

Active Yukon Schools

Physical activity gives children the opportunity to succeed and live a happy, healthy, long life.

Physical activity helps children do better in school.



Photo credit: C. Sparks

We face a future where today’s children may live for fewer years than their parents, **because of physical inactivity** and poor eating habits leading to an increase in cancer and chronic conditions such as diabetes and heart disease.

Teachers have the opportunity to give their students the gift of health and well-being by incorporating physical activity into every part of the school day.



Kids need 60 minutes of activity every day.



Look inside for ideas to get kids active:

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Photo credit: Adrienne Hill

Getting Yukon Kids on Bikes

Coming into its third year, RPAY's Cycle Smart program is continuing to offer bicycle safety training for Yukon children.

Through Cycle Smart, children learn about the importance of wearing a helmet properly, the rules of the road, and skills for bicycling safely.

Our first year offering the program (2011) had over 600 Whitehorse-area Grade 4/5 students involved. The second year of the program (2012) involved 777 students from Whitehorse, as well as from 6 communities: Carmacks, Haines Junction, Faro, Watson Lake, Ross River and Burwash Landing.



Spring of 2013, the program is able to be offered to most Yukon schools and communities. Whitehorse-area Grade 4/5 classes are offered both a 40-minute in-class session on bike safety, as well as an 80-minute on-bike playground session. In rural communities where the program is offered, all elementary students have an on-bike playground session.

Many thanks to current and past funders and supporters of Cycle Smart:



Photo credit: Tina Freake, Faro

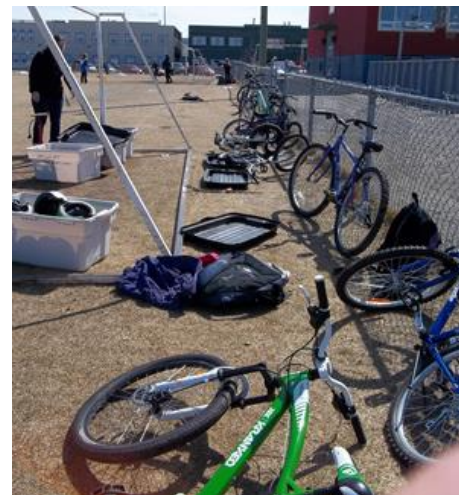


Photo credit: Anne Morgan

Golden Horn G.O.E.S. Cycle-mania!

A Great Outdoors Experiential School

By Alli, Indi and the 2012 Grade 4s
(with Ms. Snider!)

Did you ever wonder whether or not a group of Grade 4 students could cycle 20 km? Well, we can - and we did - and we're going to tell you about our recent cycling adventure.

The first step to getting ready for our cycling trip was doing some bike training. We rode our bikes during P.E. for 5 classes. A few weeks later, we did an on bike safety training course organized by RPAY.

Some of our classmates made the following comments about the bike safety training course...

"My favorite part of the bike safety was reading the signs on the car," said Indi.

"My favorite part was doing the little street, stop and turn part," said Crystal.

Torin's and Anton's favorite part was grabbing the water bottle while biking and weaving through the cones.

After all of our cycling training, we were ready for our 20 km bike trip!

On what seemed like the first hot and sunny day of this spring, we set out on our bikes, riding away from the school,

heading towards Lorne Mountain. In the lead was an RCMP Officer in a police cruiser, complete with flashing lights.

