education

KANGA BALL



A unique, safe, modified form of cricket offering fun, action and equal participation. Easy to set up, and with simple rules, Kanga Ball can be played on any indoor or outdoor level surface. Suitable for co-ed physical education, intramural play, interschool competition, or informal play. Manual includes age-targeted lesson plans and adaptations.

Cost: Manual \$6; Equipment sets from \$75

Contact: Top Gear Sports/Model Craft Inc.
604-437-1166
info@modelcraft.com

Zone: Scheduled Physical Education
Family and Community
Extra-Curricular

► NOTE: In BC, contact Jack Kyle about Kanga Ball workshops for intermediate grades and teachers at 604-276-9488.

KEEPING KIDS ACTIVE



A traveling resource kit of alternative physical education equipment and a resource manual supporting the K-5 Saskatchewan curriculum. Designed to assist generalists and PE Specialist deliver quality physical education programs.

Cost: Resource Manual \$15; Schools are responsible for Kit's transportation to next school (approx. \$25)

Contact: Saskatchewan Physical Education Association
306-656-4423
spea@sasktel.net
www.speaonline.ca

Zone: Scheduled Physical Education
Classroom Action

► NOTE: Kits are available for purchase – contact SPEA for more information.

► NOTE: Contact SPEA about a travelling set of pedometers.

KIDS CANMOVE SCHOOL PROGRAM



A comprehensive program designed to help any teacher provide positive gymnastic experiences. Program includes 7 hours of instruction with a certified instructor (as a teacher inservice and/or direct student instruction); a teaching manual with sample lessons; a Gymnastics BC membership; and other support resources.

Cost: \$100

Contact: Gymnastics BC
604-737-3139
info@gymnastics.bc.ca
www.kidscanmove.com www.gymnastics.bc.ca

Zone: Scheduled Physical Education ■ Family and Community

KIDS INTO ACTION



Instructional music CDs that provide physical activity routines with warm-ups, stretching, and cool downs. Targeted CDs for grades 1-3, 4-6, and 7-9.

Cost: \$24.99 each; package and bulk discounts available

Contact: Kids into Action
416-451-5542
josh@kidsintoaction.com www.kidsintoaction.com

Zone: Scheduled Physical Education ■ Classroom Action

KIDS' YOGA GOES TO SCHOOL



Ancient Yoga Asanas (postures) instil strength, steadiness, flexibility, balance and rest. Resources include a teaching manual with ideas for developing a yoga session or incorporating yoga into the classroom to boost, harmonize, or calm the atmosphere (recommended for teachers with yoga experience); a CD of music, poetry and song to inspire good energy and yoga moves; and classroom workshops and teacher training (BC only) to bring the stable ground of Yoga into the lives of students.

Cost: Manual \$20; Music CD \$25;
workshop and training costs vary

Contact: Maalaa, The Yoga Tree
604-730-1026 or 250-247-8872
maalaa@theyogatree.com www.theyogatree.com

Zone: Scheduled Physical Education ■ Family and Community
Extra-Curricular

KIN-BALL



Created in Canada, Kin-Ball promotes cooperation, fairplay and teamwork. Instructional manual provides information about tactics, refereeing and technique. Video introduces the sport and teaches the basics of the game to get students active. Other technical resources are available.

Cost: Manual \$16.99; Video \$19.99

Contact: Kin-Ball Canada
1-800-636-3052
sdemers@kin-ball.qc.ca
www.kin-ball.qc.ca

Zone: Scheduled Physical Education
Extra-Curricular

► NOTE: Kin-Ball Canada sells Kin-Balls.

MEGA HOOPS



Introduce basketball skills in a fun, action-packed environment. Progressive activities teach students the proper execution of six basic fundamentals: shooting, dribbling, passing, rebounding, movement, and lay-ups. Teacher resource manual includes activity wall cards, video and participation certificates.

► NOTE: Three-hour skill sessions, teacher clinics, and 8 week clinics are available in Ontario; prices vary.

Cost: Teacher Resource \$75

Contact: Jason Jansson, Basketball Ontario
416-426-7136
jjansson@basketball.on.ca
www.basketball.on.ca

Zone: Scheduled Physical Education
Family and Community
Extra-Curricular

MINI VOLLEY: Instructor's Guide & DVD



Modified volleyball to encourage learning, promote success, and increase enjoyment. Instructor Guide provides games and activities; DVD provides activity visuals. New edition now available.

Cost: \$65.95

Contact: Lee Taylor, Volleyball Canada
613-748-5681 ext.222
info@volleyball.ca
www.volleyball.ca

Zone: Scheduled Physical Education

► Note: Mini Volley Starter Kits with equipment are available.

MULTICULTURAL GAMES



Ideas and strategies to help students develop an awareness of and appreciation for other cultures while being physically active. Featuring 75 games from 43 countries on 6 continents, this practical reference is an excellent source for building an interdisciplinary and multicultural curriculum.

Cost: \$23.95

Contact: CAHPERD
613-523-1348 or 1-800-663-8708 ext. 221
excelway@phec.ca
www.excelway.ca

Zone: Scheduled Physical Education

NO STANDING AROUND IN MY GYM



Creative ideas for teaching fitness, basic skills and games. Includes six teaching units, 70 games, and lots of modifications. Illustrations, diagrams, a game finder, and classroom-tested lesson plans make trying something new easy.

Cost: \$32.95

Contact: CAHPERD
613-523-1348 or 1-800-663-8708 ext. 221
excelway@phec.ca
www.excelway.ca

Zone: Scheduled Physical Education

OODLES OF NOOLDES



Warm-ups, tag games, team games, tasks/challenges, and cooperative games using pool noodles.

Cost: \$20

Contact: CIRA Ontario
905-575-2083
office@ciraontario.com
www.ciraontario.com

Zone: Scheduled Physical Education

PARMALAT LEARN TO PLAY



Introduce students to softball with this inclusive program that builds individual skills and self-esteem. Designed with inexperienced instructors in mind. Includes lesson plans, instructions, progressions, and lead-up games. DVD demonstrates drills.

Cost: Download for FREE; Hardcopy prices vary

Contact: Softball Canada for provincial/territorial contacts.
613-523-3386
info@softball.ca
www.softball.ca

Zone: Scheduled Physical Education
Family and Community

PHYSICAL ED CD



Sixteen original songs of movement and locomotor activities to get kids moving. Lyrics and activity instructions included.

Cost: \$22.59

Contact: School Specialty Sportime
1-800-775-7478
www.schoolspecialty.ca/sportime

Zone: Scheduled Physical Education
Classroom Action

POSITIVE PLAYGROUNDS MORE POSITIVE PLAYGROUND GAMES



Provides elementary schools with tools to plan successful playground programs, energize physical education, or activate classroom physical activity programs. Includes wall and tarmac ball games, field and tag games, skipping, hopscotch, snow games, Frisbee and juggling.

Cost: Program Manual and Game Resource \$69.95
Game Resource only \$24.95
More Positive Playground Games \$34.95

Contact: Positive Playgrounds
780-466-9612
Sales@Positiveplaygrounds.ab.ca
www.positiveplaygrounds.ab.ca

Zone: Scheduled Physical Education
Classroom Action
Extra-Curricular

► NOTE: A Positive Playground Funshop workshop is available in Alberta.

psap – TEACHING THE BASICS



A physical education resource program designed to help teachers and instructors teach children their basic sport skills. Sport specific manuals for badminton, basketball, curling, disc sports, field hockey, golf, gymnastics, ice skating, judo, orienteering, soccer, softball, track & field, and volleyball provide detailed lesson plans, skill breakdowns, and an assessment framework. Skill poster sets provide visual skill cue reminders. Personal goal-setting crests motivate students to master their skills.

► NOTE: Recommended learning resources in AB, BC, MB, NL, NT, SK and YT.
► NOTE: Contact the p.s.a.p. Team about physical education workshops and presentations.

Cost: BC Schools: Manuals \$10, poster sets \$4-\$10, crests FREE
Outside BC: Manuals \$14.50, poster sets \$6-14, crests \$1

Contact: Premier's Sport Awards Program (p.s.a.p.)
604-738-2468 or 1-800-565-psap (7727)
psap@jwspporta.ca
www.psap.jwspporta.ca

Zone: Scheduled Physical Education
Extra-Curricular

A QUALITY APPROACH TO PRIMARY PE



Designed to enhance learning opportunities in physical education for primary grades. A planning guide and specific resources for dance, games and gymnastics are available.

Cost: \$16-\$17 per resource

Contact: British Columbia Teachers' Federation
Lesson Aids Service
604-871-2180 or 1-800-663-9163 ext. 2180
lacatalogue@bctf.ca
www.bctf.bc.ca/LessonAids

Zone: Scheduled Physical Education

RACQUETBALL WORKSHOPS



Designed to introduce students to racquetball. All equipment is provided, and instruction is delivered by certified coaches. Teacher orientation to support the introduction of racquetball prior to the on-court session is provided.

Cost: Court fees may apply

Contact: BC Racquetball Association
604-737-1786
bcracquetball@hotmail.com
www.racquetballbc.com

Zone: Scheduled Physical Education
Family and Community

READY-TO-USE P.E. ACTIVITIES



More than 1,600 success-oriented activities help children improve physical fitness and develop social interaction skills, fair play, and self-esteem. Included are ready-to-use forms for creating well-balanced daily, weekly and yearly physical education plan tailored to the developmental needs of students. Specific resources for grades K-2, 3-4, 5-6, 7-9.

Cost: \$47.65 each

Contact: CAHPERD
613-523-1348 or 1-800-663-8708 ext. 221
excelway@phec.ca
www.excelway.ca

Zone: Scheduled Physical Education

RHYTHMIC GYMNASTICS WORKSHOPS



Practical workshops for students and teachers. Programs require minimal equipment, and include 5 hours of instruction by a certified coach that can be tailored to meet the needs of the school – as teacher workshops, single or multiple school visits, or to prepare children for a school performance.

► NOTE: Workshops limited to communities with BCRSGF registered clubs – contact the BCRSGF for locations.

Cost: \$30

Contact: BCRSGF
604-608-5350
bcrsgf@rhythmicsBC.com
www.rhythmicsBC.com

Zone: Scheduled Physical Education
Family and Community

RICOCHET



Games using odd, reaction and Z-balls. Descriptions include rules of play, equipment/space needs, suggest age, and special considerations.

Cost: \$12.95 USD

Contact: Learning Unlimited Corporation
1-888-622-4203
<http://learningunlimited.stores.yahoo.net/ricochet.htm>

OR: Purchase from your local bookstore!
ISBN: 1885473885

Zone: Scheduled Physical Education

RUN, JUMP, THROW Teacher Handbook



This “FUNdamentals” resource teaches the basic skills of running, jumping and throwing as the basis for all other sports, and the technical skill progressions for track and field events. Includes lesson plans, equipment needs, safety tips, and adaptations.

► NOTE: This resource is recommended for PE Specialists. Teacher certification and training for generalists and specialists, youth, and community instructors is also available – see pg. 97.

Cost: \$12; an enhanced resource is available from BC Athletics for \$16

Contact: Alberta Learning Resources Centre
780-427-2767 or 1-888-310-7777 (in AB, first dial 310-0000)
lrccustserv@gov.ab.ca
www.lrc.education.gov.ab.ca

OR: Thelma Wright, BC Athletics
604-737-3175
runjumpthrow@bcathletics.org
www.bcathletics.org

Zone: Scheduled Physical Education
Family and Community
Extra-Curricular

► NOTE: Contact BC Athletics about RJT Equipment Bags filled with everything needed to implement the program.

SCOOPBALL



Scoopball games involve learning activities and games that develop hand-eye coordination. Resource includes teaching tips, lesson plans, and game overviews. Bring out the scoops for a fun and unique indoor or outdoor activity.

Cost: \$11.75

Contact: CAHPERD
613-523-1348 or 1-800-663-8708 ext. 221
excelway@phec.ca
www.excelway.ca.ca

Zone: Scheduled Physical Education
Extra-Curricular

SILLY SPORTS & GOOFY GAMES



More than 200 cooperative brain breaks, energizers, teambuilders, classbuilders, and challenges in a step-by-step format.

Cost: \$32.39

Contact: Order from your local bookstore!

ISBN: 1879097567

Zone: Scheduled Physical Education

SITTERCISE CD



Stretching, warm-ups, near-aerobic activities, cool-downs, and relaxation . . . all from the comfort of your chair.

Cost: \$25.59

Contact: School Specialty Sportime

1-800-775-7478

www.schoolspecialty.ca/sportime

Zone: Scheduled Physical Education

Classroom Action

SPEED STACKS



An exciting activity improving hand-eye coordination, reaction time and concentration which using both sides of the body and brain. A teaching guide, instructional DVD and sets of equipment are available.

Cost: Prices vary

Contact: School Specialty Sportime

1-800-775-7478

www.schoolspecialty.ca/sportime

In SK: Saskatchewan Physical Education Association

306-656-4423

spea@sasktel.net

www.speaonline.ca

Zone: Scheduled Physical Education

Classroom Action

SPORTFIT™



An easy online sport education and fitness motivation program that promotes healthy, active lifestyles. A battery of physical challenges determining physical attributes and a personal preferences questionnaire provide guidance towards sport choices. The program is a blend of physical fitness and information technology, enhancing its appeal for a variety of students.

Cost: FREE online

Contact: SportFit
604-607-4948
sportfit@2010legaciesnow.com
www.sportfitcanada.com

Zone: Scheduled Physical Education

STATION GAMES



Station based lesson plans that promote maximum activity time and lots of movement. Includes grade level, objectives, skills, equipment, safety tips and modifications.

Cost: \$25.50

Contact: CAHPERD
613-523-1348 or 1-800-663-8708 ext. 221
excelway@phec.ca
www.excelway.ca

Zone: Scheduled Physical Education

TAKRAW 101



Introduce your students to sepak takraw, a Malaysian blend of soccer and volleyball. Resource includes lesson plans, illustrations, lead-up activities and drills, progress charts, and step-by-step "how tos" for 20 kicks and spikes.

Cost: \$28

Contact: Sepak Takraw Association of Canada
306-584-8778
stac@takrawcanada.ca
www.takrawcanada.ca

Zone: Scheduled Physical Education

► **NOTE:** Contact the STAC about additional sepak takraw resources, equipment, and clinics.

TEACHING THE NUTS & BOLTS OF PHYSICAL EDUCATION



Emphasizes the need to provide children with “building blocks” for participation. Features lesson plans, worksheets, troubleshooting charts, and illustrations to help make teaching skills fun and hassle-free.

Cost: \$38.50

Contact: Human Kinetics Publishers
1-800-465-7301
www.humankinetics.com

Zone: Scheduled Physical Education

TENNIS BC SCHOOL PROGRAM



An in-school tennis program featuring Tennis Canada’s Action Method: no one ever stands around – everyone moves the whole time! Includes four sessions during regularly scheduled physical education with a certified instructor; all equipment provided. An after-school program is also available as a follow-up to the in-school program.

Cost: \$10/student or \$29/student including a Wilson Jr. racquet

Contact: Nash Vuletic, Tennis BC
604-783-0103
nash@tennisbc.org

Zone: Scheduled Physical Education
Family and Community

UP DOWN ALL AROUND



Ready-to-use lesson plans for gymnastics. An emphasis on six key movement patterns enables students to develop life-long body management skills and confidence at mastering the movement of their own bodies. Specific resources for grades 1-2, 3-4, 5-6.

Cost: \$29 each

Contact: AB Learning Resources Centre
780-427-5775
www.lrc.learning.gov.ab.ca

Zone: Scheduled Physical Education

WALKING GAMES & ACTIVITIES



Introduce students to the benefits of walking with 40 practical walking games and activities. Each activity includes objectives, safety tips, and equipment needs. Also includes sample walking units, information on nutrition, and suggested guidelines for different age groups.

Cost: \$34.59

Contact: School Specialty Sportime
1-800-775-7478
www.schoolspecialty.ca/sportime

Zone: Scheduled Physical Education
Classroom Action
Extra-Curricular

WHEELCHAIR SPORTS: Teaching Resource



A handbook to help teachers make physical activity a priority for everyone inside and outside of the classroom with a special focus on wheelchair sports.

