



## **Getting Started with Learning Outside of the Classroom:** **Health & Physical Education Elementary Supports**

In these unprecedented times, the OASPHE Executive is sharing a resource that we hope anticipates some of the diverse needs of its members so that students in this province can continue to learn and succeed in the best way possible. This isn't business as usual so we have curated a collection of material, including videos and sites that we hope you find helpful as you navigate and prepare for student learning at home. The various activities identified in this document are designed for teachers to support their students in ways to engage in physical activity to continue to develop their personal fitness through activity participation in a variety of activities to support their health and well-being. These alone will not meet the varied expectations of the HPE curriculum but might offer students an opportunity to engage in learning about themselves, and to continue to explore healthy concepts to support their health and well-being.

The items and suggestions listed below are meant to be used as professional tools. Teachers are asked to refer to their Board's specific policies and procedures with regards to any content being shared.

### **Considerations for Teaching Health & Physical Education at home:**

- tasks/activities must be able to be done individually or may be done with a younger or older siblings; suggest activities that can be done with no or limited equipment and can be done in a small space
- the tasks/activities should be age and stage appropriate; accommodations or modifications should be considered
- focus on physical activity/physical fitness development (20-30 minutes) and healthy living topics that support student well being
- link the learning tasks/activities to the [Social Emotional Learning Skills](#) whenever possible

### **Safety:**

- the suggested physical activities must be safe and follow [OPASSE](#) safety considerations. You can also check the OSBIE Blog post: [How to conduct a Distance Learning Risk Assessment](#)

**Resources for Teachers: \*The Primary, Junior, Intermediate headings have been bookmarked and will take you to sample suggestions for learning appropriate for the division you have selected.**

## HEALTH AND PHYSICAL EDUCATION

Making Connections to the Strands in H&PE Curriculum	Big Ideas	Resource	K	Primary	Junior	Int.	en français
<ul style="list-style-type: none"> <li>A. Social Emotional Learning</li> <li>B. Active Living</li> <li>C. Movement Competence</li> <li>D. Healthy Living</li> </ul>	<ul style="list-style-type: none"> <li>• Understand and apply SELS in all areas of learning</li> <li>• Participate and demonstrate the importance of being physically active in a safe way</li> <li>• Perform skills and movement strategies in physical activities</li> <li>• Understand, apply and be able to make connections to their own personal health and the health of others.</li> </ul>	<p><a href="#">Ophea</a> Ophea's Teaching Tools offers quick and easy access to a variety of lesson plans, supplements and activities that will help you implement Health &amp; Physical Education (H&amp;PE) and support you in building healthy, active schools and communities.</p> <p>This resource will support parents and caregivers with Health and Physical Education at home.</p>	✓	✓	✓	✓	✓
<ul style="list-style-type: none"> <li>A. Social Emotional Learning</li> <li>B. Active Living</li> <li>C. Movement Competence</li> </ul>	<ul style="list-style-type: none"> <li>• Understand and apply SELS in all areas of learning</li> <li>• Participate and demonstrate the importance of being physically active in a safe way</li> <li>• Perform skills and movement strategies in physical activities</li> </ul>	<p><a href="#">Ophea's YouTube Channel</a> Beginning the week of April 6<sup>th</sup>, each Monday a recorded demonstration video will be posted on Ophea's YouTube channel with a different lesson, game, or activity from Ophea; highlighting curriculum expectations, learning goals, safety requirements, equipment and success criteria for our primary, junior, and intermediate learners. Each Friday with our Ophea Ambassadors we will host a live online session to answer questions on that week's lesson, game, or activity.</p>	✓	✓	✓	✓	✓