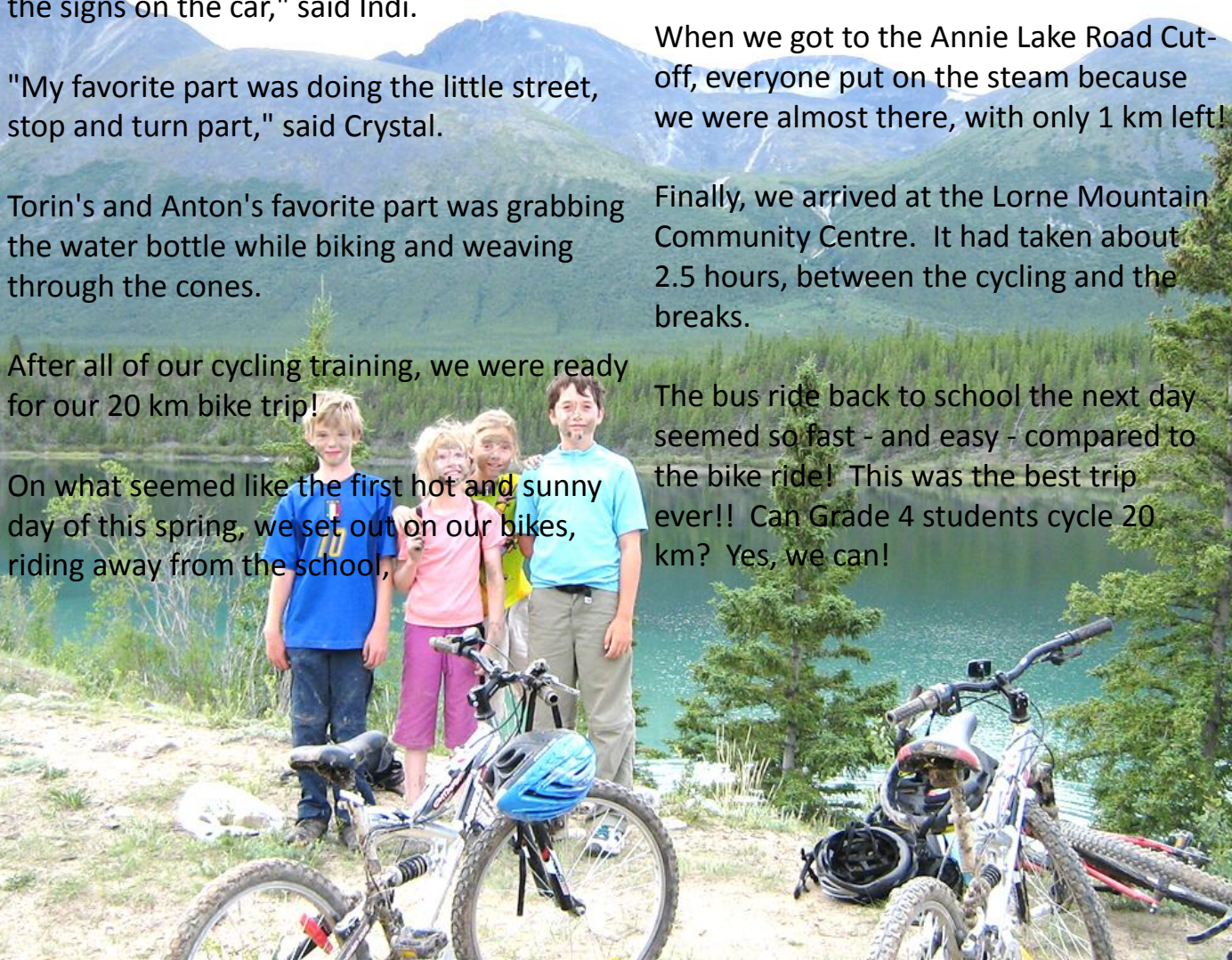
Before arriving at Kookatsoon, we had 2-minute breaks to allow everyone to catch up, plus water breaks. Just before Kookatsoon Lake, there was one BIG hill, but we all made it! When we got to Kookatsoon we had a snack, a water refill, and time to relax and play!

Our last stop before Mount Lorne was the **construction** zone. The ride through this gravel stretch was **bumpy**, but relaxing! It was about 5 km of gravel road. (That was the home stretch!)

When we got to the Annie Lake Road Cut-off, everyone put on the steam because we were almost there, with only 1 km left!

Finally, we arrived at the Lorne Mountain Community Centre. It had taken about 2.5 hours, between the cycling and the breaks.

The bus ride back to school the next day seemed so fast - and easy - compared to the bike ride! This was the best trip ever!! Can Grade 4 students cycle 20 km? Yes, we can!



Getting Active with Grants

Action Grants for Active Yukon Kids

In the fall of 2012, RPAY – with pilot funding from Yukon Government's Sport and Recreation Branch through the renewed Yukon Active Living Strategy – provided more than 40 grants to different schools and organisations across the Yukon to increase children's physical activity levels, both during the school day as well as after school from 3 – 6 pm. Here are some examples of what the Action Grants funded this year:

- ✓ Winter Active for Life activities such as snowshoeing, cross-country skiing, ice skating, and winter survival skills, as well as toboggans and shovels for snow play.
- ✓ Recess playground supplies (see "Meet a Champion for 'Action Kids'" article).
- ✓ Sports equipment and yoga supplies.
- ✓ Lessons including tennis; gymnastics; native dancing; break dancing; and dance & fitness instruction for girls to help improve self-confidence and self esteem.

Getting Youth Active

ParticipACTION Teen Challenge is a national program that challenges youth aged 13-19 to get active and overcome the physical inactivity crisis. Through the Teen Challenge, Teen Physical Activity Grants of up to \$500 are available to support a local program or event. Check out www.participaction.com/teen-challenge/ to learn more, or contact sogoactive@rpay.org.

