

Step 3: Develop and carry out the action plan

Physical Activity Promotion – Elementary and Secondary

The majority of Canadian children and youth are not meeting the [24-Hour Movement Guidelines](#) released by the Canadian Society for Exercise Physiology in 2016. Research demonstrates the importance of physical activity for child health and development. Providing children with opportunities to develop physical literacy are crucial to establishing motivation, confidence, and skills that will support physical activity behaviours throughout their lives.

Using the Ministry of Education’s Foundations for a Healthy School framework, schools, school boards, parents, and community partners can work together to develop healthy school environments that promote and support student well-being.

Examples of Strategies and Activities

- Visit the HPEPH [Physical Activity](#) page for resources which are organized using the Foundations for a Healthy School framework
- Browse the activities listed in the [Ophea Ideas for Action – Physical Activity](#) resource
- Browse the [Ideas Lab at SchoolTravel.ca](#) to encourage sustainable travel at schools
- Visit Ever Active Schools and check out [Ideas for Your Healthy School Action Plan](#)
- Review the example activities below to help spark your brainstorming or to choose activities for your school action plan

Sample action plan activities	School & Classroom Leadership	Curriculum, Teaching & Learning	Student Engagement	Social and Physical Environments	Home, School, Community Partnerships
Host a school wide event to encourage people to be active or use active transportation. Ex. International Walk to School Day/Month, Walking School Bus or Bicycle Train			X	X	X
Facilitate the Physical Activity Leaders in Schools (P.A.L.S.) program to encourage youth engagement to create physical activity opportunities in schools at recess, or to support the Daily Physical Activity (DPA) program.	X		X	X	
Offer training to education staff for new activity ideas for the Daily Physical Activity (DPA) program and brainstorm implementation.		X		X	
Have a section in the library for books that encourage physical activity, active play and active transportation.		X			
Put guidelines and policies in place that support active play - Do not allow the use of media devices at recess - Limit the number of rules around play (e.g. allow climbing, sliding, running, ball games, etc.)	X				
Provide equipment at recess either in an activity bin or a sign out procedure to encourage students to be active at recess.				X	
Offer zones or areas in the classroom where students can choose their best body position for learning (e.g. sitting, standing, bouncing).		X		X	
Host a family activity night at the school gym where students and their family members (parents and siblings) can be active together.					X
Establish school activity clubs during morning supervision, recess or lunch (e.g. running club, walking club, etc.)					
Set up an activity circuit on your playground with little or no equipment and promote to classes, to students at recess and families for nights and weekends.				X	X
Offer open gym time for students at the lunch hour in high school to play pick up sports.			X	X	
Provide ideas to education staff about how to incorporate movement in the classroom to improve student's alertness, attention and motivation.		X			