<p>A. Social Emotional Learning  B. Active Living  C. Movement Competence  D. Healthy Living</p>	<ul style="list-style-type: none"> <li>• Understand and apply SELS in all areas of learning</li> <li>• Participate and demonstrate the importance of being physically active in a safe way</li> <li>• Perform skills and movement strategies in physical activities</li> <li>• Understand, apply and be able to make connections to their own personal health and the health of others.</li> </ul>	<p><a href="#">PHE Canada Learning At Home (English)</a>   <a href="#">(French)</a></p> <p>The <i>PHE Home Learning Centre</i> has been assembled to support educators during this unprecedented time in continuing to offer quality physical and health education learning experiences under the new paradigm of online educational delivery within a home setting.</p>	✓	✓	✓	✓	✓
<p>A. Social Emotional Learning  B. Active Living  D. Healthy Living</p>	<ul style="list-style-type: none"> <li>• Understand and apply SELS in all areas of learning</li> <li>• Understand, apply and be able to make connections to their own personal health and the health of others.</li> </ul>	<p><a href="#">School Mental Health Ontario</a>  School Mental Health Ontario is a provincial implementation support team. On their site you will find mental health literacy support for educators including evidence based strategies and resources.</p>	✓	✓	✓	✓	✓
<p>A. Social Emotional Learning  B. Active Living</p>	<ul style="list-style-type: none"> <li>• Understand and apply SELS in all areas of learning</li> <li>• Participate and demonstrate the importance of being physically active in a safe way</li> </ul>	<p><a href="https://www.ciraontario.com">https://www.ciraontario.com</a> encourages, promotes and develops active living, healthy lifestyles. Here you will find games and videos for staying active at home.</p>		✓	✓	✓	
<p>A. Social Emotional Learning  B. Active Living</p>	<ul style="list-style-type: none"> <li>• Understand and apply SELS in all areas of learning</li> <li>• Participate and demonstrate the importance of being</li> </ul>	<p>DPA Activities</p> <p>Daily physical activities for elementary students Gr <a href="#">1-3</a>, <a href="#">4-6</a>, <a href="#">7-8</a> (click here)</p>		✓	✓	✓	

	physically active in a safe way						
A. Social Emotional Learning B. Active Living	<ul style="list-style-type: none"> <li>Understand and apply SELS in all areas of learning</li> <li>Participate and demonstrate the importance of being physically active in a safe way</li> </ul>	<a href="#">Alberta DPA Handbook</a> Cross curricular daily physical activities for students in grades 1-9.		✓	✓	✓	
A. Social Emotional Learning B. Active Living C. Movement Competence	<ul style="list-style-type: none"> <li>Understand and apply SELS in all areas of learning</li> <li>Participate and demonstrate the importance of being physically active in a safe way</li> <li>Perform skills and movement strategies in physical activities</li> </ul>	<a href="#">PlaySport</a> PlaySport helps children and youth develop an understanding of the skills and strategies associated with playing a wide range of physical activities and sports		✓	✓	✓	✓
A. Social Emotional Learning B. Active Living C. Movement Competence	<ul style="list-style-type: none"> <li>Understand and apply SELS in all areas of learning</li> <li>Participate and demonstrate the importance of being physically active in a safe way</li> <li>Perform skills and movement strategies in physical activities</li> </ul>	<a href="#">DancePI3Y</a> <a href="#">Follow along to DancePI3Y</a> Fun, energizing dance routines and live classes that are focused on building fundamental movement skills and physical literacy through dance.	✓	✓	✓	✓	
A. Social Emotional Learning B. Active Living C. Movement Competence	<ul style="list-style-type: none"> <li>Understand and apply SELS in all areas of learning</li> <li>Participate and demonstrate the importance of being physically active in a safe way</li> </ul>	<a href="#">Thompson Educational Fitness</a> Lesson plans that support physical literacy, cross curricular activities, mental health and student wellness.		✓	✓	✓	

