

Empowering K–7 Educators



Did you know that only 28% of Canadian children meet daily physical activity recommendations? Schools and educators are uniquely positioned to change that statistic.

The Power of Movement

Physical activity isn't just about fitness; it improves behaviour, enhances learning, and fosters social connections among students.

Physical literacy is the cornerstone of a lifelong physical activity and well-being journey, and involves developing fundamental movement skills like running, jumping, and throwing. These skills enhance physical abilities and build students' confidence and competence, enabling them to participate in various sports and activities throughout their lives.

Physical Literacy starts early, by nurturing a positive relationship with physical activity, ensuring that children prioritize active and outdoor play, and sport as they grow, leading to improved physical, mental, and emotional health.

Brain Activity Composite of 20 Students Taking the Same Test

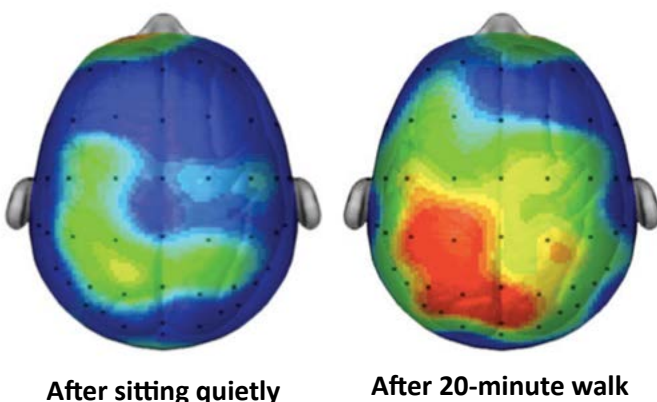


Image from Active Living Research's "Active Education: Growing Evidence on Physical Activity and Academic Performance," based on research by Dr. Charles Hillman, University of Illinois at Urbana Champaign.

You Are a Catalyst for Activity!

Educators play a pivotal role in instilling the value of physical activity in students, which they can then take home with them!

Movement can happen anywhere within the school environment. This initiative focuses on using all spaces like the gymnasium, classroom, hallway, playground, and multi-use areas. This approach integrates physical activity into students' daily routines!

We're Here to Help

The School Physical Activity and Physical Literacy project's goal is to empower and equip K–7 B.C. educators with the knowledge and resources to:

- ✓ Boost their confidence and competence in delivering Physical and Health Education.
- ✓ Understand the role of physical activity in supporting student mental well-being.
- ✓ Prioritize their own mental and physical well-being.
- ✓ Embrace Indigenous perspectives on health and wellness to create a culturally safe learning environment for Indigenous students.

The project also aims to increase the incorporation of physical activity into the whole school day.

The project provides a range of support and resources, including:

- In-school support sessions by Physical Literacy Leads, where over 1,300 educators have participated in the mentorship.
- Access to PLAYBuilder, an online platform with 1,000+ activities, instructions, lesson plans, cues, and visuals with the ability to generate a custom term plan.
- Flexible and easily accessible classroom and school resources tailored to educators.
- 10 workshops and eLearning opportunities to enhance confidence and skills in physical literacy and physical activity.

Visit **schoolpapl.ca**
for more helpful resources!



Commitment to Equity, Diversity, Inclusion and Accessibility (EDIA)

The project prioritizes creating a safe and inclusive environment for all in schools and partners with local organizations to build capacity within communities. Culturally sensitive resources are available for Indigenous communities, along with workshops for educators and schools. This approach is adaptable to different cultural contexts, ensuring that cultural safety and inclusivity are paramount in the school environment. An EDIA lens is integrated throughout the project, emphasizing the importance of a positive and supportive learning environment for everyone.

Project Partnerships

The School Physical Activity and Physical Literacy project is a collaborative effort delivered in partnership through:



schoolpapl.ca

