

Physical Activity

Division School Council- January
2021

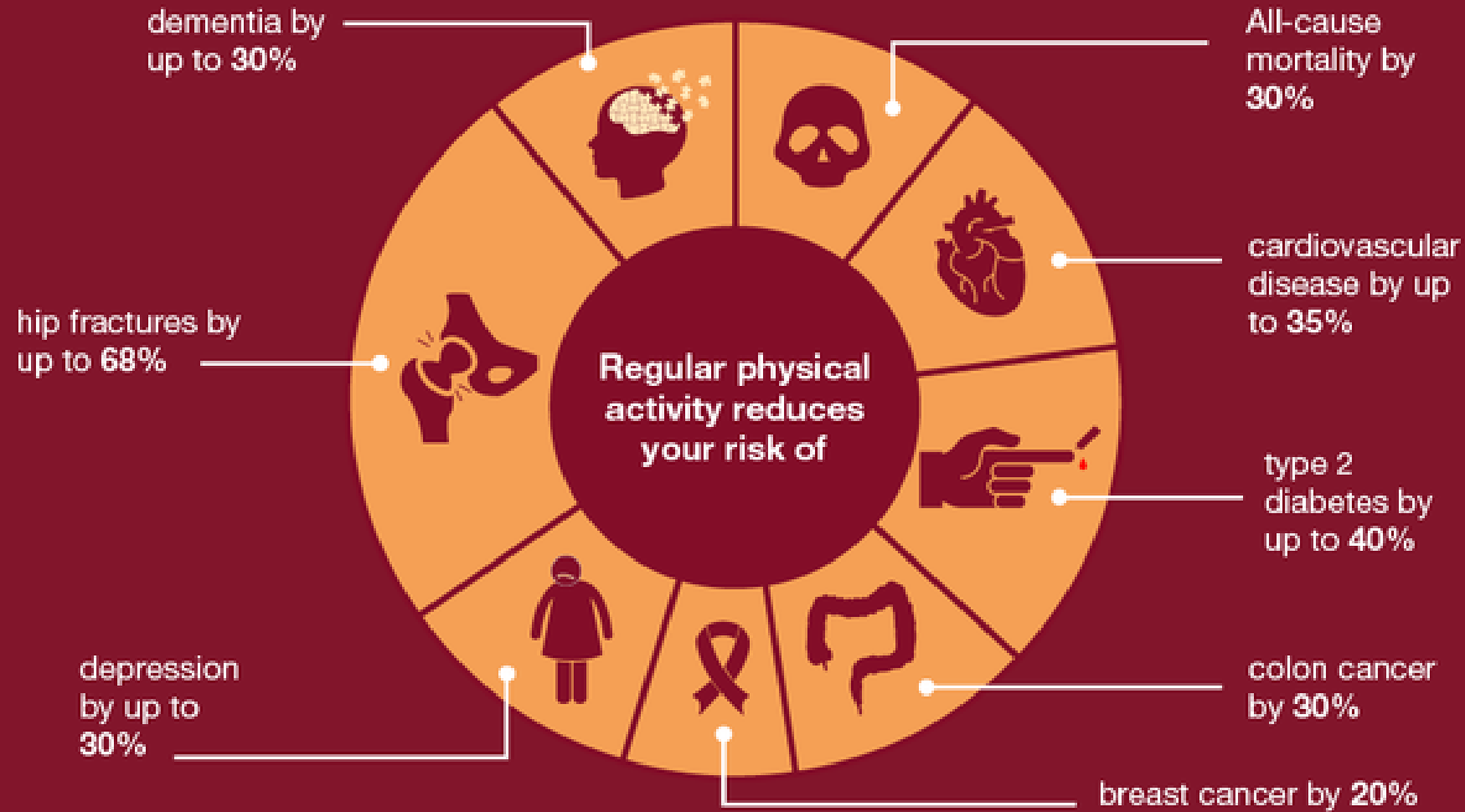
Physical activity, Physical Literacy



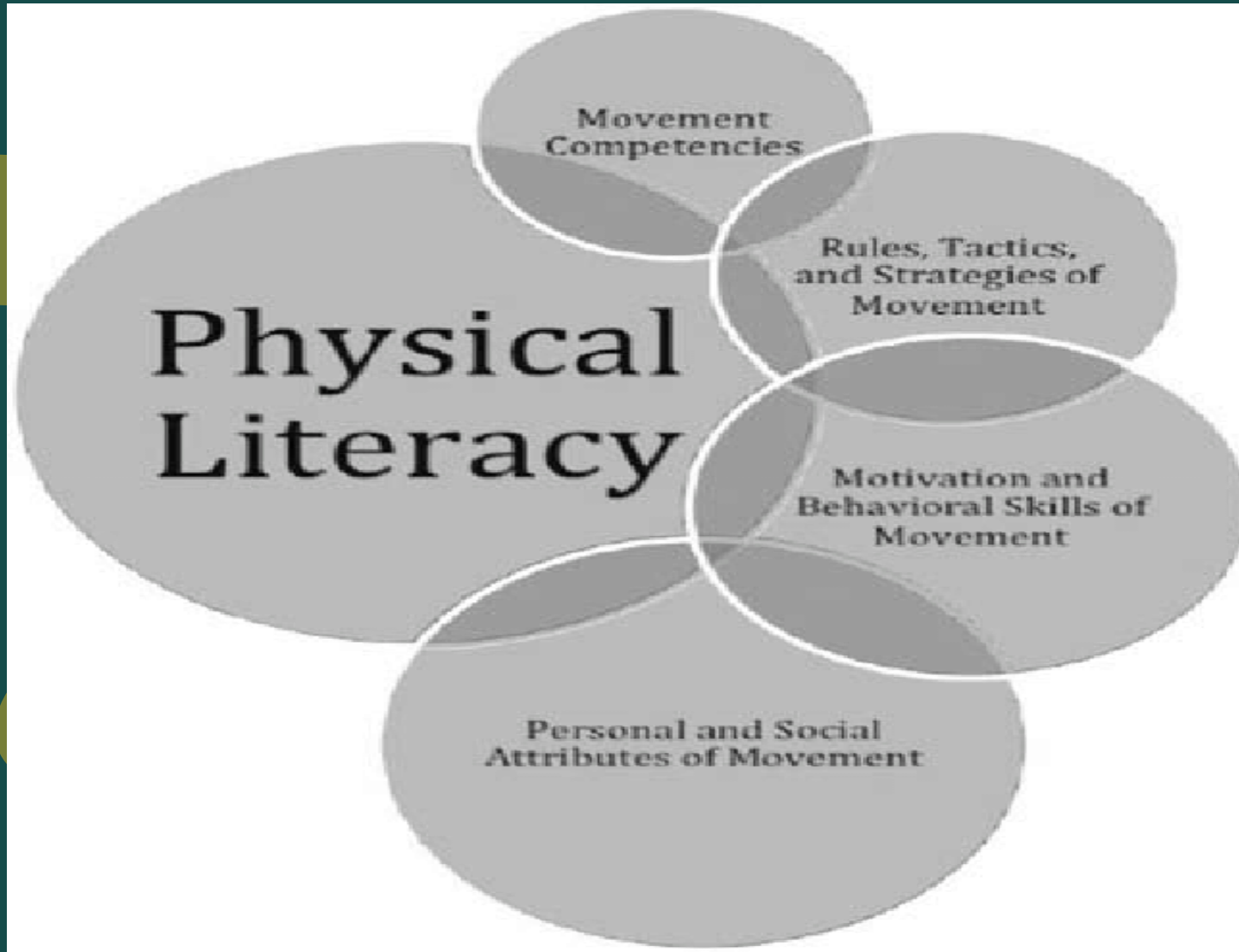
Why should we talk about and understand the importance of Physical Activity?

- Physical activity decreases the risk of diseases such as diabetes and cancer, decreases chances of injury
- Physical activity helps students learn
- Physical activity can stabilize mood, helps manage stress
- Increases longevity
- Great social connection
- It can get you outside away from screens (protective factor)

What are the health benefits of physical activity?



What is physical activity versus physical literacy?