Cost: \$10

Contact: BC Wheelchair Sports Association
604-737-3090 or 1-877-737-3090
info@bcwheelchairsports.com
www.bcwheelchairsports.com

Zone: Scheduled Physical Education

WHY PAPER & SCISSORS ROCK!!!



A new way to integrate teamwork, cooperation, decision-making and movement skills. Resource includes warm-ups, individual and team games, and sport variations; as well as a rock, paper, scissors responsibility code, official rules, history, and variations.

Cost: \$20

Contact: CIRA Ontario
905-575-2083
office@ciraontario.com
www.ciraontario.com

Zone: Scheduled Physical Education

WINTERBALL



Introduce baseball fundamentals in a fun, non-competitive activity. Manual includes complete lesson plans for grades 3-4 and 5-6 with warm-ups, games, cool-downs, teaching tips, diagrams, and glossary of terms. Kit includes teaching resources and equipment.

Cost: FREE

Contact: Baseball Canada for provincial/territorial contacts
613-748-5606
info@baseball.ca
www.baseball.ca

Zone: Scheduled Physical Education

WRESTLING WORKSHOPS



BC Wrestling offers practical and fun workshops for students, teachers and coaches in elementary schools. Comfortable clothes and gym mats are all that is required; you don't even need a gym!

► NOTE: Workshops limited to the Lower Mainland.

Cost: Prices vary

Contact: BC Wrestling
604-737-3092
info@bcwrestling.com www.bcwrestling.com

Zone: Scheduled Physical Education
Family and Community

YOGA KIT FOR KIDS



Stretch your imagination muscles! Combines imaginative play with physical challenges for independent fun that develops strength, balance, flexibility and concentration. Kit includes: 24 cards with illustrations and descriptions, instruction book, and music CD. Poster highlights several poses.

Cost: Kit \$18.55 USD; Poster \$4.60 USD

Contact: Education 4 Kids
www.edu4kids.com

Zone: Scheduled Physical Education
Classroom Action

YOU'RE IT! TAG, TAG . . . & MORE TAG



Over 90 traditional, line and crossing tag games that children and youth will enjoy and play over and over again. Each chapter explores a new and exciting way for children to be physically active while developing skills, teamwork, cooperation, and sharing.

Cost: \$20

Contact: CIRA Ontario
905-575-2083
office@ciraontario.com
www.ciraontario.com

Zone: Scheduled Physical Education
Classroom Action

■ Dance

6 FIT KIDS' WORKOUTS



Re-energize students with these fun, contemporary, pedagogically sound dance routines appropriate for any school space, any time, any day. Includes four 5-minute and two 10-minute workouts; each concludes with a healthy message. Formerly "Fit Kids' Classroom Workouts." Created by BC school teacher Judy Howard.

Cost: \$24.95

Contact: Engage Communications Inc.
604-874-7700
info@dvdskills.com
www.dvdskills.com

Zone: Scheduled Physical Education
Classroom Action

► NOTE: "Fit Family Trio" – Purchase 6 Fit Kids' Workouts (pg. 51), 65 Energy Blasts (pg. 52) and Get Strong 101 (pg. 30) as a package for \$67.36.

65 ENERGY BLASTS



65 one minute and fifteen second dance clips to get students up and having fun in the classroom. Each “Blast” teaches one simple dance move in one of four genres: African, Latin, Aerobic, and Athletic. Features BC teacher Judy Howard, who incorporates health hints in each blast, and encourages students to keep active and healthy by having fun with their family and friends.

Cost: \$24.95

Contact: Engage Communications Inc.
604-874-7700
info@dvdskills.com www.dvdskills.com

Zone: Scheduled Physical Education
Classroom Action

► NOTE: “Fit Family Trio” – Purchase 6 Fit Kids’ Workouts (pg. 51), 65 Energy Blasts (pg. 52) and Get Strong 101 (pg. 30) as a package for \$67.36.

AEROBIC DANCES FOR KIDS CD



A music CD and teacher guide for the primary level. CD includes music with cues and music only options. Teacher guide includes suggested movement activities with warm-up and cool-down sequences.

Cost: \$25.80

Contact: Alberta Learning Resources Centre
780-427-2767 or 1-888-310-7777 (in AB, first dial 310-0000)
lrccustserv@gov.ab.ca
www.lrc.education.gov.ab.ca

Zone: Scheduled Physical Education

ALL-TIME FAVORITE DANCES



Popular dances for groups of all ages and sizes. DVD includes step-by-step demonstrations for Twist, Mexican Hat, Alley Cat, and more. CD includes a booklet with easy-to-follow instructions.

Cost: DVD \$37.29; Music CD \$22.59

Contact: School Specialty Sportime
1-800-775-7478
www.schoolspecialty.ca/sportime

Zone: Scheduled Physical Education

BRAIN-COMPATIBLE DANCE EDUCATION



Explores innovative teaching methods and describes how to present dance lessons to engage learners “to think as well as to move.” Includes the “BrainDance” conceptual explorations and improvisations, movement combinations and folk dances, dance making and dance talking, reflection and assessment, and practical appendices.

Cost: \$50 USD

Contact: Creative Dance Center
206-363-7281
www.creativedance.org/store

Zone: Scheduled Physical Education
Classroom Action

BRAINDANCE DVD



Based on eight fundamental movement patterns that wire the central nervous system. Movements can be used to enhance brain reorganization and body connectivity/alignment, or as a centring body/brain warm-up or calm-down. DVD applies movements for use with different ages in different settings; includes written insert about brain development and the rationale behind the “BrainDance.”

Cost: \$30 USD

Contact: Creative Dance Center
206-363-7281
www.creativedance.org/store

Zone: Scheduled Physical Education
Classroom Action

CHASE A RAINBOW



A teaching manual and music CD package. Curriculum content and lesson plan pages provide a comprehensive outline of the style, theme and skill development for each song, as well as teaching suggestions and curriculum connections to extend the classroom experience.

Cost: \$24.95

Contact: CAHPERD
613-523-1348 or 1-800-663-8708 ext. 221
excelway@phec.ca www.excelway.ca

Zone: Scheduled Physical Education

CHILDREN'S ALL-TIME FAVORITES



Dances and singing games for early childhood core curriculum, physical fitness objectives, and multicultural goals. Easy-to-follow book illustrates moves for fun and easy learning.

Cost: \$26.99

Contact: School Specialty Sportime
1-800-775-7478
www.schoolspecialty.ca/sportime

Zone: Scheduled Physical Education
Classroom Action

COMPLETE GUIDE TO LINE DANCING



Christy Lane's comprehensive resource package of line dances for beginner, intermediate and advanced levels. Video includes 22 dances and a terminology section to get you started. CD includes 13 vocal-free, double-length classics.

► NOTE: A companion teaching resource is available on the Christy Lane website at www.christylane.com.

Cost: Video \$46.99; Music CD \$40.59

Contact: School Specialty Sportime
1-800-775-7478
www.schoolspecialty.ca/sportime

Zone: Scheduled Physical Education

COOL AEROBICS FOR KIDS CD



Fun and innovative, this music CD includes warm-ups, vigorous workouts, challenging coordination exercises, and speed drills.

Cost: \$22.59

Contact: School Specialty Sportime
1-800-775-7478
www.schoolspecialty.ca/sportime

Zone: Scheduled Physical Education

CREATIVE DANCE: Basic Skills Series



Steps and ideas for developing dance lessons for generalists and specialists. A simplified format and the exclusion of complex or specialized dance terminology makes this a practical and easy-to-use guide to present new and exciting challenges for teachers and students.

Cost: \$17.95

Contact: CAHPERD

613-523-1348 or 1-800-663-8708 ext. 221

excelway@phec.ca www.excelway.ca

Zone: Scheduled Physical Education

CREATIVE DANCE FOR ALL AGES



Hundreds of ideas, lesson plans, photos and how-to suggestions for any teacher of movement and dance. Ideas and lessons cover fifteen different space, time, force, movement and body concepts. Includes information on class management, special education, assessment, videos, books, music and props.

► NOTE: A two-hour companion video, Teaching Creative Dance, is also available.

Cost: \$35 USD

Contact: Creative Dance Center

206-363-7281

www.creativedance.org/store

Zone: Scheduled Physical Education

DANCE & FITNESS WORKSHOPS With Judy Howard



Practical workshops with Judy Howard help teachers motivate students to be fit and healthy. Appropriate for district conventions or conferences.

Cost: Prices vary

Contact: Action Schools! BC Support Team

604-738-2468 or 1-800-565-7727

info@actionschoolsbc.ca

Zone: Scheduled Physical Education
Family and Community

► NOTE: Bring Judy into your classroom everyday on DVD – see Get Strong 101 (pg. 30), 6 Fit Kids' Workouts (pg. 51) and 65 Energy Blasts (pg. 52).

DANCE PARTY FUN CD



A classic music CD including the Twist, Hustle, Macarena, Monster Mash and Wipe Out. Guide includes lyrics and dance step instructions.

Cost: \$22.59

Contact: School Specialty Sportime
1-800-775-7478
www.schoolspecialty.ca/sportime

Zone: Scheduled Physical Education

DANCES EVEN I WOULD DO



More than 50 dances in the areas of folk, mixers, novelty, singing games and special occasions. Can be used in physical education classes or school-wide events. Detailed descriptions of each dance with suggested songs are provided. Dances are co-educational and multicultural.

Cost: \$25

Contact: CIRA Ontario
905-575-2083
office@ciraontario.com
www.ciraontario.com

Zone: Scheduled Physical Education
School Spirit

EVERYBODY DANCE!



Favourite dances including Hot, Hot, Hot, the Locomotion, Mashed Potato, Electric Slide, and YMCA. Video or DVD features 10 songs and dances demonstrated step-by-step by kids having fun and celebrating fitness. Music CD includes instruction guide with easy steps.

Cost: VHS \$23.99; DVD \$29.99; Music CD \$21.40

Contact: School Specialty Sportime
1-800-775-7478
www.schoolspecialty.ca/sportime

Zone: Scheduled Physical Education
Classroom Action

GET FUNKY & MUSICAL FUN CD



Action, learning and musical fun through 16 songs, circle games, dances and activities. Concepts include following directions, left/right discrimination, listening skills, body identification, muscle development and coordination.

Cost: \$22.59

Contact: School Specialty Sportime
1-800-775-7478
www.schoolspecialty.ca/sportime

Zone: Scheduled Physical Education
Classroom Action

INTERDISCIPLINARY LEARNING THROUGH DANCE: 101 MOVEntures



Standards-based, teacher-tested lesson plans to integrate dance into science, social studies, language arts, math, physical education and creative arts. Lessons include an introduction, "moving adventure," assessment, and extensions. Includes DVD and music CD.

Cost: \$82.50

Contact: Human Kinetics
1-800-465-7301
www.humankinetics.com

Zone: Scheduled Physical Education
Classroom Action

KIDS IN MOTION CD



Physical fitness activities to fun music.

Cost: \$18.22

Contact: School Specialty Sportime
1-800-775-7478
www.schoolspecialty.ca/sportime

Zone: Scheduled Physical Education

MOVING & GROOVING



A teaching manual and 8 CD set. Includes trios, lines, circles and squares, with diagrams of each formation, walkthrus, and cued music.

Cost: \$65 Donation

Contact: BC Square and Round Dance Federation
250-392-2432
nmtturner@telus.net
www.squaredance.bc.ca

Zone: Scheduled Physical Education

MULTICULTURAL FOLK DANCE TREASURE CHEST



Featuring 18 authentic ethnic dances, this complete teaching resource consists of two volumes, each containing an instructional video, a printed guide with valuable teaching tips, and music. Suggestions for linking physical education with other subjects are also provided.

Cost: \$149.50

Contact: CAHPERD
613-523-1348 or 1-800-663-8708
excelway@phec.ca
www.excelway.ca

Zone: Scheduled Physical Education

► NOTE: Individual volumes available from Human Kinetics Publishers
www.humankinetics.com.

MUSIC & MOVEMENT IN THE CLASSROOM



Concise, easy-to-follow lesson plans are designed to help teachers channel children's natural enthusiasm for music and movement into a rich, positive experience. Includes teaching resource and two music CDs for novice or experienced teachers.

Cost: \$24.15

Contact: Alberta Learning Resources Centre
780-427-2767 or 1-888-310-7777 (in AB, first dial 310-0000)
lrccustserv@gov.ab.ca
www.lrc.education.gov.ab.ca

Zone: Classroom Action

MUSIC FOR CREATIVE DANCE



Instrumental albums with a variety of musical styles and sounds appropriate for different dance applications. Pieces feature contrasts in tempo, texture and other musical elements which correspond to the elements of dance. Movement ideas are included in the CD booklet.

Volumes 1 & 2

Cost: \$25 each

Contact: CAHPERD

513-523-1348 or 1-800-663-8708 ext. 221

excelway@phec.ca

www.excelway.ca

Zone: Classroom Action

Volumes 3 & 4

Cost: \$17 USD each

Contact: Ravenna Ventures, Inc.

1-877-57-MUSIC

info@ravennaventures.com

www.ravennaventures.com

Zone: Scheduled Physical Education
Classroom Action

PARTY DANCE



Christy Lane's collection of nostalgic party dances from the 1950's to today (does not include current club dances). Video includes modifications, interactive ideas and ways to use props. Music CD includes 20 dance favourites.

Cost: VHS \$22.59; CD \$22.59; Both \$40.59

Contact: School Specialty Sportime

1-800-775-7478

www.schoolspecialty.ca/sportime

Zone: Scheduled Physical Education

STEP LIVELY: Dances for Schools & Families

STEP LIVELY 2: Canadian Dance Favourites

STEP LIVELY 3: Primary Dances



Three collections of dances from traditions such as folk dancing, square dancing, contra dancing, and singing games. Designed for use by generalist teachers, the books feature illustrations and clear, explicit instructions. Includes a section on expanding dance into other curriculum areas; and a music CD.

Cost: \$39.95 each

Contact: CAHPERD

613-523-1348 or 1-800-663-8708 ext. 221

excelway@phec.ca

www.excelway.ca

Zone: Scheduled Physical Education
School Spirit

► NOTE: Contact Marian Rose about teacher training workshops, school residencies, and community dances. For more information www.marianrose.com.

■ **Pedometer Resources**

SPEAKWELL P•E•D

Pedometer Enhancement Device



Online tools to track student, class or school steps. Includes daily, weekly and monthly totals. A multi-media "Circle Canada" version shows progress around a map of Canada, providing information windows at every major city, and showing how many kilometres you've walked and still have to go.

Cost: FREE online

Contact: speakwell.com

www.speakwell.com/pedometers

Zone: Scheduled Physical Education
Classroom Action
Family and community
School Spirit

STEP INTO ACTION



A teacher resource manual and promotional DVD to implement a pedometer-based walking program. Includes implementation tips and ideas, and practical forms to track steps and administer the program. An online tool allows students to track their steps across a geographical area. Developed in Penticton BC.

Cost: Call for more information

Contact: Carol Stathers, Step into Action
250-404-8018
carol.stathers@interiorhealth.ca
www.stepsout.com

Zone: Classroom Action

STEPSCOUNT TEACHER & PEDOMETER TOOLKITS



High quality, research-grade pedometers. Teacher Toolkit includes Steps to Success, Team Challenge, Pedometer Power (67 Lessons for K-12), Walking Games and Activities reference book, Dance Party Fun Music CD, Walk Across Canada Map, and Circuit Challenge all in a nylon carry-all. Pedometer Class Kits include 36 pedometers, StepStraps™, "i count" orange silicone bracelets, master instruction sheet, and ID labels.

Cost: Teacher Toolkit \$208.80
Pedometer Class Kit \$396-\$432 depending on Pedometer model
Bulk pricing available

Contact: StepsCount
613-584-3148 or 1-866-342-2328
info@stepscount.com
www.stepscount.com

Zone: Scheduled Physical Education
Classroom Action

Safety, Fair Play & Leadership

ESTEEM TEAM



A national role model program that uses high performance athletes to inspire and educate Canadian youth. ESTEEM Team athletes provide tangible examples of life skills, values and goal-setting strategies that apply to all young people, no matter what they hope to achieve.

Cost: Presentations start at \$175

Contact: ESTEEM Team Association
604-737-3052 or 1-866-ESTEEM1 (378-3361)
info@esteemteam.com
www.esteemteam.com

Zone: Family and Community
School Spirit

FAIR PLAY FOR KIDS



Activities designed to help children learn moral judgment and fair play values. Handbook includes more than 40 activities to teach students the importance of integrity, fairness and respect in sport and in life.

