



Ophea Resources:

- Ophea Health & Physical Education at Home
- Resources & Supports for Parents & Caregivers w/ H&PE - Ophea has put together a collection of our health and physical education content to use with your kids to stay healthy and active at home. These resources can be used to continue learning while at home and are appropriate for parents and caregivers and as part of your child's teachers' health and physical education lesson planning.
- Ophea Open Class - Each Monday, April through June, a recorded demonstration video will be posted with a different lesson, game, or activity from Ophea; highlighting curriculum expectations, learning goals, safety requirements, equipment, and success criteria for primary, junior, and intermediate learners. Within each video there are explicit accommodations and modifications ideas you can use to support your students with disabilities.
- Power Up with Ophea and TVOkids - As part of the Ontario Ministry of Education's Learn at Home program, Ophea has teamed up with TVOkids to develop a series of Power Up physical activity energizer videos. Each video includes modifications and is themed with corresponding movements that can be done indoors, in small spaces and with minimal to no equipment. Beginning this past Monday Ophea launched a 30-day #DPAEveryday Student Challenge with one video featured each day at 12pmEST on Ophea's Twitter account @OpheaCanada.
- Ophea Steps To Inclusion - An easy to use, simplified resource that supports teachers and/or community partners to offer inclusive physical activity programming. Please contact katie@ophea.org if you would like a digital copy.
- Social Media via Twitter, Facebook & YouTube: @OpheaCanada



Andrea's H&PE Resources to support Students w/ Disabilities & More:

- H&PE Visuals - Simple visuals that I have created used in my classes for students with and without disabilities.
- TGFU Centres - TGFU centres I have created paired with visuals for students with and without disabilities.
- Mom Behind The Label - My personal blog about parenting a child with disabilities and an educator.
- Social Media via Twitter, Facebook & IG: @andreahefele