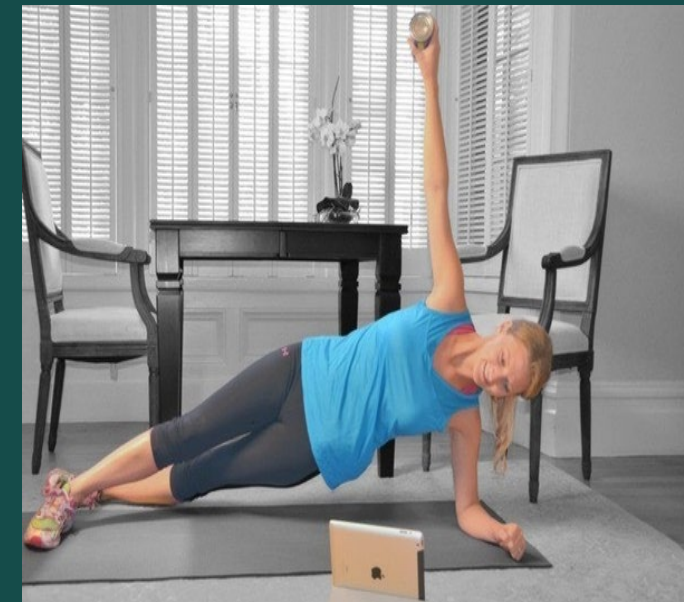
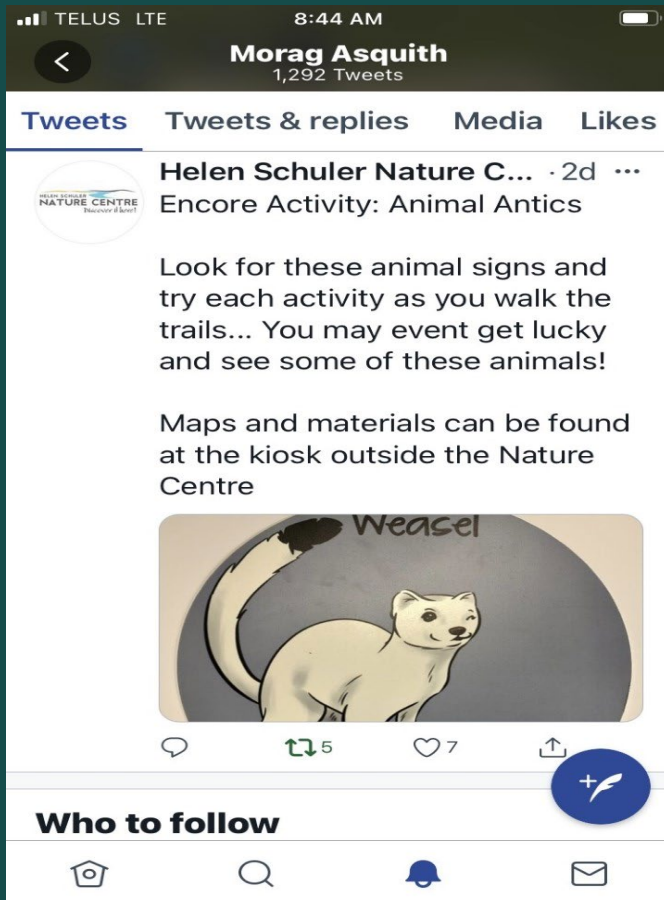
We know being physically literate is crucial for success and overall wellness, so how do we do this?

- Role model being active
- Play with your children
- Exposure to a variety of physical activities-at least 30 minutes a day
- Find the space
- Positive encouragement
- Be an advocate
- Plan for movement opportunities

Physical Activity in Schools during the Pandemic...speaking with Health Champs and Physical Educators (at MS/HS) level

- Teachers posting links for Physical Activity
- YouTube DPA
- Fitness challenges/ yoga channels/daily workouts/weekly challenges
- Exploring discouraging/educating about excessive screen time
- Choice board options, virtual running clubs
- Assignments – learning outside (“Think Outside Program”)
- Movement breaks when learning
- Schools focusing active learning/activity outside and building/exploring outdoor spaces
- “Dog walk” challenges 😊
- Staff wellness “Throwdowns”- if our staff are active our students are more likely to be active

Current ideas and opportunities for building physical literacy at home.....



Lethbridge Trail Systems, physical activity opportunities in and around the City

- <https://gis.lethbridge.ca/lethexplorer/index.html?layers=TrailSystem>



SKATING

OUTDOOR FUN !!!!!



Family/Nature Walks



ART/BIRD watching



X-Country Skiing Snowshoe



Shelter Building

SPRING IS COMING !!!!