Cost: \$19.95

Contact: Canadian Centre for Ethics in Sport
613-521-3340 or 1-800-672-7775
info@cces.ca
www.cces.ca

Zone: Scheduled Physical Education
Family and Community
Extra-Curricular

HSBC CLEAN AIR ACHIEVERS



A classroom based, curriculum connected program about decreasing reliance on the automobile and promoting physical activity through active transportation. Includes a dedicated website and a Teacher Manual with lessons and activities, student games, and links to other programs and resources.

- NOTE: Presentations with Clean Air Champions, Canada's top national team, Olympic and Paralympic athletes, are available to launch the program and reinforce important messages.

Cost: FREE but registrations are limited each year

Contact: Clean Air Champions
613-730-7353
info@cleanairchampions.ca
www.cleanairachievers.ca
www.cleanairchampions.ca

Zone: Scheduled Physical Education
School Spirit

PLAYGROUND LEADERSHIP PROGRAM



A child and youth led approach to creating safe spaces to play. Program promotes active living, respect for others, and safe play while developing students' leadership skills.

Cost: \$22

Contact: CAHPERD
613-523-1348 or 1-800-663-8708 ext. 221
excelway@phec.ca www.excelway.ca

Zone: Classroom Action
Extra-Curricular

RECESS REVIVAL



An implementation guide assisting teachers, playground supervisors, and peer leaders to promote fun and cooperative physical activity on the playground.

Cost: Download for FREE

Contact: CIRA Ontario
905-575-2083
office@ciraontario.com www.ciraontario.com

Zone: Extra-Curricular

RICK HANSEN FOUNDATION



The Foundation's vision is a world in which children and youth are motivated and capable to make a difference in the lives of others. Use Rick Hansen's story to motivate, inspire and educate your students. Initiatives and resources include the Rick Hansen Awards Program, the Kids in Motion website, lesson plans for grades 4-8, the Wheels in Motion Campaign, and two books co-authored by Rick Hansen himself.

Cost: Prices vary

Contact: Rick Hansen Foundation
604-876-6800 or 1-800-213-2131
www.rickhansen.com
www.rickhansenkids.org

Zone: Scheduled Physical Education
Family and Community
School Spirit

"THE SPIRIT TO SURVIVE" LIFESAVING PROGRAM



Helps students evaluate and apply 4-key survival skills in all their physical activities. Dynamic, interactive presentations by world-class athletes support the application of survival skills on the road traveling to or from school, or participating in sport and physical activity.

► NOTE: Presentations are limited to the Lower Mainland (including Whistler).

Cost: Price varies depending on grade and length (\$60-\$150)

Contact: Mary Ellen Lower, BC Injury Prevention Centre
604-875-5856
BCInjuryPreventionCentre@vch.ca
www.injuryfreezone.com

Zone: Scheduled Physical Education
Family and Community

SPORT & RECREATION INJURY PREVENTION RESOURCE CD



Supports safe participation in sport and physical activity and the prevention or reduction in the severity of injuries. Provides a single source for information and links to injury prevention organizations across the province and country.

Cost: FREE

Contact: BC Injury Research & Prevention Unit
604-875-3682
sbabul@cw.bc.ca
www.injuryresearch.bc.ca

Zone: Scheduled Physical Education
Family and Community

SPORTING SPIRIT POSTER



Illustrates 10 commitments to fair play.

Cost: FREE to registered Action Schools (one per eligible classroom)
In BC \$4; Outside BC \$5; add \$1 for lamination

Contact: Action Schools! BC
604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca
www.actionschoolsbc.ca

Zone: Scheduled Physical Activity
Classroom Action

STUDENT LEADERSHIP DEVELOPMENT PROGRAM



Resources designed using the “for-youth-by-youth” philosophy to teach participants to plan, organize and operate their own intramural and recreation programs while developing leadership skills. Guides for elementary and secondary levels.

Cost: \$35

Contact: CAHPERD
613-523-1348 or 1-800-663-8708 ext. 221
excelway@phec.ca
www.excelway.ca

Zone: Extra-Curricular

■ Gender Equity

For gender equity workshops contact CAAWS, the Canadian Association for the Advancement of Women and Sport and Physical Activity; or BC's ProMOTION Plus, AB's InMotion Network, PQ's Égale Action, or Atlantic Canada's Women in Sport Group – provincial organizations for girls and women and physical activity and sport.

GENDER EQUITY THROUGH PHYSICAL EDUCATION



Definitions and discussion about the importance of gender equity; practical ideas for teachers, students, administrators, trustees and parents; a “thoughtful language” reference list; and checklists that outline strategies for action.

Cost: \$17.25

Contact: CAHPERD

613-523-1348 or 1-800-663-8708 ext. 221

excelway@phec.ca

www.excelway.ca

Zone: School Environment
Scheduled Physical Education

GIRLS & BOYS IN ELEMENTARY PHYSICAL EDUCATION: Issues & Action



Frequently asked questions and perceptions shared by teachers and students regarding girls' participation in elementary physical education. Real life scenarios are included with each question, followed by theoretical discussion and practical actions for teachers or students to implement.

Cost: \$16.95

Contact: CAHPERD

613-523-1348 or 1-800-663-8708 ext. 221

excelway@phec.ca

www.excelway.ca

Zone: School Environment
Scheduled Physical Education
Extra-Curricular

GIRLS IN ACTION . . . SPEAKING OUT



Developed for use by teachers and leaders working with adolescent girls. Resource provides discussion tools to help teachers and girls approach the issues that impede or discourage them from participating in physical education. Each package includes a video, leader's guide and poster.

Cost: \$26

Contact: CAHPERD
613-523-1348 or 1-800-663-8708 ext. 221
excelway@phec.ca
www.excelway.ca

Zone: School Environment
Scheduled Physical Education

GIRLS IN ACTION . . . PEER FACILITATOR'S GUIDE



This "teen to teen" resource helps teenagers engage younger students in the topic of gender equity in physical education. It is an excellent leadership resource that enables students to interact with peers and younger students to motivate participation in physical activity.

Cost: \$10

Contact: CAHPERD
613-523-1348 or 1-800-663-8708 ext. 221
excelway@phec.ca
www.excelway.ca

Zone: Scheduled Physical Education
Extra-Curricular

► NOTE: Purchase both Girls In Action... resources for \$30.

MAKING AN INFORMED DECISION ABOUT GIRLS' PARTICIPATION ON BOYS' TEAMS



An informative resource that offers options and advice to aid in the decision-making process.

Cost: \$10

Contact: CAAWS

613-562-5667

caaws@caaws.ca www.caaws.ca

Zone: Scheduled Physical Education ■ Extra-Curricular

ON THE MOVE



A national initiative to increase opportunities for inactive girls and young women (ages 9-18) to participate and lead in physical activity and sport. Handbook discusses the issues surrounding girls' and young women's participation in physical activity, highlights successful programs from across Canada, and provides programming tips and implementation suggestions.

► NOTE: Contact CAAWS for workshop information.

Cost: Handbook \$10; Workshop prices vary

Contact: CAAWS

613-562-5667

caaws@caaws.ca www.caaws.ca

Zone: School Environment ■ Scheduled Physical Education
Extra-Curricular

PHYSICAL EDUCATION: A Positive Place to Learn – Tips for Teachers



Tips to encourage girls and young women to become and stay involved in PE. Assists teachers in creating environments where female students feel safe, find value, and feel valued.

Cost: \$10

Contact: CAHPERD

613-523-1348 or 1-800-663-8708 ext. 221

excelway@phec.ca

www.excelway.ca

Zone: School Environment ■ Scheduled Physical Education

■ Safety & Injury Prevention

STAY ALERT . . . STAY SAFE



Aims to make children and adults aware of and alert to potential dangers by building situation understanding and increasing children's confidence in handling these situations. Teachers' Guide has seven chapters of creative classroom activity ideas.

► NOTE: The SASS website has additional teaching resources, and an interactive site for students.

Cost: Download for FREE

Contact: Stay Alert . . . Stay Safe
1-800-387-7962
mail@childfindontario.ca
www.sass.ca

Zone: Family and Community
Extra-Curricular

THINK FIRST FOR KIDS



Resources to increase understanding of the brain and spinal cord, cycling, and recreational and community sport safety, and other important issues. Lessons are enhanced by presentations by community resource personnel, representatives from provincial/territorial ThinkFirst chapters, or injury survivors. Specific resources for K-6, 7-8.

Cost: FREE

Contact: ThinkFirst Foundation of Canada
416-603-5331 or 1-800-335-6076
national@thinkfirst.ca
www.thinkfirst.ca
www.thinkfirst.ca/kidszone

Zone: Scheduled Physical Education
Family and Community
Extra-Curricular

WHEEL SAFETY: BIKES, BLADES & BOARDS



Narrated by two teens, this video discusses proper equipment, safe handling, dealing with emergency situations and accident statistics for cyclists, inline skaters and skateboarders.

Cost: Single site \$39.95; Public performance rights \$185

Contact: Canadian Learning Company
1-800-267-2977
info@canlearn.com
www.canlearn.com

Zone: Scheduled Physical Education
Family and Community

■ Self-Esteem & Body Image

BODY THIEVES: Help Girls Reclaim Their Natural Bodies & Become Physically Active



By Vancouver-based educator, therapist and consultant Sandra Friedman. Addresses physical activity promotion, self-esteem development, and eating disorder/obesity prevention in a practical, easy to read book for teachers and parents.

► NOTE: Find out more about Sandy's other books on the ProMOTION Plus website.

Cost: \$19.95

Contact: ProMOTION Plus
604-737-3075 or 1-877-55-PROMO
office@promotionplus.org
www.promotionplus.org

Zone: Scheduled Physical Education
Family and Community

EVERY BODY IS A SOMEBODY



An active learning program to promote positive self-esteem, healthy eating and an active lifestyle for female adolescents. This facilitator's guide is designed to help teachers and practitioners initiate discussions among young people about factors that influence body image.

Cost: \$29 in Ontario; \$32 out of province

Contact: Body Image Coalition of Peel
905-791-7800 ext. 2063
info@bodyimagecoalition.org
www.bodyimagecoalition.org

Zone: Scheduled Physical Education
Family and Community

SELF-ESTEEM, SPORT & PHYSICAL ACTIVITY



A common sense guide to enhancing self-esteem in children and youth.

Cost: Download for FREE

Contact: CAAWS
613-562-5667
caaws@caaws.ca
www.caaws.ca

Zone: Scheduled Physical Education
Family and Community

VIBRANT FACES



Addresses girls' and young women's feelings of incompetence, low self-esteem, poor body image and lack of motivation. Resources include a teacher/event leader guides, student booklets, and free samples from Always and Tampax.

Cost: FREE

Contact: CAHPERD
513-523-1348 or 1-800-663-8708 ext. 221
www.cahperd.ca/eng/pgschools/vibrant_faces.cfm
www.beinggirl.ca

Zone: Classroom Action

■ Tobacco, Alcohol & Drug Use Prevention & Cessation

bc.tobaccofacts



A school-based tobacco prevention program designed to help teachers support students to stay tobacco free. Based on best classroom practices and the latest research on tobacco prevention and cessation. Separate programs for primary, intermediate and secondary grades.

Cost: FREE to BC Teachers; prices vary out of province

Contact: Substance Info Link
Centre for Addictions Research of BC
604-408-7753 or 1-866-677-LINK
www.silink.ca

Zone: Scheduled Physical Education
Family and Community

► NOTE: Visit www.tobaccofacts.org for more smoking prevention and cessation resources.

■ EVENING THE ODDS: Adolescent Women, Tobacco & Physical Activity



Discusses the role of tobacco in the lives of young women, and supports physical activity as a healthy alternative. Provides strategies for taking action.

Cost: \$10

Contact: CAAWS
613-562-5667
caaws@caaws.ca
www.caaws.ca

Zone: Scheduled Physical Education
Family and Community

HEALTH IN PERSPECTIVE (HIP)



Teaches critical life skills using a peer-teaching “for youth by youth” approach to help young females develop healthy and active lifestyles. The focus is on smoking prevention and cessation through active living, respect for the environment, and understanding positive ways to deal with stress.

Cost: \$25

Contact: CAHPERD

613-523-1348 or 1-800-663-8708 ext. 221

excelway@phec.ca

www.excelway.ca

Zone: Scheduled Physical Education
Family and Community

LUNGS ARE FOR LIFE



A smoking prevention and cessation program providing students with information on the health and social consequences of smoking. Resources for teachers include lesson plans, assessment and evaluation tools, a resource list, and curriculum connections.

Cost: Download for FREE

Contact: Ontario Lung Association

1-800-972-2636

www.lungsareforlife.ca

Zone: Scheduled Physical Education
Family and Community

► NOTE: Visit the Canadian Lung Association’s website at www.lung.ca for additional teaching resources.

MAKING DECISIONS



Educational resources to combat drug and alcohol abuse, and encourage social responsibility. Program equips students to make informed decisions, promoting life skills and critical thinking. Series currently includes specific teaching resources and support materials for grades 4, 6, 7, 8 and 9.

Cost: Prices vary

Contact: Alcohol-Drug Education Service
604-944-4155
info@ades.bc.ca
www.ades.bc.ca

Zone: Scheduled Physical Education
Family and Community

► NOTE: Contact ADES about Professional's and Preventor's workshops.

TAKE ACTION



A classroom-based program that delivers information about tobacco, alcohol and substance abuse, plus safety awareness about medicines and harmful substances. Supports students in making healthy lifestyle choices and developing problem-solving and decision-making skills. Four cross-curricular components with lesson plans, rubrics, and blackline masters.

Cost: FREE for Ontario Teachers

Contact: Ophea
416-426-7120 or 1-888-446-7432
takeaction@ophea.net
www.ophea.net/takeaction

Zone: Classroom Action

Healthy Eating

► NOTE: March is Nutrition Month. Visit www.dietitians.ca for more information.

5 A DAY THE COLOR WAY



Promotes a “rainbow on my plate.” Teacher’s guide corresponds with fun and interactive activities, coloring pages, and take home literature about fruits and vegetables.

Cost: Download for FREE

Contact: Produce for Better Health Foundation (US)
www.5aday.com

Zone: Classroom Action

5 TO 10 A DAY



Supporting recommendations in Canada’s Food Guide to Healthy Living. Website provides background and “how to” information about “unlocking your colours”, featuring meal and recipe ideas plus tips on taste, kids, and money- and time-saving.

Cost: Download for FREE

Contact: 5 to 10 a Day Campaign
www.5to10aday.com

Zone: Classroom Action
Family and Community

BC NATIVE FOOD GUIDE



Two food guides – coastal and interior BC – feature foods traditionally eaten by Aboriginal peoples developed by Health Canada.

Cost: FREE (limited to 100 copies of each guide per order)

Contact: BC Association Network on Disability Society
250-381-7303 or 1-888-815-5511

www.bcands.bc.ca

Zone: Classroom Action

BONE ZONE



Three video vignettes and a teacher guide with student activities to help students learn how to build healthy bones through calcium intake and exercise. FREE workshop available for teachers.

Cost: \$15

Contact: Nutrition Educator, BC Dairy Foundation
604-294-3775 or 1-800-242-6455
nutrition@bcdf.ca www.bcdairyfoundation.ca

Zone: Scheduled Physical Education

CANADA'S FOOD GUIDE TO HEALTHY EATING



Nutrition guidelines for preschool and elementary school aged children. The Background for Educators and Communicators resource discusses the issues, and includes activities, snack ideas, and information about active living and media influence.

Cost: Download for FREE

Contact: Health Canada
healthy_eating@hc-sc.gc.ca www.healthcanada.ca/foodguide

Zone: School Environment
Classroom Action
Family and Community

► NOTE: The Health Canada site also includes consumer information on using the "Nutrition Facts" panel on food packages to compare products and their contribution to daily nutrition.

► NOTE: Health Canada also publishes a Physical Activity Guide (see pg. 17)

CULTURAL ADAPTATIONS TO CANADA'S FOOD GUIDE TO HEALTHY EATING



Adaptations featuring Chinese, Portuguese, Tamil, Urdu, Vietnamese, Spanish and Punjabi cultural food. Guides are available in the cultural language, plus English and French. Translations of the Canada Food Guide in Amharic, Farsi, Spanish and Vietnamese are also available.