	<ul style="list-style-type: none"> <li>way</li> <li>Perform skills and movement strategies in physical activities</li> </ul>						
A. Social Emotional Learning B. Active Living C. Movement Competence	<ul style="list-style-type: none"> <li>Understand and apply SELS in all areas of learning</li> <li>Participate and demonstrate the importance of being physically active in a safe way</li> <li>Perform skills and movement strategies in physical activities</li> </ul>	<a href="#">Everactive</a> Everactive supports healthy active school communities with both free and for purchase resources.	✓	✓	✓	✓	
A. Social Emotional Learning B. Active Living	<ul style="list-style-type: none"> <li>Understand and apply SELS in all areas of learning</li> <li>Participate and demonstrate the importance of being physically active in a safe way</li> </ul>	<a href="#">GoNoodle</a> Movement and mindfulness videos	✓	✓	✓		
A. Social Emotional Learning B. Active Living	<ul style="list-style-type: none"> <li>Understand and apply SELS in all areas of learning</li> <li>Participate and demonstrate the importance of being physically active in a safe way</li> </ul>	<a href="#">Build Your Best Day ParticipACTION.com</a> Build Your Best Day ParticipACTION.com is an educational tool to help children and youth learn more about the Canadian 24-Hour Movement Guidelines.	✓	✓	✓	✓	

## Sample Suggestions for Learning Outside the Classroom

### HPE at Home (Primary)

<p>Learning Goal: We are learning to...</p> <ul style="list-style-type: none"> <li>• Apply to the best of my ability, social-emotional learning skills to be successful with this new way of learning.</li> <li>• Be physically active at home everyday in order to stay healthy, both physically and mentally</li> <li>• Challenge ourselves to safely learn skills we have always wanted to learn</li> <li>• Read, view, connect with information that supports healthy choices for my personal health and well-being</li> </ul>	
Social-Emotional Learning Skills	<p>Activities below have been tagged when possible, to indicate the social-emotional learning skills that can be integrated into the teaching and learning. <b>(EMOTIONS, COPING, MOTIVATION, RELATIONSHIPS, SELF, THINKING)</b></p>
Active Living	<p>Be active for 30 minutes every day. <b>(EMOTIONS, COPING, MOTIVATION, RELATIONSHIPS, SELF, THINKING)</b></p> <p>Draw a picture of the activities that were fun or brought you joy.            Ask a parent to take a picture of you engaging in the activity.            How do you feel after being physically active (e.g. happy, energized, tired etc.)?            How does your body feel when you are active?            In what ways might this activity help your brain with learning?</p>
Movement Competence	<p>Apply strategies and tactics to enhance success. <b>(RELATIONSHIPS, SELF, THINKING)</b></p> <p>Move like an animal around a space you have within your home, apartment or yard (e.g., jump like a frog, hop like a rabbit, slither like a snake, fly like a bird etc.)</p>



Create a circuit in your home, apartment or backyard and move through the circuit in a variety of ways.

Challenge a parent or sibling to do the circuit with you.

How can you challenge yourself and be motivated to do different things with your body, like moving in creative ways?

Healthy Living

**Topic: Mental Health Literacy**

Positive Affirmations **(EMOTIONS, COPING, SELF, THINKING)**

Thinking positively in the face of stress or challenge, can be difficult. Positive affirmations can help to make us feel more confident in ourselves and help us to bounce back when feeling stressed or anxious. It takes practice though. Make as many 4 word affirmations as you can. (e.g., "I can do division" "I know my alphabet" "I'll try my best", "I am loved today", "I believe in me", ...). Each word you have chosen will match a finger in your hand. As you say your affirmation in your head, match each finger with your thumb; one finger per word." You can use your Four Finger Affirmation to feel more confident in stressful situations. After deciding on your own and practicing your affirmations, draw a picture or write a journal entry that describes how you're feeling.

**Topic: Healthy Eating**

Many factors contribute to a healthy body and mind, including healthy eating. Think about healthy foods that you might like to eat for lunch. Your plate should include a variety of healthy foods (i.e., vegetables and fruits, whole grain foods, protein foods). [Canada's Food Guide](#). The foods you eat help you grow, learn, and play and have a healthy mind. On a paper plate or piece of paper write, draw or find pictures from magazines to create a healthy lunch. **Remember:** it is important to eat a variety of foods that include plenty of vegetables and fruits, whole grain foods, and protein foods which help our bodies grow and give us the energy we need to help us be our best.

