

**Active Yukon Schools Program**  
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## **ACTIVE YUKON SCHOOLS**

### **2006 – 2007 RESOURCE PAGES**

Registered Active Yukon Schools are committed to developing healthy and active school communities. Ideas are sometimes needed when forming appropriate active programs for our children. Active Yukon Schools has over 40 resources available that might be of use when building a program. Some of the resources are available to registered schools for a two-week loan out period; other resources are available to keep. All resources are available without charge to registered Active Yukon Schools.

Resources are generally grouped as: "Books/Guides/Manuals", "Kits", "Posters", or "Videos/DVDs". Each resource is titled in italics, followed by an author or endorsing organization, and a production year (if known). Below each title are listed the intended/appropriate audience, a description, the type of resource and availability.

RPAY also has numerous brochures and pamphlets on a variety of active living and physical activity topics, such as the Health Canada Physical Activity Guide series.

To sign out or obtain a resource contact RPAY by phone at: (867) 668 – 2328  
by fax at: (867) 668 – 2455  
by e-mail at: [active@klondiker.com](mailto:active@klondiker.com)

## BOOKS / GUIDES / MANUALS

### *Activ8* (Active Healthy Kids Canada)

- K – gr 8
- Encourages a positive attitude toward physical activity, including warm-ups, challenges and cool downs. Four levels: kindergarten, grades 1-3, grades 4-6, grades 7 & 8.
- manual and inserts  
copies available to registered schools

### *Active Living for Everyone* (Child Development Centre)

- General Audience
- Suggestions for including persons with FASD into active living opportunities. Guidebook with suggestions.
- manual  
two week loan to registered schools

### *Biggest Little Game Book Ever: The Basic Pack* (Brewer, J.) (1991)

- K – gr 3
- Are you looking for new ideas? This book is a compilation of variations on a huge number of games. Topics include warm-up games, strengthening games, upper body games, tag games, keeping in control games, goofy relay games and outdoor game.
- book; pp. 192  
two week loan to registered schools

### *Canadian Active Living Challenge* (CAPHERD).

- K – gr 12
- Simple to do activities. Easy blackline masters. Four levels: 6-8 years, 9-11 years, 12-14 years, 15-18 years
- manual  
copies available to registered schools

### *Destination QDPE (Quality Daily Physical Education)* (CAHPHERD)

- K – gr 12
- Emphasizing the importance of physical activity as lifetime activity; topics include "All You Need to Know", "Implementation Strategies", "Lobbying for QDPE", "Resources"
- manual  
copies available to registered schools

*Games Using Small Equipment* (Brewer, J.) (1998)

- K – gr 6
- A series of many basic steps for manipulative skills development, using common small equipment such as beanbags, hoops, balls, sticks, pucks, scoops, paddles, racquets, birds and jump ropes, with an integration of skills of sports-like behaviour, cooperation, self-control, listening and creativity.
- book; pp. 228  
two week loan to registered schools

*Great Games for Young People* (King, C., Wolfe, S. and Gustafson, M.) (1991)

- gr 4 – 12
- 69 game suggestions and modifications for a wide range of interests and abilities; outlining game objective, number of players, playing area, equipment, strategies and safety considerations.
- book; pp. 138  
two week loan to registered schools

*More Innovative Games* (Lichtman, B.) (1999)

- gr 4 - 7
- A compilation of 41 creative game ideas for intermediate grades with suggestions for younger players. Includes an explanation of the activity, objective, equipment required, playing area, strategies and safety considerations.
- book; pp. 186  
two week loan to registered schools

*Moving to Inclusion* (Active Living Alliance for Canadians with Disabilities)

- K – gr 12
- A practical approach to the inclusion of students with disabilities in physical activity, providing modification, equipment, strategies, etc.
- Topics include: Amputees, Cerebral Palsy, Deaf & Hard of Hearing, Intellectual Disabilities, Multiple Disabilities, Visual Impairment, Physically Awkward, Wheelchairs, and Skiing
- 12 volume set, or individual manuals  
copies available to registered schools

*Off on the Right Foot* (SAGE Program, Resource Conservation Manitoba, 2003)

- General Audience
- Year round walk to school program, including such topics as "Commuter Challenge", "International Walk to School Events", "Walking Wednesdays".
- manual  
two week loan to registered schools