Cost: Download for FREE

Contact: Nutrition Resource Centre
416-367-3313 ext. 222
info@nutritionrc.ca www.nutritionrc.ca/guide.html

Zone: School Environment
Classroom Action
Family and Community

DISCOVER HEALTHY EATING



A teaching resource to support students in examining food choices and eating patterns, to make wise decisions. Topics related to healthy eating include nutrition, eating disorders, body image, and dental health. Contains background information, glossaries, activities and handouts specific to each grade level.

Cost: Download for FREE

Contact: Region of Peel Public Health Department
www.region.peel.on.ca/health/eating/htmlfiles/healthy-eating.htm

Zone: Scheduled Physical Education

DOLE 5 A DAY



Promotes “5 a day for better health.” Lesson plans and teaching tips to integrate nutrition education into the classroom for teachers. A fruit and vegetable encyclopaedia, interactive games and activities, goal-setting, music and a cookbook focused on fruits and vegetables for students.

Cost: Download for FREE; some resources available for purchase

Contact: Dole
www.dole5aday.com

Zone: Classroom Action
Family and Community

EAT BETTER; EAT TOGETHER



Promotes the importance of family meal time. Website includes downloadable fact sheets with ideas, success tips and recipes; background research; and information about organizing a community meal.

Cost: FREE online

Contact: Washington State University
<http://nutrition.wsu.edu/ebet/toolkit.html>

Zone: Family and Community

EAT WELL, LIVE WELL EAT WELL, PLAY WELL



National campaigns to promote healthy eating and active living. Eat Well, Play Well provides practical resources and strategies to support children to eat well and keep physically active. Other online resources include Nutrition Challenges, a Virtual Kitchen with fun facts about food, and a Virtual Grocery Store Tour about how to use the nutrition information on packaged food labels to make healthy choices.

Cost: FREE online

Contact: Dietitians of Canada
416-596-0857
www.dietitians.ca www.dietitians.ca/child

Zone: School Environment ■ Classroom Action
Family and Community

EAT WELL & KEEP MOVING PLANET HEALTH



Two interdisciplinary physical activity and nutrition curricula aimed at building a foundation for active living among students. Eat Well & Keep moving is for grades 4-5. Planet Health is for grades 6-8. Both include lesson plans, curriculum connections, and plenty of tools to promote active living messages to students, parents and administrators.

Cost: \$67.50 each

Contact: CAHPERD
613-523-1348 or 1-800-663-8708 ext. 221
excelway@phec.ca www.excelway.ca

Zone: Scheduled Physical Education ■ Family and Community

EDIBLE SCHOOLYARD



Units on worms, science at home, ecology fair and fruit and vegetable tasting ideas as well as Nutrition and Garden lessons. From Martin Luther King, Jr. School in Berkeley, California.

Cost: Download for FREE

Contact: Edible School Yard
info@edibleschoolyard.org
www.edibleschoolyard.org/cla_lessons.html

Zone: Classroom Action
Family and Community

FEEDING THE MINDS & BODIES OF BC STUDENTS



Online messages and resources for decision makers in the school community about the link between nutrition and learning and the importance of creating a culture of healthy eating at school.

Cost: FREE online

Contact: DASH BC
604-583-6047
info@dashbc.org
www.dashbc.org

Zone: School Environment
Classroom Action

FIGHTBAC!



Learning programs on food safety, teachers' guides, posters and videos examine the science behind food safety. Downloadable student activities, fact sheet, and family newsletter.

Cost: FREE online

Contact: Canadian Partnership for Consumer Food Safety Education
www.canfightbac.org

Zone: Classroom Action
Family and Community

FOOD SENSE



Designed to teach students the skills necessary to check their food choices, create plans for improvement, and put them into practice. Students use real life experiences to solve personal nutrition problems. Teacher's kit includes teaching guide, student workbooks, poster and food records, and parent brochures.

Cost: \$20 with FREE workshop

Contact: Nutrition Educator, BC Dairy Foundation
604-294-3775 or 1-800-242-6455
nutrition@bcdcf.ca
www.bcdairyfoundation.ca

Zone: Scheduled Physical Education
Family and Community

FOOD TIMELINE



When in history did people start eating that? Where? What we eat, our recipes, and how we celebrate with food are a product of culinary evolution. Follow a timeline full of fascinating food lore and contradictory facts..

Cost: FREE online

Contact: Food Timeline
www.foodtimeline.org

Zone: Classroom Action

FRUIT + VEG PROGRAM



Classroom, school and community activity ideas to promote fruit and vegetable consumption. Teacher manual includes cross-curricular lesson ideas, sample plans and reproducible resources. Whole school and community activities include healthy options for school meals and a fruit and vegetable fiesta.

Cost: Download for FREE

Contact: State Government of Victoria (Australia)
www.health.vic.gov.au/nutrition/child_nutrition/fv.htm

Zone: School Environment
Scheduled Physical Activity
Classroom Action
Family and Community
School Spirit

HEALTHY FOODS FROM HEALTHY SOILS: Hands-On Resource for Educators



Help students discover where food comes from, how their bodies use food, and what happens to food waste. Content supports children's understanding of how their food choices affect their health, their community, farmers, and the environment.

Cost: \$22.50

Contact: Purchase at your local bookstore!
ISBN: 0884482421

Zone: School Environment
Family and Community

HEALTHY KIDS CHALLENGE



Supports healthy eating and physical activity choices by helping children and families **Connect Health And Needs and Get Excited (C.H.A.N.G.E.)**. Resources include a School Activity Kit with more than 100 ideas to integrate healthy eating and activity messages; a Take the Challenge Picture Book that supports the development of a school or community initiative; À la Carte interactive lessons; Food Museum with the grocery store being the ultimate "food museum"; and Setting Up for Success, a series of simple healthy message display ideas along with fun and games to teach nutrition on a shoestring budget.

Cost: Prices vary

Contact: Vickie James
Healthy Kids Challenge
620-397-5999
Vickie@healthykidschallenge.com
www.healthykidschallenge.com

Zone: School Environment
Scheduled Physical Education
Classroom Action
Family and Community
Extra-Curricular
School Spirit

HOW TO TEACH NUTRITION TO KIDS



Promotes positive attitudes about food, fitness and body image through hands-on nutrition education activities. Supports the creation of a new “nutrition culture” for children.

► NOTE: A complementary Leader/Activity Guide is available at www.nutritionforkids.com.

Cost: \$20.50

Contact: Purchase at your local bookstore!
ISBN: 0-9647970-1-1

Zone: Classroom Action

KIDS GARDENING



Information, resources and ideas for creating a school garden. Includes specific sites for teachers and families. An online teachers’ course is also available.

Cost: FREE online

Contact: National Gardening Association (US)
www.kidsgardening.com

Zone: Classroom Action
Family and Community

KIDS IN THE KITCHEN



A practical manual to support the development of a Kids Cooking Club. Includes 21 lessons.

Cost: Download for FREE

Contact: Youville Centre, Winnipeg MB
www.youville.ca
www.youville.ca/english/pdf/Kids%20In%20The%20Kitchen.pdf

Zone: Extra-Curricular
Family and Community

KIDS NUTRITION TOURS



Interactive supermarket tours at, facilitated by a Registered Dietitian. Nutrition Tours Kit consists of teaching guides, classroom activities and grade specific materials. Available at Save-on-Foods, Overwaitea Foods, and PriceSmart Foods.

Cost: Free

Contact: Kids Nutrition Tours
604-881-3690 or 1-800-242-9229
www.saveonfoods.com
www.overwaitea.com
www.pricessmartfoods.ca

Zone: Classroom Action
Family and Community

LEAFY GREENS



Lesson plans, posters, trading cards and “Cruciferous Crusaders” cartoon characters promote the health benefits of leafy greens.

Cost: Download for FREE

Contact: Leafy Greens Council (US)
www.leafy-greens.org

Zone: Classroom Action
Family and Community

MAKING IT HAPPEN: Healthy Eating at School



In-depth, online, how-to resources for teachers, administrators and other members of the school community to support the development of a school nutrition policy.

Cost: Download for FREE
Videos FREE in BC; \$15 shipping out of province

Contact: Making it Happen
www.knowledgenetwork.ca/makingithappen

Zone: School Environment
Classroom Action

MISSION NUTRITION



An educational program designed to promote healthy growth and development in Canadian children. Teacher's guide to help teach students about self-esteem, body image, nutrition and physical activity.

Cost: FREE online

Contact: Dietitians of Canada
www.missionnutrition.ca

Zone: Scheduled Physical Education

► NOTE: Visit the Dietitians of Canada's website site at www.dietitians.ca for more information about healthy eating and active living.

NASA EXPLORES



Interactive sites for students and downloadable resources for teachers, with activities such as designing a menu for the space shuttle and the rehydration of food products.

Cost: FREE online

Contact: National Aeronautics & Space Administration (US)
www.nasaexplores.com/resources.php

Zone: Classroom Action

PASSPORT TO HEALTHY LIVING



A six lesson personal planning unit integrating physical activity, nutrition and environmental awareness to challenge students to take responsibility for their own health.

Cost: \$10 with FREE workshop

Contact: Nutrition Educator, BC Dairy Foundation
604-294-3775 or 1-800-242-6455
nutrition@bcdf.org
www.bcdairyfoundation.ca

Zone: Scheduled Physical Education
Family and Community

SCHOOL FOOD & NUTRITION IN BC



Practical tools, resources, and links to create supportive school environments for healthy food choices to improve the nutritional intake of students, and contribute to the primary prevention of chronic disease. Sample communication tools, nutrition policies and toolkits supporting the development of school food and nutrition policies and student-led actions to make healthy choices the easiest choice.

Cost: Download for FREE

Contact: DASH BC
604-583-6047
info@dashbc.org www.dashbc.org/sfn.html

Zone: School Environment

- ▶ NOTE: Includes information about the Interior Health Schools Food and Nutrition Policy Project. Download the final project report at www.dashbc.org/resources/sfnp_finalreport.pdf.

SCHOOL GARDENS



Why and how to start a school garden.

Cost: FREE online

Contact: Texas A&M University
<http://aggie-horticulture.tamu.edu/nutrition/index/>

Zone: Classroom Action
Family and Community

SPACESTATION 5-5-3-2



Students learn how to check their food choices, create plans for improvement, and problem solve as they carry out plans. Includes CD, teacher kit and student resources. Website developed to provide information to teachers about the program. Free workshops available to teachers.

Cost: Teacher kit and class set of student materials \$45; Extra CDs \$1 each

Contact: Nutrition Educator, BC Dairy Foundation
604-294-3775 or 1-800-242-6455
nutrition@bcdcf.ca www.spacestation5532.ca
www.bcdairyfoundation.org

Zone: Scheduled Physical Education
Family and Community

SPORT NUTRITION



Tips on food and beverages for athletes and active individuals. Discusses sports drinks and eating for competition.

Cost: Download for FREE; hard copies 10¢ each

Contact: Nutrition Educator, BC Dairy Foundation
604-294-3775 or 1-800-242-6455
nutrition@bcdf.ca
www.bcdairyfoundation.org
www.bcdairyfoundation.ca/nutrition_education/docs/sportnutrition.pdf

Zone: Scheduled Physical Education
Extra-Curricular

SPORT NUTRITION PROGRAM



Helps athletes, coaches, and parents access nutrition tips, tools, and advice to ensure good health and optimal athletic performance. Tip sheets include "Fuelling the Young Athlete." Fact sheets discuss healthy eating while in different countries. Links to other nutrition websites and resources.

Cost: FREE to download

Contact: Coaching Association of Canada
613-235-5000
coach@coach.ca
www.coach.ca

Zone: Scheduled Physical Education
Extra-Curricular

SUPPERTIME SURVIVAL



A complete family recipe book and eating guide. Teaches family members how to plan, cook and eat healthy meals. Includes discussion and tips on a variety of healthy eating issues.

Cost: \$24.95

Contact: Suppertime Survival
416-487-3789
info@suppertimesurvival.com www.suppertimesurvival.com

OR: Purchase from your local bookstore!

ISBN: 0-9736780-0-2

Zone: Family and Community

■ Healthy Fundraising

CREATIVE FUNDRAISING STRATEGIES FOR SCHOOLS



Alternatives to candy for fundraising using healthy foods and non-food items.

Cost: Download for FREE

Contact: California Center for Public Health Advocacy
www.publichealthadvocacy.org/resources/Fundraising.pdf

Zone: School Environment
Extra-Curricular
Family and Community

FUNDRAISING FOR SCHOOLS: Fundraising Can Be Fun Raising



How to fundraise with healthy and non-food items.

► NOTE: Use with the 2005 Guidelines for the Sale of Food and Beverages in BC Schools.

Cost: Download for FREE

Contact: DASH BC
www.dashbc.org/resources/fundraising.pdf

Zone: Extra-Curricular
Family and Community
School Spirit

GUIDELINES FOR FOOD & BEVERAGE SALES IN BC SCHOOLS



Guidelines school food sales outlets to provide environments that support students to make healthy food choices at school. Includes fact sheets on caffeine, dental health, trans-fats, fast foods and sweeteners.

Cost: Download for FREE

Contact: BC Ministry of Education – Healthy Schools
www.bced.gov.bc.ca/health/health_publications.htm

Zone: School Environment
Classroom Action

Teacher Education

ABCD'S OF MOVEMENT



Alberta's grade-specific physical education curriculum support resources, relating to the curriculum's general outcomes: **A**ctivity, **B**enefits health, **C**ooperation, **D**o it daily, for life. Each manual contains lessons and support resources to teach a complete year of physical education.

Cost: \$58 per manual

Contact: Alberta Learning Resources Centre
780-427-5775

www.lrc.learning.gov.ab.ca

Zone: Scheduled Physical Education

ACTIVE LIVING



A bimonthly publication of resources, ideas, books, community program profiles, discussion of ideas and more for fitness, health, physical education and recreation professionals.

Cost: \$35 for 6 issues

Contact: The Fitness Report
705-445-4968

activeliving@rogers.com

Zone: School Environment
Scheduled Physical Education
Family and Community
Extra-Curricular

ACTIVE MINDS ACTIVE BODIES



A list of children's books that promote the benefits of inclusive physical activity. Books are organized into five categories: Biographies/Inspirational Heroes, Leisure Activities, Sports Non-Fiction and Sports Fiction. "Girl-friendly" books are also indicated.

Cost: Download for FREE

Contact: Halton's Choices 4 Health
905-825-6000 or 1-866-442-5866
www.choices4health.org

Zone: Scheduled Physical Education
Classroom Action

DAILY PHYSICAL ACTIVITY IN SCHOOLS



Support resources to implement daily physical activity include planning and implementation guidelines, activities, sample timetables, and additional resource listings. Specific resources for grades 1-3, 4-6, 7-8, School Boards, and School Principals.

Cost: Download for FREE

Contact: Ontario Ministry of Education
www.edu.gov.on.ca/eng/teachers/dpa.html

Zone: Scheduled Physical Education
Classroom Action

► NOTE: Visit Ophea for more DPA support resources at www.ophea.net/dpa

DANCE EDUCATION TIPS FROM THE TRENCHES



Designed with new teachers in mind, this dance education survival guide offers practical tips and solutions for class management, logistics, motivation and gender issues when teaching creative dance.

Cost: \$32.95

Contact: CAHPERD
613-523-1348 or 1-800-663-8708 ext. 221
excelway@phec.ca www.excelway.ca

Zone: Scheduled Physical Education
Extra-Curricular

EVERYBODY GETS TO PLAY™



A national initiative to make recreation more accessible to children in low-income families. Information about poverty in Canada and the benefits of recreation, tools to mobilize the community, workshops to support local action, and success stories from programs that have already made a difference.

Cost: Tool Kit \$65; some resources available to download for FREE

Contact: Canadian Parks & Recreation Association
613-523-5315
cpra@cpra.ca
www.cpra.ca

Zone: School Environment
Family and Community

FAIR PLAY IT'S YOUR CALL



An information brochure for parents, and manuals for coaches, officials, recreation directors, and league organizers. Manuals contain an introduction to fair play, tips and tools, and creative ideas and suggestions for building awareness about fair play.