## HPE at Home (Junior)

<p>Learning Goal: We are learning to...</p> <ul style="list-style-type: none"> <li>• Apply to the best of my ability, social-emotional learning skills to be successful with this new way of learning.</li> <li>• Be physically active at home everyday in order to stay healthy, both physically and mentally</li> <li>• Challenge ourselves to safely learn skills we have always wanted to learn</li> <li>• Read, view, connect with information that supports healthy choices for my personal health and well-being</li> </ul>	
Social-Emotional Learning Skills	<p>Activities below have been tagged when possible, to indicate the social-emotional learning skills that can be integrated into the teaching and learning (<b>EMOTIONS, COPING, MOTIVATION, RELATIONSHIPS, SELF, THINKING</b>)</p>
Active Living	<p>Be active for 30 minutes every day. Ask a parent or sibling to take a picture or draw your own illustration of you engaging in the activity. Keep a journal and track your activity results for the week. (<b>EMOTIONS, COPING, MOTIVATION, RELATIONSHIPS, SELF, THINKING</b>)</p> <ul style="list-style-type: none"> <li>• How do you feel before, during and after being physically active?</li> <li>• How does your body feel when you are active?</li> <li>• In what ways might this activity help your brain?</li> <li>• Did you see any improvements?</li> </ul>
Movement Competence	<p>Apply strategies and tactics to enhance success. (<b>RELATIONSHIPS, SELF, MOTIVATION, THINKING</b>)</p> <p><b>50 Yard Dash:</b> Time how long it takes to complete the 50 metre dash (use 50 steps if you don't have a measuring tape). Record your times for the week.</p> <p><b>Tree Targets:</b> Hang four paper plates from a tree branch, use a small ball or other object to hit all four plates. Challenge: increase your distance from the targets.</p> <p><b>Sidewalk/Driveway Long Jump:</b> Draw a series of circles on the sidewalk using sidewalk chalk. Jump from circle to circle without falling out of the lines. Challenge: increase the distance depending on the length of the sidewalk.</p> <p>How can you challenge yourself and be motivated to improve your speed, accuracy, flexibility etc. at home?</p>
Healthy Living	<p><b>Topic: Mental Health Literacy</b></p> <p>Develop a weekly plan to stay healthy, physically, mentally and emotionally. Share with a</p>



	<p>friend, sibling or parent. <b>(EMOTIONS, COPING, MOTIVATION, RELATIONSHIPS, SELF, THINKING)</b></p> <p>Your life has likely changed since March break , what kind of things have you been doing to stay well? Have you been doing things you enjoy? Are you taking time out for yourself now and then? Are you finding ways to help others? It's sometimes difficult, but are you taking the time to notice the good things? Make a list of things you're doing to stay well with words or pictures. Then order them from least to most important to you.</p> <p><b>Topic: Healthy Eating</b></p> <p>Being physically active and healthy eating work together to improve a person's overall physical and mental health and well-being by providing more energy, improved self-concept and body image, greater resistance to disease etc.</p> <p>Track your eating habits for the week? Did your nutrition have an impact on your activity? How did you feel at the start of the week compared to the end of the week?</p>
--	--

