

# Lasting Impact:

## Developing a Lifelong Love for Physical Activity



### System Alignment

As students transition from primary to early intermediate and on to secondary education, the curriculum components of physical activity, physical literacy, dance, and sport offerings need to be aligned. This alignment is achieved through a curriculum scope and sequence, but it may not exist for intramurals and inter-school sport.

#### Alignment within education

**Curricular alignment:** Select various curriculum-based activities to minimize gaps in students' fundamental movement skill and/or foundational sport skill development.

**Intramural alignment:** Intramural sports let students refine the skills they have developed from physical and health education. This prepares them to participate in future opportunities in high school. With a focus on student organized activities, students will have experience of organizing activities and self-officiating.

**Inter-school alignment:** Building on common skill development and common competition rules, goals, and approaches to fair play, students from different schools can compete against each other with a focus on participants using the skills they learned in class.

**Intra-school alignment:** Maintaining consistency in reference to skill development at each grade level within a school will ensure students receive equal opportunity to develop their physical skills regardless of what class they're a part of.

As much as is possible, structure competitions to minimize blow-outs and one-sided wins or losses. Focus throughout on equal playing time, and on fair play.



# Alignment Outside School

When students also participate in physical activity, physical literacy-based programs, dance, and sport activities outside of school they further develop the skills they developed in school. They then bring back these enhanced skills to the school.

The ideal would be that there is alignment between community programming, pre-schools, after school care, and local sports and recreation programs. In the absence of an ideal state, explore how collaborations can encourage adult leaders to work together on developing student skills.

## Involving the Community

Many teachers enrich their physical and health education program through relationships with their local community. The use of local facilities, programs, and expertise can support students to experience a broader variety of physical activity options. The following bullets provide more specific examples:

- Use community programs and facilities to develop physical literacy in different environments. Learn to swim programs or school ski programs can help students experience activities at a cheaper rate than they could otherwise.
- Invite local sports clubs or dance companies as special guests.
- Get a local naturalist to take your students on a nature walk.
- Invite a local cultural community to demonstrate one of their traditional games or dances.
- Reach out to local high performance athletes to visit your class and demonstrate their sport.
- Have health and physical activity specialists from public health and the medical community speak to your students and increase their knowledge of the health benefits of physical activity.