Cost: Kit \$16.95; Manuals \$4.95 each

Contact: Canadian Centre for Ethics in Sport
613-521-3340 or 1-800-672-7775
info@cces.ca
www.cces.ca

Zone: Scheduled Physical Education
Family and Community
Extra Curricular

HIGH FIVE®



A quality standard for organizations to support the safety, well-being and healthy development of children in sport and recreation programs. Provides parents, teachers and practitioners with tools, training and resources that promote and support the principles of healthy child development.

Cost: Prices vary; some resources available for FREE download

Contact: HIGH FIVE
416-426-7286
highfive@prontario.org www.highfive.org

Zone: School Environment ■ Family and Community ■ Extra-Curricular

► NOTE: **HIGH FIVE Provincial Affiliates**

British Columbia Recreation & Parks Association
604-629-0965 bcrpa@bcprpa.bc.ca

Newfoundland & Labrador Parks/Recreation Association
709-729-3892 nlpra@sportnf.com

Recreation Nova Scotia
902-425-1128 highfive@sportnovascotia.ca

Saskatchewan Parks & Recreation Association
306-780-9231 office@spra.sk.ca

INCLUDING CHILDREN WITH DISABILITIES



A reference for adapting playground, low-organizational and sports activities for children with physical and mental disabilities.

Cost: Download for FREE

Contact: CIRA Ontario
905-575-2083
office@ciraontario.com
www.ciraontario.com

Zone: Scheduled Physical Education ■ Classroom Action ■ Extra-Curricular

► NOTE: On the CIRA Ontario website, click on "Starting a Program" then "Children with Disabilities."

INCLUSION OF STUDENTS WITH SPECIAL NEEDS IN PHYSICAL EDUCATION



Outlines strategies and suggestions for physical education activities allowing all students to be included in physical education, regardless of their abilities. Concepts of inclusion and integration are clarified, and components and features of an inclusive physical education programs are described.

Cost: \$5.95

Contact: British Columbia Teachers' Federation Lesson Aids Service
604-871-2180 or 1-800 663-9163 ext. 2180
lacatalogue@bctf.ca
www.bctf.bc.ca/LessonAids

Zone: Scheduled Physical Education

INTERDISCIPLINARY TEACHING THROUGH PHYSICAL EDUCATION



Twenty complete, ready-to-use learning experiences and more than 150 additional ideas for integrating physical education with math, science, language arts, social studies, and fine arts.

Cost: \$44.95

Contact: CAHPERD
613-523-1348 or 1-800-663-8708 ext. 221
excelway@phec.ca
www.excelway.ca

Zone: Scheduled Physical Education

INTRAMURAL RESOURCE SERIES



Details on setting up an intramural program, including activity ideas, scheduling, tips and suggestions for making your intramural program run smoothly and efficiently. Available for elementary, junior high, and high school levels.

Cost: \$12 per resource

Contact: CAHPERD
613-523-1348 or 1-800-663-8708 ext. 221
excelway@phec.ca
www.excelway.ca

Zone: Extra-Curricular

KIDSPORT™



A fund established to help overcome financial hardships that prevent some children from participating in sport. Grants are available to support the cost of sport program registration fees. Contact the national office or visit the website for provincial/territorial chapter contact information.

Contact: KidSport National Office
pete.quevillon@sport.bc.ca www.kidsport.ca
Zone: Family and Community
Extra-Curricular

► NOTE: For more grant and program funding opportunities turn to page 111.

MAKING THE CASE FOR PHYSICAL EDUCATION IN CANADA



Up-to-date statistics and information on physical activity and how it relates to the health of Canadian children and youth. Includes information on the important role school-based physical activity programs can play in developing a foundation for healthy, active living.

Cost: Download for FREE
Contact: CAHPERD
613-523-1348 or 1-800-663-8708 ext. 221
info@cahperd.ca www.cahperd.ca
Zone: School Environment

MOVING TO INCLUSION



Designed for teachers and community leaders, this series of 9 disability-specific resource provides a practical approach to the inclusion of young people with different types of disabilities in physical activity programs. Each resource provides modifications for assessment, equipment and rules, instructional strategies, and learning objectives.

Cost: Download abridged versions FREE
Contact: Active Living Alliance for Canadians with a Disability
1-800-771-0663
info@ala.ca www.ala.ca
Zone: School Environment
Scheduled Physical Education

► NOTE: Visit the Active Living Alliance's website for more inclusion resources.

ONTARIO H&PE CURRICULUM Implementation Supports



Practical workshops, consultation services, and grade-specific binders with lesson plans and support resources are available to support the Ontario Health and PE curriculum.

Cost: Binders \$40 each or contact your school board
Workshops \$400; Consultation \$800/day

Contact: Ophea
416-426-7120 or 1-888-446-7432
curriculum@ophea.net www.ophea.net/hpe

OR: Ontario School Boards
www.edu.gov.on.ca/eng/sbinfo/

Zone: Scheduled Physical Education

ONTARIO PE SAFETY GUIDELINES



Minimum standards for risk management practice for schools boards. Six targeted resources are available: Elementary and Secondary Curricular, Elementary and Secondary Intramural, and Elementary and Secondary Interscholar Athletics.

Cost: FREE from ON School Boards; \$50 each outside ON

Contact: Ontario School Boards
www.edu.gov.on.ca/eng/sbinfo

OR: Ophea
416-426-7120 or 1-888-446-7432
safety@ophea.net www.ophea.net/safety

Zone: School Environment ■ Scheduled Physical Education

► NOTE: An Alberta resource can be downloaded from www.med.ualberta.ca/acir

PALAESTRA



A quarterly periodical supporting sport, physical education and recreation for those with disabilities.

Cost: \$19.95 USD

Contact: Palestra
www.palaestra.com

Zone: School Environment ■ Scheduled Physical Education

PE DIGEST'S LIBRARY FOR SPORT, COACHING & PHYSICAL EDUCATION (LSAPE)



An online library of articles (pdf format) that provide the latest ideas, tips, coaching cues and research on sport, fitness and physical education.

Cost: \$70/year for password or IP address access

Contact: Dick Moss
PE Digest
coach@pedigest.com
www.pedigest.com

Zone: Scheduled Physical Education

PE-4-ME: Teaching Lifelong Health & Fitness



A blueprint for a unique program that integrates physical activity with movement concepts, social skills, stress reduction, nutrition, school safety, and drug resistance education.

Cost: \$39.95

Contact: Human Kinetics Publishers
1-800-465-7301
www.humankinetics.com

Zone: School Environment
Scheduled Physical Education

PHE JOURNAL



Features practical articles dealing with school physical education, active living, fitness, health education, professional development, dance, etc. Introduces readers to issues that shape the health and physical education profession. Published quarterly.

Cost: \$55

Contact: CAHPERD
613-523-1348 or 1-800-663-8708 ext. 221
excelway@phec.ca
www.excelway.ca

Zone: Scheduled Physical Education

PHYSICAL EDUCATION METHODS FOR ELEMENTARY TEACHERS



Supports the development of a realistic and workable approach to teaching physical education. Includes game, activity and lesson ideas, curriculum connections, tips for including students with varying skill levels and abilities, and forms for evaluation.

► NOTE: 2nd Edition is packaged with a 6 month subscription to the journal "Teaching Elementary Physical Education."

Cost: \$62.95

Contact: Human Kinetics Publishers
1-800-465-7301
www.humankinetics.com

Zone: Scheduled Physical Education

PHYSICAL EDUCATION TIPS FROM THE TRENCHES



A lighthearted resource that presents 83 solutions to real-world obstacles that confront every elementary physical education teacher.

Cost: \$26.50

Contact: Human Kinetics Publishers
1-800-465-7301
www.humankinetics.com

Zone: Scheduled Physical Education

READY-TO-USE P.E. ACTIVITIES



More than 1,600 success-oriented activities help children improve physical fitness and develop social interaction skills, fair play and self-esteem. Included are ready-to-use forms for creating well-balanced daily, weekly and yearly physical education plans, tailored to the developmental needs of students. Specific resources for grades K-2, 3-4, 5-6, 7-9.

Cost: \$47.65 each

Contact: CAHPERD
613-523-1348 or 1-800-663-8708 ext. 221
excelway@phec.ca
www.excelway.ca

Zone: Scheduled Physical Education

RIGHT FIELDERS ARE PEOPLE TOO



Helps physical education teachers establish and maintain a positive learning environment allowing students to work to their potential. The inclusive, developmentally appropriate program described helps students feel comfortable in class and develop a positive attitude toward physical activity.

Cost: \$28.95

Contact: Human Kinetics Publishers
1-800-465-7301
www.humankinetics.com

Zone: Scheduled Physical Education

RUN, JUMP, THROW Certification & Training Workshops



Teach the “FUNdamentals” of running, jumping and throwing and introduce students to Track and Field. A variety of NCCP certification, professional development and training opportunities are available for teachers, youth leaders and community instructors.

Cost: Prices Vary

Contact: Athletics Canada for provincial/territorial contacts
Donna Kaye, RJT National Coordinator
204-471-4883
runjumpthrowmb@yahoo.ca
www.athletics.ca

In BC: Thelma Wright, BC Athletics
604-737-3175
runjumpthrow@bcathletics.org
www.bcathletics.org

Zone: Scheduled Physical Education
Family and Community
Extra-Curricular

► NOTE: Instructors are available to deliver RJT in schools.

SCHOOLS COME ALIVE



An Alberta-based program providing education and resources for teachers and administrators to increase physical activity opportunities and promote healthy choices in school communities. A number of workshops are offered that are designed for school, district, or convention needs – ideal for professional development days, staff or school council meetings. The ACTIVE newsletter is produced three times a year and is distributed to Alberta schools and posted on the Schools Come Alive website.

Cost: Prices for workshops and resources vary

Contact: Schools Come Alive
780-454-4745
admin@schoolscomealive.org
www.schoolscomealive.org

Zone: School Environment
Scheduled Physical Education

SCIENCE IN ACTION



FREE workshops and support for the new science curriculum through activities that are fun and physically active. Support resources include teacher guides, ready-to-use activities, sample unit plans, and a school kit containing necessary science equipment and materials to implement activities.

Cost: FREE with application process

Contact: Wild BC
250-356-7111 or 1-800-387-9853
www.hctf.ca/wild.htm

Zone: Classroom Action

SPEAKWELL.COM Martin Collis



Dynamic presentations and an informative newsletter about personal and workplace health.

Cost: Presentation costs vary; FREE newsletter

Contact: www.speakwell.com

Zone: School Environment

SPORTS RULES BOOK



Essential rules for 47 sports. Information includes procedures for playing; age, skill and rule modifications; terms and definitions; playing area dimensions; equipment and regulations; and officiating signs.

Cost: \$28.95

Contact: CAHPERD

613-523-1348 or 1-800-663-8708 ext. 221

excelway@phec.ca www.excelway.ca

Zone: Scheduled Physical Education
Extra-Curricular

STONES IN THE SNEAKER



Emphasizes the fundamental theoretical and pedagogical issues that regularly occur in physical and health education. Topics include: health literacy, culturally relevant physical education, the role of competition and fair play, and risk management and the law. Focused on the secondary level, but relevant for elementary schools.

Cost: \$41.95

Contact: CAHPERD

613-523-1348 or 1-800-663-8708 ext. 221

excelway@phec.ca www.excelway.ca

Zone: School Environment
Scheduled Physical Education
Extra-Curricular

YOUTHSAFE OUTDOORS



Safety guidelines and integrated support resources for everyone involved in helping ensure off-site activities are safe: School boards, administrators, teachers/leaders, parents/guardians and students. Addresses local field trips, outdoor pursuits and aquatic activities, performance tours, exchanges, and international travel.

Cost: \$134.95

Contact: YouthSafe Outdoors

780-432-1670 or 1-877-559-2929

info@youthsafeoutdoors.ca www.YouthSafeOutdoors.ca

Zone: School Environment
Scheduled Physical Education

■ Coaching

CAC'S WOMEN IN COACHING PROGRAM



A national campaign to increase the number of coaching opportunities for women at all levels of sport. Resources include professional development scholarships, apprenticeship programs, mentoring, and a FREE online journal.

Contact: Women in Coaching Program, Coaching Association of Canada
613-235-5000
www.coach.ca coach@coach.ca

Zone: Family and Community ■ Extra-Curricular

CANADIAN JOURNAL FOR WOMEN IN COACHING



A FREE online journal providing timely, accurate and targeted information with the goal of creating a positive environment for women to pursue careers at all levels of coaching across Canada. Tackles pertinent issues and provides practical, hands-on and proactive tips and suggestions on a variety of topics.

Cost: FREE online subscription

Contact: Women in Coaching Program, Coaching Association of Canada
613-235-5000
coach@coach.ca www.coach.ca

Zone: Extra-Curricular

COACH REFLECTIONS



An interactive workbook to help coaches at any level develop happy, skilled and confident athletes. Includes a practice planner, goal setting charts for athletes, certificates of achievements, inspirational messages, and tips on communicating effectively with parents and athletes. Reflection exercises help identify coaching strengths and goals.

Cost: \$23.95

Contact: HIGH FIVE
416-426-7286
highfive@prontario.org www.highfive.org

Zone: Extra-Curricular

► NOTE: For provincial HIGH FIVE contacts see pg. 91.

COACHING FEMALE ATHLETES



Practical tips from coaches and athletes and information about the unique needs, interests and experiences of female athletes.

Cost: FREE

Contact: ProMOTION Plus
604-737-3075
info@promotionplus.org
www.promotionplus.org

Zone: Extra-Curricular

COLLABORATIVE COMMUNITY COACHING (C3)



Experiential workshops designed for teachers and coaches provide practical tools and techniques to support the creation of environments where values, character, play and flow, democracy and community come to life. Through movement education principles in skill progressions, C3 promotes the development of motor abilities, fundamental skills, values, and a sense of community.

Cost: Prices vary

Contact: Alison Jones & Michael McLenaghan
604-274-9557
alison.jones@sympatico.ca

Zone: Extra-Curricular

NATIONAL COACHING CERTIFICATION PROGRAM (NCCP)



A competency-based education and training program focused on five core competencies: problem-solving, interaction, leadership, valuing, and critical thinking. Each sport has developed programs for community sport, competition, and/or instruction.

► NOTE: Workshops are organized provincially/territorially – visit the CAC’s website to find a workshop in your area.

Contact: Coaching Association of Canada
613-235-5000
coach@coach.ca www.coach.ca

Zone: Scheduled Physical Education ■ Family and Community
Extra-Curricular

PARENT-COACH HANDBOOK



A guide for parents or first time coaches to create a respectful, positive, safe and welcoming environment for children beginning their sport experience. Practical resources and tools to help with safety, fair play, practice planning, and teaching skills are included.

Cost: Download for FREE

Contact: Coaches Association of BC
604-298-3137
info@coaches.bc.ca
www.coaches.bc.ca

Zone: Family and Community
Extra-Curricular

SPORT SAFE GUIDES



Creating a safer place for our children to play is everyone's responsibility. Guides identify the many forms that harassment or abuse can take, how to recognize abusive situations, and where to turn if harassment or abuse is suspected. Resources available: Sport Safe Volunteer Screening Model, Coach's Game Plan, Parent's Contract, Dealing with Harassment and Abuse: A Guide for Parents.

Cost: FREE in BC; by request outside BC

Contact: Sport BC
604-737-3005
sportsafe@sport.bc.ca
www.sport.bc.ca

Zone: School Environment
Family and Community
Extra-Curricular

Websites

Visit the following websites for exciting internet-based learning for you and your students, and to find additional physical education resources. Don't forget, many organizations listed in the next section have great websites too!

ALBERTA CENTRE FOR ACTIVE LIVING **www.centre4activeliving.ca**

Research, educational tools, publications and links dedicated to supporting teachers, practitioners and organizations promoting healthy, active living.

BAM! BODY & MIND **www.bam.gov**

A great interactive website to give children (aged 9-13) the information they need to make healthy lifestyle choices. A teacher's corner provides classroom activities.

BC HEALTH FILES **www.bchealthguide.org/healthfiles**

Easy-to-understand fact sheets on healthy eating, active living, and associated topics. Tips include fat, fibre, sources of iron, sources of calcium.