### *Premier's Sports Awards*

- K – gr 7
- Fourteen manuals specific to fourteen different sports. Each manual provides detailed lesson plans, skill breakdown, warm-ups and cool downs. Sport manual for: badminton, basketball, curling, disc sports, field hockey, golf, gymnastics, ice skating, judo, orienteering, soccer, softball, track & field, volleyball.
- 14 volume set or individual manuals  
various samples available to registered schools

### *Safety Guidelines for Physical Activity in Alberta Schools*

- K – gr 12
- Guidelines for activities such as archery, scooterboards, wrestling, etc., includes sample medical forms, first aid kit contents, emergency action plans, equipment checklists, etc.
- manual  
two week loan to registered schools

### *Physical Activity Resources (Schools Come Alive; Alberta) (2000)*

- K – gr 12
- A collection of game and activity ideas organized in 13 chapters covering topics such as Ice Breakers, Cooperative Games, Playground Games, Team Building, No Gym No Problem, Nature Games, Snow Snow Snow etc.
- manual  
copies available to registered schools

## **KITS**

### *ABCD's of Movement (Alberta Learning)*

- K – 12 gr
- Grade specific specific curriculum resource that relates to: Activity, Benefits, Cooperation and Do it Daily.
- manual, poster, banners. (en francais aussi)  
copies available to registered schools

### *Bike Smarts (ICBC)*

- gr 1 – 6
- Safe cycling skills that grow into lifetime habits. Poster, manual and lots of handouts.
- Kit  
copies available to registered schools

*Blazing Trails Through the Urban Jungle / Trouver son Chemin dan la Jungle Urbain (Go for Green)*

- gr 2/3
- Individual student workbooks for mapping safe routes to school. Specific Yukon community/ neighbourhood maps available.
- student workbook and teacher's manual (en francais aussi)  
copies available to registered schools

*Active and Safe Routes to School / Aller-retour actif securitaire pour l'ecole (Go for Green) (up dated annually)*

- K – gr 12
- Including how to manuals for Walking/Cycling School Bus, International Walk to School Week, (en francais aussi)
- video: Walking School Bus (10 mins)  
copies available to registered schools

*Health in Perspective: A Youth Led Approach to Healthier Lifestyles (Health Canada & Canadian Intra-Recreation Assn, 1999)*

- gr 4 - 9
- Promote positive physical activity, nutrition and lifestyle choices for preteens and teens.
- Facilitator's guide, Peer Leader's guide  
two week loan to registered schools

*No Idling at School (Active & Safe Routes to School – Go for Green)*

- K – gr 12
- Tool-kit of activities, information cards and fact sheets that examine the impact of vehicle idling in school zones.
- Kit (en francais aussi)  
copies available to registered schools

*Pathways to Healthy Living (1999)*

- gr 4 - 12
- Promote active living in rural communities, aboriginal focus.
- 10 page, easy to read guidebook, 6 "tips" blackline masters
- 2 videos: *Have Fun n' Be Healthy* (10 mins), *Healthy Active Living* (10 mins)
- Kit  
two week loan to registered schools

*Summer Active Resource Guide* (Ever Active Schools, Alberta) (2004)

- general
- Outdoor activities based on the four "E's": Education, Everywhere, Everyone and Environment.
- handbook & poster  
copies available to registered schools

*Take 10!*

- K, gr 1 & 4
- In class activities that can be done beside the desk, or without moving classroom furniture. Ten minute activities include warm-up, theme activity and cool-down. Three seasonal themes of fall, winter & spring. Progress charts & 10 minute instructional video.
- Kit  
two week loan to registered schools

*Tracking the Good Times* (Alberta Alcohol & Drug Abuse Commission, AADAC)

- gr 7 – 12
- A series of responsible decision making activities and taking action that promote active and healthy living for youth, including positive physical leisure activity. Easy to do activities and black line masters. 10 minutes preparation with minimal materials.
- manual & blackline masters ; pp. 58  
two week loan to registered schools

*Way to Go* (Autoplan Brokers of BC)

- K – gr 7
- Safe cycling & pedestrian skills, community review of traffic safety for communities of all sizes and populations.
- Back Pack of Activities,
- manual & poster  
copies available for registered schools

## POSTERS

### *Active Living* (Ever Active Schools, Alberta)

- K – gr 12,
- poster series based on the A,B,C,D's of physical education  
multiple copies available to registered schools

### *Active Living* (RPAY)

- general audience
- poster series (3) encouraging active living
- additional poster produced in 2006 encouraging walking; with a First Nations theme  
multiple copies available to registered schools