Photo credit: Krista Senez



Photo credit: Yolande Cherepak



Photo credit: Jan Downing



Photo credit: Mike Prawdzik

WinterActive Cross Country Skiing

Thanks to Cross Country Yukon for their support of the WinterActive Cross Country Skiing program! In partnership with RPAY, Cross Country Yukon makes available to rural Yukon communities and schools a cross-country ski lending library, ski clinics (games, technique, waxing...) and coaching courses. For more information on how we can support cross-country skiing at your school, contact jandowning1@gmail.com.

Getting Active in the Class with Activity Breaks

“The human body, for the last 400,000 years, has primarily been walking, sleeping, leaning, running, doing or squatting. It has not been sitting in chairs.”

Sitting still for just 10 minutes at a time increases fatigue and reduces concentration and attention. This often results in behavior problems for children. By contrast, most of the brain is activated during physical activity which enhances learning.

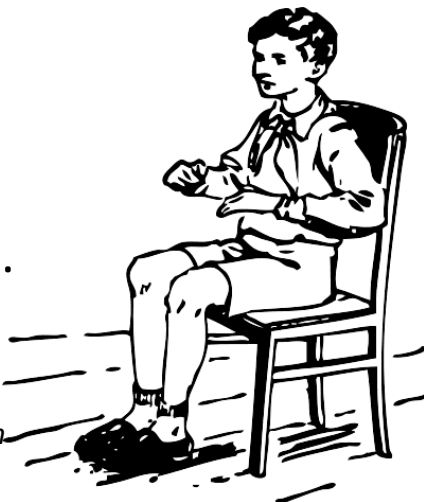
“Active learning has significant advantages over sedentary learning. The advantages include learning in a way that is longer lasting, better remembered, more fun, age appropriate and intelligence independent, and that reaches more kinds of learners.

Active learning is not just for physical education teachers – that notion is outdated. Active learning is for educators who understand the science behind learning.”

Excerpts from “Moving with the Brain in Mind” by Eric Jensen from *Educational Leadership* November 2000.

“So all we could do was to Sit! Sit! Sit! And we did not like it. Not one little bit.” — From: Dr. Seuss.

The Cat in the Hat. Random House. 1957.



Take a few minutes to have an Activity Break in your class:

Boogie Days: Have students spread out across the room and play one school-appropriate song and let kids bust-a-move. Have them follow your moves and make sure movements are appropriate. Try doing some vintage moves like the Twist, mash potatoes or just jumping around.

No Stress Test: Make it a classroom tradition to have a 5-minute walking break before a test to help everyone unwind and relax.

Play Cards: Using a standard card deck, assign an activity to each of the four suits (ex: jumping in place, running in place, sit-ups, squats). Pass out a card to each student and they have to do the activity for that suit for 20 seconds. Have students pass their cards to their neighbor and repeat for 5 passes. Add a twist: have students perform the activity the number of times designated on the card.

Look Ma, No Hands!: Have students put an object on the floor (pen, notebook etc.) and call out different body part they have to try to pick it up with (ex: elbows, feet, knees, forearm, neck, etc).

Quiz Me: While reviewing for a test, ask the students a series of true-or-false questions. If the question is true students should jump in place for 15 seconds. If it is false they should touch their toes.

These in-school activity break ideas are from: <http://school.fueluptoplay60.com>. Find 5 more resources at www.rpayschools.org

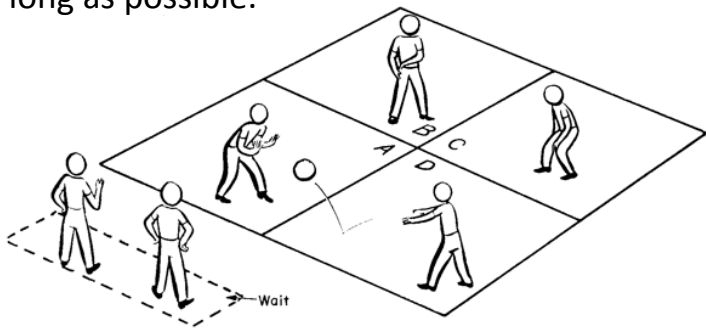
Active Playground Games

Try to organize some of these games on your school's playground!

Four Square (4 players)

Need: Ball and chalk (to draw the squares)

A player stands in each square. Player A starts by dropping the ball. When it bounces back, she hits the ball underhanded with an open palm into another square. The player receiving the ball lets the ball bounce once before hitting it into another player's square. Players are out (or back to D) for unsuccessful passes/faults. Players advance from squares D to C to B to A. The object is to stay in A as long as possible.