BRAIN GYM **www.braingym.org**

"Learning through movement" activities integrate body and mind to improve concentration, memory, reading, writing, organizing, listening, physical coordination, and more.

BRAINPOP
www.brainpop.com

Short animated movies, interactive quizzes, experiments, comic strips and printable activity pages to support physical education and health curricula.

CAAWS
www.caaws.ca



The Canadian Association for the Advancement of Women and Sport and Physical Activity. Features up-to-date news, resources, and links related to female athletes and active girls and women.

CAHPERD
www.cahperd.ca



The Canadian Association for Health, Physical Education, Recreation and Dance. Features an online catalogue of resource. Features practical tools for teachers, an advocacy action centre, and an online catalogue of teaching and professional development resources.

CANADIAN HEALTH NETWORK
www.canadian-health-network.ca



A national, non-profit, bilingual web-based health information service to help Canadians find the information they're looking for on how to stay healthy and prevent disease.

CANADIAN TEACHER
www.thecanadianteacher.com

The latest links to free resources, materials, lesson plans, software, samples and computers.

CANTEACH
www.canteach.ca

A non-commercial Canadian site created to assist teachers in finding and using resources online. Loads of lesson plans, resources and links.

CARING FOR KIDS
www.caringforkids.cps.ca



An information site from the Canadian Paediatric Society. Information about children and vitamin supplements, vegetarianism, food safety and more.

CHOICES 4 HEALTH
www.choices4health.org

Ideas and resources for improving overall school health including nutrition, physical activity, social development, and tobacco prevention and cessation.

COMMUNITY LEARNING NETWORK
www.cln.org

Includes physical education curriculum resources, instructional materials, and theme pages.

CROQUET
www.croquet.ca www.croquet.com

Rules, play and equipment modifications, and contacts to introduce students to croquet.

EAT SMART. PLAY HARD.™
www.fns.usda.gov/eatsmartplayhard

“Bright ideas” and practical suggestions to motivate children and their caregivers to eat healthy and be active. Based on the US food pyramid.

EXCELWAY
www.excelway.ca



The online catalogue for the Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD).

FEED ME BETTER
www.feedmebetter.com

Jamie Oliver’s “Feed Me Better” campaign to improve school meals.

FREGGIE TALES
www.freggietales.com



The promotion efforts of the "5 to 10 a day" campaign for elementary aged school children by the Canadian Produce Association. Site for educators includes lesson plans, a newsletter, and links.

FRESH FOR KIDS
www.freshforkids.com.au

An interactive website for kids. Features fruit and vegetable information, recipes, games, and a healthy eating quiz. Also promotes the importance of active living.

HEALTHY CHOICES FOR KIDS ONLINE
www.healthychoices.org

An interactive website for students. Includes lesson plans to encourage students to eat a wide variety of foods, choose a healthy and active lifestyle, eat plenty of fruits, vegetables and grains, and choose healthy snacks. A "Healthy Choices for Kids" Activity Kit was designed to help kids and parents learn about healthy eating.

HEALTHY FRIDGE FOR KIDS
www.healthyfridge.org

An interactive website for students. Includes facts, recipes, activity sheets, and an interactive quiz to fill the fridge with healthy food.

HEALTHYEATING.NET
www.healthyeating.net

Lesson plans, worksheets, games and teaching resources for all major nutrition topics.

HUMAN KINETICS
www.humankinetics.com

A publisher and distributor of physical education, activity and fitness books, videos, software and other resources.

INJURY FREE ZONE
www.injuryfreezone.com

The BC Injury Prevention Centre's website. Promotes sport and physical activity survival skills for specific sports, travel on the road, and outdoor and water-related activities. Designed for youth.

KIDNETIC
www.kidnetic.com

A healthy eating and active living site designed for kids and their families, and as a resource for educators promoting healthier lifestyles.

LIFESTYLE INFORMATION NETWORK
www.lin.ca

An online forum and database exchanging information services for the enhancement of individual and community well-being.

LINK TO LEARNING
www.linktolearning.com

Links to websites that support the Ontario Health & Physical Education curriculum for grades K-8.

OPHEA.NET
www.ophea.net

An online community of educators, public health professionals and recreation providers committed to improving physical activity levels and overall health of children and youth. Program information and lots of free downloads. FREE registration.

P.E.LINKS4U
www.pelinks4u.org

Physical education lesson plans, innovative ideas, discussion forums, editorials and news.

PE CENTRAL
www.pecentral.org

Physical Education resources for grades K-12 including lesson plans, ready-to-print assessments, an online book and music store.

PHYSICAL EDUCATION ONLINE

www.learning.gov.ab.ca/physicaleducationonline

A database of lesson plans, link to NetSteps, a guide to physical education curriculum implementation, and links to resources for teachers through the AB Learning Resources Centre.

PLAYSPORT

www.playsport.net

An online database of target, net/wall, striking/fielding, and invasion/territory games. Features an "Activity Quick Find" based on equipment, skills, game complexity, or available space. "Teaches kids games by playing games."

RETHINK YOUR DRINK

www.calgaryhealthregion.ca/rethinkyourdrink

A campaign from Calgary to encourage students to choose healthy beverages.

SAFE HEALTHY SCHOOLS

www.safehealthyschools.org

A gateway to information on comprehensive school health (CSH) and health promoting schools (HPS). Provides links to planning & assessment tools, lesson plans, how-to manuals, research reports, and student webquests.

SAFE ONTARIO

www.SafeOntario.org



An online resource centre for coaches, teachers, athletes, recreation practitioners and parents looking for relevant, current, concise and readily available information about safe practices in sport and recreation.

SCHOOL NET

www.schoolnet.ca



More than 5,000 learning resources, a daily information news service, and interactive feature.

SCHOOL SPECIALTY SPORTIME
www.schoolspecialty.ca/sportime

Distributes physical education and physical activity books, CDs, videos and DVDs, and equipment. Action Schools! in BC receive a discount.

SMART-MOUTH.ORG
www.smart-mouth.org

Interactive site for students reveals truths about the food they eat – facts, quizzes and video clips

SPORT INFORMATION RESOURCE CENTRE
www.sirc.ca

The world's leading bibliographic database producer of sport, fitness, and sports medicine information. Free articles, links to national and provincial/territorial sport hall of fames, and search engines for all your Canadian sport information needs.

SPORT MATTERS
www.sportmatters.ca



News and headlines about sport policy development and advocacy in Canada.

SUMMERACTIVE
www.SummerActive.org



An annual campaign to help Canadians improve their health and quality of life through healthy living.

TEACH NUTRITION
www.teachnutrition.org

A continuing education site for preschool to grade 8 teachers with lesson plans, teaching resources, and student activities for a variety of nutrition initiatives.

TOBACCOFACTS.ORG
www.tobaccofacts.org

Resources, tools, information, downloadable posters, and graphic pictures for teachers, students and parents to educate about the dangers of tobacco.

TRANS CANADA TRAIL
www.tctrail.ca



The Trans Canada Trail is a shared-use recreational Trail winding its way through every Province and Territory in Canada. Visit the website for the trail path, maps, and information on four initiatives surrounding the trail: the Discovery Program, Bridges Across Canada, Yesteryears, and Our Native Roots.

TV TURN OFF
tvturnoff.org

Annual campaign to encourage children and adults to watch much less television in order to promote healthier lives and communities.

- ▶ NOTE: celebrate TV-Turnoff Week April 23-29, 2007.
- ▶ NOTE: Many Canadian communities have TV-Turnoff resources.

VANCOUVER 2010
www.vancouver2010.com



The official site of the Vancouver Organizing Committee for the 2010 Olympic and Paralympic Winter Games.

VOLUNTEERS NOW
www.volweb.ca

A free, online recruitment tool that helps connect volunteers with event organizers across BC. Developed by 2010 Legacies Now, in partnership with Volunteer BC, Volunteer Canada, SportWeb Canada and other volunteer-based organizations. Log on to find volunteer opportunities in your community or to register an event looking for volunteers.

Support Organizations

■ Grants & Program Funding

BREAKFAST FOR LEARNING

Nutrition Program Grants provide funds directly to communities who want to start or improve the quality of a nutrition program. Grants are provided to partially fund food, equipment or staffing.

Contact: Breakfast for Learning
www.breakfastforlearning.ca

CANADIAN TIRE JUMPSTART

Helps children in financial need participate in sport and recreation programs.

Contact: Canadian Tire JumpStart
www.canadiantire.ca/jumpstart

KIDS 'N MOTION

Supports recreational, health and fitness programs directed at Canadian children in need.

► NOTE: Application deadline January 31, 2007

Contact: BMO Foundation of Hope Kids 'n Motion
www.bmofountainofhope.ca/endowment-fund.html

LET THEM BE KIDS

Funding to help build playgrounds in areas of need.

Contact: Let Them Be Kids
www.ltbk.org

RBC AFTER-SCHOOL GRANTS PROGRAM

Grants for after-school programs offering learning and skill development opportunities for youth.

Contact: RBC
www.rbc.com/community/donations/after-school/index.html

S'COOL LIFE FUND

Supports student participation in non-academic activities such as drama, recreational and extra-curricular activities, arts, music and sports.

► NOTE: Application deadline December 31

Contact: S'Cool Life Fund
www.scoollifefund.ca

■ National Organizations

ABORIGINAL SPORT CIRCLE

Canada's national voice for Aboriginal Sport. Links to provincial/territorial aboriginal sport bodies across Canada.

Contact: 613-938-1176
info@aboriginalsportcircle.ca
www.aboriginalsportcircle.ca

ACTIVE HEALTHY KIDS CANADA

A charitable organization that advocates an increase in quality, accessible, enjoyable physical activity participation experiences for children and youth.

Contact: 416-426-7120 or 1-888-446-7432
info@activehealthykids.ca www.activehealthykids.ca

ACTIVE LIVING ALLIANCE FOR CANADIANS WITH A DISABILITY

Promoting inclusion and active lifestyles for Canadians with disabilities.

Contact: 613-244-0052 or 1-800-771-0663
info@ala.ca www.ala.ca

AGRICULTURE IN THE CLASSROOM FOUNDATION

Raises awareness and understanding of sustainable agriculture and food systems by providing educational programs and resources to students and teachers. There are provincial/territorial Foundations in almost all provinces and territories.

Contact: www.aitc.org

BOYS & GIRLS CLUBS OF CANADA

Provides children and youth opportunities to develop the skills, knowledge and values they seek to become fulfilled individuals.

Contact: 905-477-7272
info@bgccan.com www.bgccan.com

BREAKFAST FOR LEARNING

A national non-profit organization dedicated to supporting child nutrition programs in Canada. Website includes best practices, and nutrition resources and links. Breakfast for Learning's Nutrition Program Grants provide funds directly to communities who want to start or improve the quality of a nutrition program. Grants are provided to partially fund food, equipment or staffing.

Contact: www.breakfastforlearning.ca

CANADA GAMES COUNCIL

Works in partnership with governments, the private sector and the sport community to enrich the lives of young athletes through the Canada Games Movement. The Dreams and Champions program inspires dreams in Canada's youth and encourages them to participate in sport and physical activity; and builds Champions by providing the programs, tools and support young athletes need to reach and succeed at higher levels.

Contact: 613-526-2320
canada.games@canadagames.ca www.canadagames.ca

CANADIAN ASSOCIATION FOR HEALTH, PHYSICAL EDUCATION, RECREATION & DANCE

Influencing the healthy development of children and youth by advocating for quality, school-based physical and health education.

► NOTE: Visit CAHPERD's web-based catalogue for more great physical activity and sport education resources – www.excelway.ca.

Contact: 613-523-1348 or 1-800-663-8708
info@cahperd.ca
www.cahperd.ca

CANADIAN ASSOCIATION FOR SCHOOL HEALTH

Develops and implements projects, activities and services that promote a Comprehensive School Health approach connecting community agencies, parents, educators, health professionals, youth and others to work together using the school as a strategic setting within the community.

Contact: www.schoolfile.com/CASH.htm

CANADIAN ASSOCIATION FOR THE ADVANCEMENT OF WOMEN & SPORT & PHYSICAL ACTIVITY

Increasing opportunities and encouraging girls and women to participate and lead in sport and physical activity in Canada.

Contact: 613-562-5667
caaws@caaws.ca
www.caaws.ca

► NOTE: Contact the provincial organizations increasing opportunities for girls and women to participate:

Alberta InMotion Network

www.inmotionnetwork.org

Atlantic Group

www.cscatlantic.ca/e/women_in_sport/index.htm

Égale Action

www.egaleaction.com

ProMOTION Plus

www.promotionplus.org

CANADIAN CANCER SOCIETY

A national, community-based organization of volunteers, whose mission is the eradication of cancer and the enhancement of the quality of life of people living with cancer. Provincial and Territorial Societies are involved in a number of healthy living initiatives.

Contact: www.cancer.ca

CANADIAN CENTRE FOR ETHICS IN SPORT

Promoting ethics in sport and recreation through education, public awareness, and research.

Contact: 613-521-3340 or 1-800-672-7775
info@cces.ca www.cces.ca

CANADIAN CENTRE ON SUBSTANCE ABUSE

Working to minimize the harm associated with the use of alcohol, tobacco and other drugs. CCSA provides an information and reference service, and publishes a free quarterly newsletter, ACTION NEWS.

Contact: 613-235-4048
info@ccsa.ca www.ccsa.ca

CANADIAN COUNCIL OF FOOD & NUTRITION

A catalyst for advancing the nutritional health of Canadians, the National Institute of Nutrition is a multisectoral authoritative voice for evidence-based nutrition policy. Website features printable resources on a variety of active living and healthy eating topics.

Contact: 905-265-9124
info@ccfn.ca www.ccfm.ca

CANADIAN DIABETES ASSOCIATION

Promotes the health of Canadians through diabetes research, education, service and advocacy. Website is an online resource for people with and affected by diabetes. Programs include cooking courses and grocery store tours to support and inspire healthy eating.

Contact: 1-800-BANTING
info@diabetes.ca www.diabetes.ca

CANADIAN FITNESS & LIFESTYLE RESEARCH INSTITUTE

Enhancing the well-being of Canadians through research and communication of information about physically active lifestyles to the public and private sectors.

Contact: 613-233-5528
info@cflri.ca
www.cflri.ca

CANADIAN INSTITUTE FOR CHILD HEALTH

Dedicated to promoting and protecting the health, well-being and rights of all children and youth through monitoring, education, program and resource development, and advocacy.

Contact: 613-230-8838
cich@cich.ca
www.cich.ca

CANADIAN LUNG ASSOCIATION

A national, non-profit organization committed to improving respiratory health through research, education and the promotion of healthy living. Website includes downloadable resources for teachers, a site for students, and links to smoking prevention and cessation resources.

Contact: 613-569-6411 or 1-888-566-LUNG (5864)
info@lung.ca
www.lung.ca

CANADIAN OLYMPIC COMMITTEE

Responsible for all aspects of Canada's involvement in the Olympic movement, including the Olympic and Pan American Games, and a wide variety of programs that promote the Olympic Movement in Canada through cultural and educational means. Website features general information about the Olympic Games and the Olympic movement, and links to a variety of sport organizations.

Contact: 416-962-0262
www.olympic.ca

CANADIAN PAEDIATRIC SOCIETY

A national advocacy association committed to the health needs of children and youth. Website is designed to provide information needed to make informed decisions about child health care.

Contact: www.cps.ca

CANADIAN PARALYMPIC COMMITTEE

Delivers programs that strengthen the Paralympic Movement in Canada, including sending Canadian Teams to the Paralympic Games. The CPC's goal is to empower persons with physical disabilities, through sport.

Contact: 613-569-4333
www.paralympic.ca

CANADIAN PARKS & RECREATION ASSOCIATION

Building healthy communities and enhancing the quality of life and environments for all Canadians through collaboration with our members and partners. Link to provincial/territorial parks and recreation associations from the CPRA website.

Contact: 613-523-5315
cpra@cpra.ca
www.cpra.ca

CANADIAN PRODUCE MARKETING ASSOCIATION

A not-for-profit organization representing companies that are active in the marketing of fresh fruits and vegetables in Canada from the farm gate to the dinner plate. Website includes nutrition, selection, storage and preparation information about a variety of fruit and vegetables.

Contact: www.cpm.ca

CANADIAN RED CROSS

Delivers first aid and water safety programs across Canada.