### *Do a Little, Live a Lot* (RPAY) (2005)

- general audience
- poster series (3) promoting healthy and active living  
multiple copies available to registered schools

### *Cross Canada Walk/Cycle*

- general
- poster - map your school's walking progress while taking a tour of Canada  
multiple copies available to registered schools

### *Physical Education General Outcomes* (Ever Active Schools, AB),

- K - gr12
- poster – physical activity program objectives presented in a total program, scope and sequence of objectives  
multiple copies available to registered schools

## VIDEOS / DVDs

### *Daily Nutrition Commercials* (Daily Nutrition Council of Alberta) (2001)

- gr 2 - 5
- Five one minute Nutrition File commercials encouraging healthy eating practices and use of Canada's Food Guide.
- video (5 mins.)  
two week loan to registered schools

### *Energy Blasts*

- gr 3 – 8
- 65 one minute energy blasts, featuring Judy Howard. Each blast teaches a simple dance move in one of four genres: African, Latin, Aerobic or Athletic.
- video/dvd (65 mins)  
two week loan to registered schools

### *Good Sports Don't Hurt, Harassment Does!* (Parks & Recreation Assn Ontario) (1996)

- gr 4 - 8
- Various Canadian athletes and kids comment on topics of harassment, including subtle verbal harassment such as naming calling, or sarcasm, and overt harassment such as sexual harassment, racial discrimination, exclusion. Outlines simple action that can be taken toward eliminating harassment in the playing field.
- video and guidebook (15 mins.)  
two week loan to registered schools

### *Introduction to Classroom Action* (Action Schools! BC) (2004)

- K - gr 7
- An overview of the Action Schools!BC program. Introducing the six action zones: school environment, scheduled p.e. classroom action, family and community, extra curricular, and school spirit. Each zone targets: bones, heart and muscles. Ideal for introducing 5 – 10 minutes of activity using favourites such as tag games, playground circuits, ball & stocking games, hopscotch.
- video (12 mins.)  
two week loan to registered schools

*Increasing Physical Activity in Canada* (Report to Minister) (2003)

- general audience
- A report voiced over excellent series of physically active & healthy living. When muted, this production could be used for any age group.
- video (8 mins.)  
two week loan to registered schools

*Making It Happen: Healthy Eating at School* (BC Ministry of Health Services, et.al.) (2005)

- teachers & school councils
- Three five minute clips that examine the practises and stresses of eating in school lunches, school nutrition, pop machines.
- video (15 mins.)  
two week loan to registered schools

*Super-size Me!* (Alliance Atlantis) (2004)

- gr 6 – 12
- Morgan Spurlock subjects himself to an amazing 30 day study while strictly adhering to a McDonald's diet. It is a critical examination of the fast food industry and the obesity epidemic as we slowly eat ourselves to death.
- video/dvd\*(1hour & 30 mins.) (dvd includes additional information)  
two week loan to registered schools

*Taking Responsibility to Heal Ourselves* (Kahnawake Schools Diabetes Prevention Project)

- teachers & school councils
- Encouraging physical activity, healthy eating and a positive attitude as steps towards reducing diabetes. An overview of health education lessons, encouraging physical activity, such as daily in classroom activities, daily 20 minute walk around the school and a hard line on junk food, as well as reintroducing the traditional method of travel of First Nations, walking as a year round activity.
- video (30 mins.)  
two week loan to registered schools

*TV & Me / Vive les enfants* (Long Live Kids) and *Full Reel of Commercial Messages* (Concerned Children's Network)

- gr 4 – 8
- A series of one minute advertisements, touching on topics such as: physical activity, bullying, image, peer pressure, etc.
- video (40 mins.) (en francais aussi)  
two week loan to registered schools

*Reality PE: The 60-Minute Edge!* (Healthy Living Niagara) (2006)

- parents, school councils, school administrators
- A brief, well done clip demonstrating the importance of physical activity at the secondary level, and encouraging students to take more PE credits
- dvd (6 mins.)  
two week loan to registered schools

*The Weight of the World – Facing Obesity* (National Film Board) (2006)

- gr 6 – 12; parents, school councils, school administrators
- An excellent look at the obesity epidemic; including some examples of solutions some schools and communities have come up with to help address the issue.
- Narrated by David Suzuki; dvd version features extra material
- dvd and video (51 mins.) (en francais aussi – Le poids du monde)  
two week loan to registered schools