### HPE at Home (Intermediate)

<p>Learning Goal: We are learning to...</p> <ul style="list-style-type: none"> <li>• Apply to the best of my ability, social-emotional learning skills to be successful with this new way of learning.</li> <li>• Be physically active at home everyday in order to stay healthy, both physically and mentally</li> <li>• Challenge ourselves to safely learn skills we have always wanted to learn</li> <li>• Read, view, connect with information that supports healthy choices for my personal health and well-being</li> </ul>	
<p>Social-Emotional Learning Skills</p>	<p>Activities below have been tagged when possible, to indicate the social-emotional learning skills that can be integrated into the teaching and learning <b>(EMOTIONS, COPING, MOTIVATION, RELATIONSHIPS, SELF, THINKING)</b></p>
<p>Active Living</p>	<p>Be active for 30 minutes every day. Ask a parent or sibling to take a picture or draw your own illustration of you engaging in the activity. Keep a journal and track your activity results for the week. <b>(EMOTIONS, COPING, MOTIVATION, RELATIONSHIPS, SELF, THINKING)</b></p> <p>In your journal reflect on the following:</p> <ul style="list-style-type: none"> <li>• How do you feel before, during and after being physically active? Pulse check!</li> </ul>

	<ul style="list-style-type: none"> <li>• How do you know you are being active to the best of your ability when participating in physical activities?</li> <li>• How does your body feel when you are active? How can you make adjustments to the activities so that a variety of group members can be included and enjoy participating?</li> <li>• In what ways might this activity help your brain? How can you challenge yourself and be motivated to improve your physical fitness?</li> <li>• Did you see any improvements?</li> <li>• What can you do to increase the “fun factor” when being physically active?</li> </ul>
<p>Movement Competence</p>	<p><b>Movement Circuit (COPING, MOTIVATION, RELATIONSHIPS, SELF)</b></p> <p>Identify the phases of movement (i.e. how are you making sure that you are using the correct form?) when you are performing each of these activities. Please refer to <a href="#">Thompson's Functional Fitness Videos</a> for help when needed.</p> <ul style="list-style-type: none"> <li>-5 x up and down stairs or 50 mountain climbers (Active Start #21, Game On #12)</li> <li>-50 squats, lunges, or sumo squats (choose one per round) - (Game On #17,18,22,28,36)</li> <li>-20 push-ups (knees or toes) (Active Start #21, Perfect Practice #21, Game on #33)</li> <li>-1 min plank (Game On #21, 23, 31, 32) or wall sit</li> <li>-40 <a href="#">bicep curls</a>, tricep dips, or shoulder presses (with or without weights - be creative!)</li> <li>-50 bicycle oblique crunches (twist opposite elbow to opposite knee), 60 crunches, 50 crunches (reach for ankles, slide ribs towards hips), or 60 side crunches (30 each side).</li> </ul> <p><b>Repeat circuit 3-4 times a week for a minimum of 20 minutes. Challenge a parent or sibling to the circuit. Design your own circuit. Don't forget to stretch!</b></p>
<p>Healthy Living</p>	<p><b>Topic: Mental Health Literacy</b></p> <p>Develop a weekly plan to stay healthy, physically, mentally and emotionally. Share with a friend, sibling or parent. <b>(EMOTIONS, COPING, MOTIVATION, RELATIONSHIPS, SELF, THINKING)</b></p> <p>Maintaining mental health involves using strategies that help balance different aspects of life: the physical, intellectual, social, emotional, and spiritual. It involves thinking, feeling, activating and interacting in ways that allow you to cope with challenges that arise.</p> <p>Consider taking time to discover what helps you feel good and allows you to re-charge.</p>

Being kind to yourself is self-care, and is an important part of your mental health and well-being . Using this School Mental Health Ontario , [SELF-CARE 101](#) poster, write in one paragraph how you practice self-care or create a PSA (Public Service Announcement) that is designed to raise awareness about self-care for other teenagers.

**Topic: Healthy Eating**

Paying attention to how you feel in connection with not only what you eat but also when you eat and with whom you eat can make a difference in your mental health. [Canada's Food Guide](#) recommends being mindful of your eating, eating meals with others, and taking time to enjoy your food. In other words, pay attention to your 'food-mood' connections!

Keep a reflection log of your eating patterns each day. **(EMOTIONS, COPING, MOTIVATION, RELATIONSHIPS, SELF, THINKING)**

Reflect on the following:

- What health disorders can unhealthy eating patterns lead to?
- What can healthy eating help to prevent?
- How does increased fruit and vegetable consumption benefit our health?