Contact: 613-740-1900
feedback@redcross.ca
www.redcross.ca

CIRA ONTARIO

An incorporated, non profit organization with a mission to encourage, promote and develop active living, healthy lifestyles and personal growth through intramural and recreational programs within the education and recreation communities. Practical resources, workshops and conferences support teachers in providing opportunities for EVERYONE to participate in athletic and recreational activities, regardless of skill or fitness level.

Contact: 905-575-2083
office@ciraontario.com
www.ciraontario.com

COACHING ASSOCIATION OF CANADA

Improving the effectiveness of coaching across all sports and at all levels of the sport system. Contact the CAC about coaching training and certification.

Contact: 613-235-5000
coach@coach.ca
www.coach.ca

COALITION FOR ACTIVE LIVING

A national action group committed to ensuring the environments where we live, learn, work and play support regular physical activity.

Contact: 613-277-9979
info@activeliving.ca
www.activeliving.ca

DIETITIANS OF CANADA

Food and nutrition professionals committed to the health and well-being of Canadians. Website includes Eat Well. Live Well. and Eat Well. Play Well. (pg. 78), Mission Nutrition (pg. 84), and information about Nutrition Month in March.

Contact: 416-596-0857
www.dietitians.ca

GO FOR GREEN

Active Living & Environment Program

Encourages Canadians to pursue healthy, outdoor physical activities that protect, enhance or restore the environment. Informs Canadians about healthy, active lifestyle choices, and nurtures commitment and action to improve personal health and the health of the environment. Programs include Commuter Challenge, Active & Safe Routes to School, Active Transportation, Trails Canada, Gardening for Life, Winter Green and Ice Dreams.

Contact: 613-748-1800 or 1-888-822-2848
info@goforgreen.ca www.goforgreen.ca

HEALTH CANADA

Responsible for helping Canadians maintain and improve their health, providing national leadership to develop health policy, enforce health regulations, promote disease prevention and enhance healthy living for all Canadians.

Contact: info@hc-sc.gc.ca
www.healthcanada.ca

HEART & STROKE FOUNDATION OF CANADA

Improving the health of Canadians by preventing and reducing disability and death from heart disease and stroke through research, health promotion and advocacy. Website includes contact information for each provincial/territorial foundation.

Contact: 1-888-473-4636
www.heartandstroke.ca

NATIONAL EATING DISORDERS INFORMATION CENTRE

Providing information and resources on eating disorders and weight preoccupation.

Contact: 1-866-NEDIC-20
nedic@uhn.on.ca www.nedic.ca

PUBLIC HEALTH AGENCY OF CANADA

Focussed on more effective efforts to prevent chronic diseases, prevent injuries, and respond to public health emergencies and infectious disease outbreaks.

Contact: www.phac-aspc.gc.ca

SAFE SCHOOL CENTRES

Sources of information, resources, training and examples of effective programs to help schools and communities address a range of safety issues.

- AB** www.learning.gov.ab.ca/safeschools
- BC** www.bced.gov.bc.ca/sco
- MB** www.safeschoolsmanitoba.ca
- NL** www.ed.gov.nl.ca/edu/dept/safesch.htm
- ON** www.edu.gov.on.ca/safeschl/eng/index.html

SILKEN'S ACTIVE KIDS MOVEMENT

Aims to inspire, enable and connect everyday champions in our communities to use their passion, creativity and connection to help ensure our families, schools and neighbourhoods are places where kids are physically active.

Contact: 250-629-6331
activekids@silkenlaumann.com
www.silkensactivekids.com

► NOTE: Check out Silken's new book, "Child's Play."

SPECIAL OLYMPICS CANADA

Dedicated to enriching the lives of Canadians with an intellectual disability through sport. The Special Olympics National Games are held every two years, alternating between Summer and Winter Games; World Games are held the year following National Games.

Contact: 416-927-9050
info@specialolympics.ca
www.specialolympics.ca

SPORT CANADA

Supports the achievement of high performance excellence and the development of the Canadian sport system to strengthen the unique contribution that sport makes to Canadian identity, culture and society.

Contact: 819-956-8003
sportcanada@pch.gc.ca
www.pch.gc.ca/sportcanada

TRUE SPORT

A national movement committed to the belief that sport makes a powerful and positive contribution to the development of people and communities. Action Kits are available.

Contact: Contact: 613-521-3340
info@truesport.ca
www.truesportpur.ca

■ Provincial/Territorial School Initiatives

If you know of, or are involved in, an “active and healthy school initiative” in your community, we want to hear about it! Contact the Action Schools! BC Support Team at 604-738-2468 or 1-800-565-7727, or by email at info@actionschoolsbc.ca.

ACTION SCHOOLS! BC



A best practices model designed to assist schools in creating individualized action plans to promote healthy living. Six Action Zones help schools create a balanced portfolio of activities: School Environment, Scheduled Physical Education, Classroom Action, Family and Community, Extra-Curricular, and School Spirit.

Contact: 604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca
www.actionschoolsbc.ca

ACTIVE HEALTHY SCHOOL COMMUNITIES PROGRAM



Connects all citizens, including teachers, students, parents, administrators, community leaders, government, organizations, clubs, and institutions to create physical and social environments which support active, healthy lifestyles. Based on six program modules: Physical Well Being, Healthy Eating, Tobacco Reduction, Environment, Emotional and Social Well Being, and Student Leadership.

Contact: www.gov.pe.ca/educ/index.php3?number=75664&lang=E

ACTIVE KIDS, HEALTHY KIDS

NS

A blueprint for increasing physical activity levels, contributing to an improvement in the health of children and youth. Cornerstone components include Active School Communities, Policy and Program Development, and Public Education.

Contact: 902-424-7512
www.gov.ns.ca/hpp/physicalactivity/activekidshealthykids.asp

ACTIVE SCHOOLS

ON

Motivates school communities and recognizes them for making a commitment to lead active, healthy lives.

Contact: Ophea
416-426-7120 or 1-888-446-7432
activeschools@ophea.net
www.ophea.net/activeschools

ACTIVE YUKON SCHOOLS

YT

Originally modeled on Alberta's Ever Active Schools Program this initiative assists schools in creating environments that support active living.

Contact: 867-668-3010
active@klondiker.com www.rpay.org

EVER ACTIVE SCHOOLS

AB

Encourages, identifies and recognizes schools that value and promote positive healthy behaviours and practices. The program provides a framework for school communities to identify strategies based on four "E"s: Education, Everywhere, Everyone, Environment.

Contact: 780-454-4754
info@everactive.org www.everactive.org

HEALTHY SCHOOL PROGRAM

NB

Improves the indoor and outdoor environments of schools to ensure they are a healthy, comfortable, and productive place for learning. Coordinated by the NB Lung Association.

Contact: 506-455-8961 or 1-800-565-LUNG
www.nb.lung.ca/schools

HEALTHY SCHOOLS MANITOBA



Promotes the physical emotion and social health of students, their families, school staff, and school communities. A framework guides educators and health professionals as they implement the concepts of comprehensive school health in their communities

Contact: 204-945-2266 or 1-888-848-0140
healthychild@gov.mb.ca
www.gov.mb.ca/healthychild

IN MOTION SCHOOLS



In motion schools value the benefits of physical activity and ensure it is a visible priority in the daily life of the school. In motion schools are committed to providing a minimum of 30 minutes of physical activity everyday for every student.

Contact: 1-866-888-3648 (DO-IT)
info@saskatchewaninmotion.ca
www.saskatchewaninmotion.ca

LIVING SCHOOL



The Living School initiative brings together entire communities to work together to support and enhance active, healthy living opportunities for all children and youth.

Contact: Ophea
416-426-7120 or 1-888-446-7432
livingschool@ophea.net
www.livingschool.ca

SCHOOL COMMUNITIES IN ACTION



Designed to assist schools to adopt, implement and maintain a variety of physical activity opportunities. Based on an A.C.T.I.O.N. model: Activities, Curricular, co-curricular and extra-curricular programs, Teamwork, Integration, Opportunities, and Networking.

Contact: 506-457-6915
lise.belliveau@gnb.ca
www.nbed.nb.ca/action

■ Provincial/Territorial Ministries of Education

Additional physical education resources can be found in each province/territory's recommended resource list – visit the Ministry of Education websites for a virtual tour.

ALBERTA LEARNING

Contact: www.learning.gov.ab.ca

BRITISH COLUMBIA MINISTRY OF EDUCATION

Contact: www.bced.gov.bc.ca

ÉDUCATION QUÉBEC

Contact: www.mels.gouv.qc.ca

MANITOBA EDUCATION, CITIZENSHIP & YOUTH

Contact: www.edu.gov.mb.ca

NEW BRUNSWICK DEPARTMENT OF EDUCATION

Contact: www.gnb.ca/0000

NEWFOUNDLAND & LABRADOR DEPARTMENT OF EDUCATION

Contact: www.ed.gov.nl.ca/edu

NORTHWEST TERRITORIES MINISTRY OF EDUCATION, CULTURE & EMPLOYMENT

Contact: www.ece.gov.nt.ca

NOVA SCOTIA DEPARTMENT OF EDUCATION

Contact: www.ednet.ns.ca

NUNAVUT DEPARTMENT OF EDUCATION

Contact: www.gov.nu.ca/education.htm

ONTARIO MINISTRY OF EDUCATION

Contact: www.edu.gov.on.ca

PRINCE EDWARD ISLAND DEPARTMENT OF EDUCATION

Contact: www.gov.pe.ca/edu

SASKATCHEWAN LEARNING

Contact: www.sasked.gov.sk.ca

YUKON DEPARTMENT OF EDUCATION

Contact: www.education.gov.yk.ca

■ Provincial/Territorial Physical Education Associations

Many provincial/territorial associations have professional publications. Contact the organization in your province for more information.

ALBERTA HEALTH & PHYSICAL EDUCATION COUNCIL

Contact: www.hpec.ab.ca

ASSOCIATION OF PHYSICAL EDUCATORS OF QUÉBEC

Contact: Michael MacKenzie
michael_a.mackenzie@sympatico.ca

FÉDÉRATION DES ÉDUCATEURS ET ÉDUCATRICES PHYSIQUE ENSEIGNANTS DU QUÉBEC

Contact: Mario Sevigny
mariosev@hotmail.com www.feepeq.com

MANITOBA PHYSICAL EDUCATION TEACHERS' ASSOCIATION

Contact: www.mpeta.ca

NEW BRUNSWICK PHYSICAL EDUCATION SOCIETY

Contact: Diane Hoyt
diane.hoyt@rogers.ca

NEWFOUNDLAND/LABRADOR PHYSICAL EDUCATION SPECIAL INTEREST COUNCIL

Contact: Dave Constantine
dconstantine@awsb.ca

NOVA SCOTIA TEACHERS' ASSOCIATION OF PHYSICAL & HEALTH EDUCATION

Contact: Shawn Whitty
shawn.whitty@strait.ednet.ns.ca

ONTARIO PHYSICAL & HEALTH EDUCATION ASSOCIATION

Contact: 416-426-7120 or 1-888-446-7432
info@ophea.org www.ophea.net

PHYSICAL EDUCATION BRITISH COLUMBIA (PE-BC)

Contact: www.bctf.bc.ca/pebc

PRINCE EDWARD ISLAND PHYSICAL EDUCATION ASSOCIATION

Contact: Robyn MacDonald
rlmacdonald@edu.pe.ca

SASKATCHEWAN PHYSICAL EDUCATION ASSOCIATION

Contact: 306-656-4423
spea@sasktel.net
www.speaonline.ca

YUKON PHYSICAL EDUCATION ASSOCIATION

Contact: Frank Davidson
Frank.Davidson@gov.yk.ca

■ Provincial/Territorial Sport Organizations

Many provincial/territorial sport organizations can provide or link educators to physical activity programs and resources. Contact the following sport umbrella organizations or visit their websites for more information.

ALBERTA SPORT, RECREATION PARKS & WILDLIFE FOUNDATION

Contact: 780-415-1167
www.cd.gov.ab.ca/asrpf

ONTARIO SPORTALLIANCE

Contact: 416-426-7000
info@sportalliance.com
www.sportalliance.com

SASK SPORT INC.

Contact: Regina: 306-780-9300
Saskatoon: 306-975-0800
sasksport@sasksport.sk.ca
www.sasksport.sk.ca

SPORT BC

Contact: 604-737-3000
info@sport.bc.ca
www.sport.bc.ca

SPORT MANITOBA

Contact: 204-925-5605
info@sport.mb.ca
www.sportmanitoba.ca

SPORT NEW BRUNSWICK

Contact: 506-451-1320
sportnb@nbnet.nb.ca
www.sport.nb.ca

SPORT NEWFOUNDLAND & LABRADOR

Contact: 709-576-4932
sportnl@sportnl.ca
www.sportnf.ca

SPORT NORTH

Contact: 1-800-661-0797
info@sportnorth.com
www.sportnorth.com

SPORT NOVA SCOTIA

Contact: 902-425-5450
sportns@sportnovascotia.ca
www.sportnovascotia.com

SPORT YUKON

Contact: 867-668-4236
news@sportyukon.com
www.sportyukon.com

SPORTPEI

Contact: 1-800-247-6712
sports@sportpei.pe.ca
www.sportpei.pe.ca

SPORTS-QUÉBEC

Contact: 514-252-3114
sports@sportsquebec.com
www.sportsquebec.com

Just BC

■ BC Government

MINISTRY OF EDUCATION

Contact: 1-800-663-7867
www.bced.gov.bc.ca

MINISTRY OF HEALTH

Contact: 1-800-663-7867
www.health.gov.bc.ca

MINISTRY OF TOURISM, SPORT & THE ARTS

Contact: 1-800-663-7867
www.tsa.gov.bc.ca/sport

■ BC Support Organizations

ACTNOW BC

Supports British Columbians to make healthy lifestyle choices to improve their quality of life and avoid the common chronic diseases associated with inactivity, poor nutrition, overweight and obesity, tobacco and alcohol use in pregnancy.

Contact: www.actnowbc.gov.bc.ca

2010 LEGACIES NOW

A not-for-profit society that works in partnership to develop sustainable legacies in sport and recreation, arts and culture, literacy and volunteerism. 2010 Legacies Now assists communities to discover and create unique and inclusive social and economic opportunities leading up to, and beyond, the 2010 Olympic and Paralympic Winter Games.

Contact: 1-866-427-2010
info@2010LegaciesNow.com
www.2010LegaciesNow.com

ACTION SCHOOLS! BC

A BC initiative based on a best practices model to support schools in creating individual action plans to promote healthy living. Support, workshops and teaching resources to integrate healthy living into the culture of your school.

Contact: 604-738-2468 or 1-800-565-7727
info@actionschoolsbc.ca
www.actionschoolsbc.ca

► NOTE: Action Schools! BC – Healthy Eating Support Team
250-472-0107 ext.230
healthyeating@2010legaciesnow.com

ACTIVE COMMUNITIES

An Active Community is one that promotes and supports, through a coordinated strategy, a way of life in which physical activity is valued and integrated into daily life. The initiative will contribute to the ActNow BC goal of increasing the physical activity level of British Columbians by 20% by the year 2010. Registered communities can access tools, workshops and funding.

Contact: 604-629-0965 ext.38
activecommunities@bcrpa.bc.ca
www.activecommunities.bc.ca

BC AGRICULTURE IN THE CLASSROOM

Lesson ideas, downloadable, workshops, science fair ideas, contacts for farm tours, and complementary information for students and parents. Organization works with educators to bring BC's agriculture to students.

Contact: Lindsay Babineau, BC Agriculture in the Classroom
604-556-3088
Lindsay.Babineau@gov.bc.ca www.aitc.ca/bc

BC DAIRY FOUNDATION

Offers nutrition education programs for all school grades. Foundation programs emphasize the importance of active living and eating a balanced diet based on Canada's Food Guide to Healthy Eating.

Contact: 604-294-3775 or 1-800-242-6455
nutrition@bcdf.ca www.bcdairyfoundation.ca

► **NOTE:** Contact the BCDF about their Elementary School Milk Program to help make a healthy beverage choice an easy choice at school.

BC HEALTHY LIVING ALLIANCE

A coalition of organizations working together to improve the health of British Columbians by promoting physical activity, healthy eating and living smoke-free. Website includes health promoting tools, success stories from across Canada, and links to research supporting healthy school communities.