King's Court (many players)

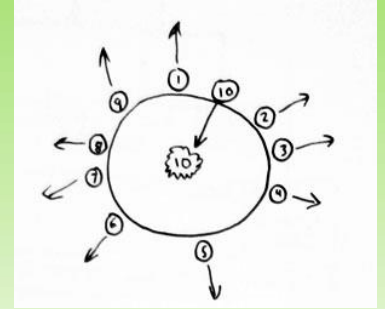
Need: Ball

Divide the players into 2 teams. Mark out a large rectangular playing area with a centre line and a jail at each end. Have each team line up in their jail at opposite ends of the playing area.

The game begins with 4–6 large balls being thrown into the centre of the playing area. The players from both teams race to get the balls.

The goal of the game is to hit the players from the other team below the waist with a ball. When a player is hit, she goes to the opponent's jail. From the jail players can pick up loose balls or catch balls thrown by their team-mates and hit the opponents from the backside. When a player in jail gets a ball and hits an opponent, she rejoins her team.

If a player catches a ball that is thrown at him by the opposite team, then the thrower goes to jail. The game ends when 1 team has no one left.



Spud (8-10 players)

Need: Ball (Can also be played on snowshoes!)

Players form a circle and 1 player is selected to be It. All the other players are given a number. The player who is It stands in the middle of the circle and tosses the ball straight into the air while calling out a number.

The player whose number is called tries to catch the ball. All the other players, including It run away from the ball. When the ball is caught the player yells, "Stop!" and the other players must stand still.

The player with the ball takes 3 large steps and tries to hit 1 of the other players below the waist. The first time a player is hit he gets an "S", the first letter of the word SPUD. If no player is hit then the thrower gets an "S".

Each time a player is hit or a thrower misses, 1 of them earns another letter.

When a player gets a letter, he becomes It and all players return to the centre of the field. Play starts again. Once a player has all the letters that spell out SPUD, they are out of the game.

The last player left is the winner.

These games, and many more, can be found at ParticipACTION's mobile app:

www.bringbackplay.mobi/

Active at Recess

Meet a Champion for “Action Kids”!

Every school needs a champion working towards increasing the health of students. Jack Hulland Elementary School in Whitehorse has a champion in Karen Beemer, Kindergarten teacher. Karen, in partnership with fellow teachers Val Nagel, Nicole Beaudry, and Trish Eigeard have been leading Jack Hulland’s Action Kids program. “Action Kids” are intermediate students who are in charge of bright “Action Packs” backpacks at recesses. These action packs contain a variety of play equipment which the older students distribute to younger students to play with during recess, such as balls, scoops, jump ropes, pinnies and referee whistles for soccer. The older students engage the younger students in energetic and fun games. The program started several years ago after Karen received Action Schools! BC training, which included resources and a bin of



Photo credit: C. Sparks

play gear. This year, thanks to a Classroom Action Grant from RPAY, Jack Hulland was able to refresh the Action Packs with new equipment.

The Action Kids program has provided an excellent opportunity for developing the leadership abilities of the older students; teachers on yard duty love it, as there are fewer incidences on the playground; and the younger students are just having fun and playing actively!

If you would like to be a champion for an Action Kids program at your school, contact RPAY at schools@rpay.org for information on resources and training opportunities.



Photo credit: C. Sparks

Recreation and Parks Association of the Yukon (RPAY)

RPAY is a non-profit organization working in partnership with Yukon government, Yukon groups, agencies, and individuals to promote and support healthy, active lifestyles in the Yukon.

RPAY Programs for Active Schools

Rural Healthy Eating Active Living (RHEAL) Leaders Program provides short-term contracts for rural leaders to deliver active living programs in their communities. For more information, contact 867-668-2328 or active@rpay.org

RPAY's Menu of Healthy Living Workshops is a guide to show you some of the workshops we can offer your school or community. They are fun, interactive and can be modified to suit your group's interests! They include gardening workshops, Cycle Smart, a pedometer and heart rate monitor loan out program, as well as a resource library. www.rpaymenu.org



Photo credit: Mike Prawdzik



Get free "On the Right Path" shoelaces for your class from schools@rpay.org

On the Right Path is a fun, motivational walking program where participants will virtually walk the historic 525 km Overland Trail from Whitehorse to Dawson City. With this free program, you can join as a classroom or an individual and challenge other classes or individuals. Join the walking fun and teach history while you walk to Dawson City with your class or school. www.ontherightpath.ca



Photo credit: C. Sparks

Let us know!

Does your school do something special to help kids get active? Tell us at: schools@rpay.org.

For more information contact RPAY:

Tel: 867-668-3010 Toll free: 1-866-961-WALK (9255)

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