Contact: 604-629-0965 ext. 25
info@bchealthyliving.ca www.bchealthyliving.ca

BC INJURY PREVENTION CENTRE

Community-based injury prevention programs dedicated to promoting injury-free living in British Columbia and its communities. Injury prevention programs are designed to decrease the incidence and severity of injuries in communities using evidence-based research and best practices in health promotion. Website includes interactive games and resources, and information about the "Spirit to Survive" Lifesaving Program.

Contact: 604-875-4991
BCInjuryPreventionCentre@vch.ca www.injuryfreezone.com

BC MEDICAL ASSOCIATION

The British Columbia Medical Association's current health promotion project, "Eat Well. Play Well. Stay Well." provides parents with information to help them make healthy choices for their children. This project offers volunteer physicians to speak to local parent groups about healthy active living.

Contact: Fiona Youatt, 604-638-2881
fyouatt@bcma.bc.ca
www.bcma.org

BC RECREATION & PARKS ASSOCIATION

A not-for-profit organization dedicated to building and sustaining active healthy lifestyles and communities. Through advocacy, communication and education with a diverse network of partners, including school communities, the Association is a strong provincial voice for the parks, recreation and culture sector which inspires and supports community leaders and practitioners to build and sustain healthy communities.

Contact: 604-629-0965
bcrpa@bcrpa.bc.ca
www.bcrpa.ca

BC SPORTS HALL OF FAME & MUSEUM

Honours BC's outstanding athletes, teams and builders. Guided educational programs include Olympic Inspirations, The Terry Fox Tour, or a general Hall of Fame visit. Through interactive exhibits, students are encouraged to climb a rotating climbing wall, track their time on a 14m running track, test their slap shot, play Monster basketball, and more!

► NOTE: Check out the BC Sports Hall of Fame and Museum's online educational program – Hero in You (pg. 14).

Contact: 604-687-5520
sportsinfo@bcsporthalloffame.com
www.bcsporthalloffame.com

COACHES ASSOCIATION OF BRITISH COLUMBIA

Improving the quality of coaching in BC to provide positive and meaningful experiences for athletes of all ages.

Contact: 604-298-3137
info@coaches.bc.ca
www.coaches.bc.ca

COMMUNITYLINK (Learning Includes Nutrition Knowledge)

An innovative program that provides services and supports in schools for vulnerable children and youth across the province. Funding is allocated through School Districts.

► NOTE: Guidelines for school meal programs are available at
www.mcf.gov.bc.ca/publications/infant_development/Appendix%20IV.pdf

Contact: www.bced.gov.bc.ca/communitylink
OR: BC School Districts
www.bced.gov.bc.ca/schools

COOKING FUN FOR FAMILIES COALITION

Supports the development of family skills in the areas of accessing and preparing food, socialization, and integration within high need communities. The Coalition is involved with programs in Vancouver. A practical guide is available to help others develop a program in their school.

► NOTE: Click on "School Kitchens" on the www.communitykitchens.ca site for more information.

Contact: Kathy Cassels, DASH BC
604-583-6047
OR: Diane Collis, Community Kitchens
604-876-0659 L118
www.communitykitchens.ca

DASH BC

Directorate of Agencies for School Health

Practical tools, resources, and links to support healthy school environments. Sample communication tools, nutrition policies and toolkits support the development of school food and nutrition policies and student-led actions to make healthy choices the easiest choice.

Contact: DASH BC
604-583-6047
info@dashbc.org
www.dashbc.org

DIAL-A-DIETITIAN

A charitable, not-for-profit organization with a mission to provide readily accessible quality nutrition information to the public and health information providers throughout British Columbia.

Contact: 604-732-9191 or 1-800-667-3438
dial@dialdietitian.org
www.dialdietitian.org

EATING DISORDER RESOURCE CENTRE OF BC

A provincial, non-profit organization that is open to the public as well as professionals. Provides educational, referral and research services to people struggling with disordered eating, their support networks, community based organizations, students, educators and professionals working in the area.

Contact: 604-875-2084 or 1-800-665-1822
edrbc@direct.ca

FARMFOLK/CITYFOLK

A non-profit society that wants one simple thing: for people to eat local, fresh, seasonal foods, grown using farming practices that contribute to the health of the planet. Projects connect local food communities and work towards a local, sustainable food system.

Contact: 604-730-0450
info@ffcf.bc.ca
www.ffcf.bc.ca

HEAL Healthy Eating & Active Living in Northern BC

A regional group of individuals, organizations and communities dedicated to “planting the seeds of health.” Website includes a variety of practical resources and a collection information on school and youth activity programs from across Canada and around the world.

Contact: Mary Ann Arcand
info@healbc.ca
www.healbc.ca

HEART & STROKE FOUNDATION OF BC & YUKON

Improving the health of Canadians by preventing and reducing disability and death from heart disease and stroke through research, health promotion and advocacy.

Contact: 604-736-4404 or 1-888-473-4636
www.heartandstroke.bc.ca

INSTITUTE FOR SAFE SCHOOLS OF BC

Assists schools and communities as a centralized source for information, training, and support materials. The ISS is committed to evidence-based research to help schools and communities access the tools and programs they need to create safe, healthy and inclusive schools and communities.

Contact: 604-870-5936 or 1-888-224-7233
info.safeschools@gov.bc.ca
www.safeschools.gov.bc.ca

PHYSICAL EDUCATION BRITISH COLUMBIA (PE-BC)

Provides leadership, advocacy and resources for physical education teachers, including a newsmagazine, involvement in annual conferences, and professional development grants.

Contact: www.bctf.bc.ca/pebc

PREVENTION SOURCE BC

The provincial clearinghouse for government tobacco prevention and cessation resources. Also provides technical assistance and information concerning tobacco prevention, cessation and enforcement in BC. Resources geared specifically to teachers include "bc.tobaccofacts" and "Kick the Nic." Peruse the PSBC online catalogue for additional resources.

Contact: 604-530-1015 or 1-800-663-1880
info@preventionsource.bc.ca
www.preventionsource.bc.ca

ProMOTION Plus: Girls & Women in Physical Activity & Sport

Working cooperatively with individuals and groups in the sport and recreation system in British Columbia to create equity for girls and women.

Contact: 604-737-3075 or 1-877-55-PROMO
office@promotionplus.org
www.promotionplus.org

SPORT BC

A non-profit society that represents more than 80 sport organizations as the provincial federation for sport. Fosters the growth of organized sport in BC, and reminds all of the positive impact that sport has on our communities and our lives.

Contact: 604-737-3000
info@sport.bc.ca www.sport.bc.ca

SPORTABILITY Cerebral Palsy Sports Association of BC

A non-profit, volunteer driven association whose goal is to provide opportunities in sport for people with physical disabilities, particularly cerebral palsy, head injuries, stroke and related disabilities. The sports offered at SportAbility are athletics (track and field), boccia, cycling, powerlifting, racerunners, 7-A-side soccer, sledge hockey and swimming.

Contact: 1-877-711-3111
sportinfo@telus.net
www.cpsports.com

TRAILS BC

Responsible for the establishment of the Trans Canada Trail in British Columbia, contributes to the preservation of developed and heritage trails, and promotes the building and connecting of new trails, for safe and environmentally responsible recreational use. Trails BC representatives can help introduce students to the benefits of trails, and link teachers with available teaching resources.

Contact: 604-737-3188
trailsbc@trailsbc.ca
www.trailsbc.ca

WAY TO GO! SCHOOL PROGRAM

This program develops traffic safety awareness and promotes alternative transportation (walking, cycling, carpooling, transit) to elementary and middle schools. Sponsored by the Autoplan Brokers of BC – insuring a safer BC. Toolkit provides a variety of strategies for addressing transportation concerns.

Contact: Way to Go! School Program
604-732-1511 or 1-877-325-3636
waytogo@telus.net
www.waytogo.icbc.bc.ca

■ BC Health Authorities

Visit your local health authority to locate a community nutritionist in your area.

NORTHERN HEALTH

Contact: www.healthspace.ca/nha

INTERIOR HEALTH

Contact: www.interiorhealth.ca

VANCOUVER ISLAND HEALTH AUTHORITY

Contact: www.viha www.viha.ca/children/youth/community_resources.htm

VANCOUVER COASTAL HEALTH

Contact: www.nscg.ca

FRASER HEALTH

Contact: www.fraserhealth.ca

■ BC Multi-Sport Organizations

For more sport and physical activity resources and workshops in BC contact the following organizations:

ABORIGINAL SPORTS/RECREATION ASSOCIATION

Contact: 250-544-8172 alex.nelson@asra.ca www.asra.ca

BC ATHLETE VOICE

Contact: 250-418-5265 info@bcathletevoice.ca www.bcathletevoice.ca

BC COLLEGES' ATHLETIC ASSOCIATION

Contact: <http://bccaa.cotr.bc.ca>

BC GAMES SOCIETY

Contact: 250-387-1375 info@bcgames.org www.bcgames.org

BC SCHOOL SPORTS

Contact: 604-737-3066 info@bcschoolsports.ca www.bcschoolsports.ca

NATIONAL COACHING INSTITUTE – BC

Contact: coach@uvic.ca gdonohue@pacificsport.com
<http://web.uvic.ca/coach>

PACIFICSPORT BC

Powering Sport Performance

Contact: 250-744-5521 info@pacificsport.com www.pacificsport.com

SPORTMEDBC

Contact: 604-730-7260 or 1-888-755-3375
info@sportmedbc.com www.sportmedbc.com

■ BC Sport Organizations

For more sport and physical activity resources and workshops in BC contact the following organizations:

ALPINE SKI ASSOCIATION, BC

Contact: 604-737-3070 programs@bcalpine.com www.bcalpine.com

ARCHERY ASSOCIATION, BC

Contact: arolsem@axionet.com www.archeryassociation.bc.ca

ATHLETICS, BC

Track & Field, Road Running, Cross Country Running, Race Walking

Contact: 604-737-3170
bcathletics@bcathletics.org www.bcathletics.org

BADMINTON BC

Visit www.speedminton.ca for more information about this new racquet sport.

Contact: 604-737-3030 info@badmintonbc.com www.badmintonbc.com

BALL HOCKEY ASSOCIATION, BC

Contact: bcbha@vancouverevents.com www.bcbha.com

BASEBALL BC

Contact: 604-737-3031 info@baseball.bc.ca www.baseball.bc.ca

BASKETBALL BC

Contact: 604-241-HOOP hoopsbc@basketball.bc.ca www.basketball.bc.ca

BLIND SPORTS ASSOCIATION, BC

Contact: 604-325-8638 or 0-604-325-8638 after tone enter 7617
info@bcblindsports.bc.ca www.bcblindsports.bc.ca

BOWL BC

Contact: 604-522-2990 bowl4fun@bowlbc.com www.bowlbc.com

BOWLS BC (LAWN BOWLING)

Contact: www.bowlsbc.ca

CANOE KAYAK BC

Canoe, Kayak, Dragon Boat, Outrigger, Voyager

Contact: 604-465-5268 mj@canoekayakbc.ca www.canoekayakbc.ca

CURL BC

Contact: 604-737-3040 or 1-800-667-curl curling@curlbc.ca www.curlbc.ca

CYCLING BC

Contact: 604-737-3034 assist@cyclimg.bc.ca www.cycling.bc.ca

DANCESPORT BC

Contact: 604-925-5003
president@dancesportbc.com www.dancesportbc.com

DEAF SPORTS FEDERATION, BC

Contact: 604-738-7122 (TTY)
bcdeafsports@telus.net www.bcdeafsports.bc.ca

DISABILITY SPORTS, BC

Contact: 604-598-7890 (TTY)
info@disabilitysport.org www.disabilitysport.org

DISC SPORTS SOCIETY, BC

Contact: 1-888-878-7387 discbc@bcdss.bc.ca www.bcdss.bc.ca

DIVE BC

Contact: greg@dive.bc.ca www.dive.bc.ca

FENCING ASSOCIATION, BC

Contact: 604-737-3044 sitka.triumf.ca/bcfencing

FIELD HOCKEY BC

Contact: 604-737-3045 (Men's) 604-737-3046 (Women's)
info@fieldhockeybc.com www.fieldhockeybc.com

FIGURE SKATING BC SECTION

Contact: 604-205-6960 sk8bc-yt@telus.net www.skatinginbc.com

FOOTBALL BC

Contact: 604-583-9363 footballbc@footballbc.org www.playfootball.bc.ca

GOLF ASSOCIATION, BC

Contact: 604-279-2580 or 1-888-833-2242 info@bcga.org www.bcga.org

GYMNASTICS BC

Contact: 604-737-3104 info@gymnastics.bc.ca www.gymnastics.bc.ca

HOCKEY ASSOCIATION, BC AMATEUR

Contact: 250-652-2978 info@bcaha.org www.bcaha.org

JUDO BC

Contact: 604-734-3197 info@judobc.ca www.judobc.ca

KARATE BC

Contact: 604-737-3051 info@karatebc.org www.karatebc.org

LACROSSE ASSOCIATION, BC

Contact: 604-421-9755 info@bclacrosse.com www.bclacrosse.com

MOUNTAIN CLUBS OF BRITISH COLUMBIA, FEDERATION OF

Contact: 604-873-6096
fmcbc@mountainclubs.bc.ca www.mountainclubs.bc.ca

NETBALL ASSOCIATION, BC

Contact: 604-293-1820 fesuarz@shaw.ca www.bcnetball.com

ORIENTEERING ASSOCIATION OF BC

Contact: www.orienteingbc.ca

OUTDOOR RECREATION COUNCIL OF BC

Contact: 604-737-3058 orc@intergate.ca www.orcbc.ca

RACQUETBALL ASSOCIATION, BC

Contact: 604-737-1786 bcracquetball@hotmail.com www.racquetballbc.ca

RHYTHMIC SPORTIVE GYMNASTICS FEDERATION, BC

Contact: 604-608-5350 bcrsgf@rhythmicsBC.com www.rhythmicsBC.com

RINGETTE ASSOCIATION, BC

Contact: www.bcringette.org

ROWING BC

Contact: 604-737-3064 www.rowbc.org

RUGBY UNION, BC

Contact: 604-737-3065 bcrugby@telus.net www.bcrugby.com

SAILING ASSOCIATION, BC

Contact: 604-737-3126 crew@bcsailing.bc.ca www.bcsailing.bc.ca

SKIPPING ASSOCIATION, BC & YUKON

Clubs hold workshops, judges' training, and competitions.

Contact: smreid@shaw.ca www.bcysa.ca

SOCCER ASSOCIATION, BC

Contact: 604-299-6401 soccer_bc@telus.net www.bcsoccer.net

SOFTBALL BC

Contact: 604-531-0044 info@softball.bc.ca www.softball.bc.ca

SPECIAL OLYMPICS, BC

Contact: 1-888-854-2276 specialolympics@bcso.bc.ca www.bcso.bc.ca

SQUASH BC

Contact: 604-737-3084 info@squashbc.com www.squashbc.com

SWIM BC

Contact: 250-479-2004 staff@swim.bc.ca www.swim.bc.ca

SYNCHRO SWIM BC

Contact: 604-737-3160 info@synchro.bc.ca www.synchro.bc.ca

TABLE TENNIS ASSOCIATION, BC

Contact: 604-737-3012 bctta@hotmail.com members.shaw.ca/bctta

TAEKWONDO ASSOCIATION, BC

Contact: 604-530-8922 contact@bctaekwondo.org www.bctaekwondo.org

TENNIS BC

Contact: 604-737-3086 tbc@tennisbc.org www.tennisbc.org

TRIATHLON BC

Triathlon and Duathlon

Contact: 604-736-3176 info@tribc.org www.tribc.org

VOLLEYBALL BC

Contact: 604-291-2007 contact@volleyballbc.ca www.volleyballbc.ca

WATER POLO ASSOCIATION, BC

Contact: 604-737-3148 bcwaterpolo@telus.net www.bcwaterpolo.com

WHEELCHAIR SPORTS ASSOCIATION, BC

Contact: 604-737-3090 or 1-877-737-3090
info@bcwheelchairsports.com www.bcwheelchairsports.com

WRESTLING ASSOCIATION, BC

Contact: 604-737-3092 info@bcwrestling.com www.bcwrestling.com

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