

## In the Round – EAS Session

### Twitter mentions

PHE Canada: @PHECanada

Ever Active Schools: @EverActiveAB

ShellyMoore: @tweetsomemoore

Ophea: @OpheaCanada

#HPEathome

#DPAeveryday

- Videos on PHE website, EAS DPA videos
- Check out the Dance videos on youtube; GoNoodle; DancePlay
- Now is a great time to have students set personal goals (physical, cognitive, and affective goals!) related to health and physical education
- Use bingo cards
- Use scavenger hunts (something hard, something soft, something rough, something smooth, textures etc.)
- Encourage “family challenges” (can you go outside for 15 min a day with a guardian/family member?) – Taking it outside if possible is very beneficial to our health and wellness
- Station-based play – consider having different rooms in your house different “movement zones” living room (dance); hallway (bowling / hop scotch); etc.
- How to tire them out? Pushing & pulling heavy objects – drag the dirty laundry around the house! Bouncing on the bed on your bum, knees, feet (hold their hands for safety) gets their large muscles moving and will tire your kiddos out!
- How to utilize EAs?
  - Keeping them involved and invite them to your live meetings
  - Ask them to do some videos / personal videos to students or check ins
  - It’s important to ask them how they think they can help and if they have ideas but also communicate your plans with them to see how they can support you and the students
  - Ask them to do a “wellness” check-in on the calls: 1 word that describes how they are feeling or you show a few photos and have the students pick one that describes how they are feeling.
- How to connect to community and friends?
  - Could send flyers out in your neighbourhood with an idea of something you can all do and “see” on your walks around the neighbourhood
    - Example: Painting rocks and putting them on your step for all to see! This would be like drawing photos and putting them in your window – send messages to friends etc. to have students feel connected.
    - Example: Pass out chalk in mailboxes and have people set up hop scotch or math problems or what ever on the side walk! Kids can do them on their walk around the neighbourhood!

## **A list of some practical websites/resources I recommend to teachers and recreation providers:**

PHE Canada Staff picks for good websites:

- <https://phecanada.ca/activate/phe-home-learning-centre/staff-picks>

Sport for life for athletes with disabilities:

- [https://sportforlife.ca/resources/#category\\_id\\_104](https://sportforlife.ca/resources/#category_id_104)

A-PLAY – great new source I just became aware of

- <https://play.phycalliteracy.ca/adapted-play/>

PHE Canada passport for life – has assessments for fundamental movement skills and a specific section for students with disabilities:

- <https://passportforlife.ca/>

PHE Canada FMS for students with disabilities – textbook but good to share with students

- <http://www.phecanada.ca/programs/physical-literacy/fundamental-movement-skills/child-ren-developmental-and/or-behavioural-dis>

PHE Canada Physical Literacy and All Abilities Webinar – if you want a refresher course or content to add to your course consider taking this webinar.

- <https://canada.humankinetics.com/products/physical-literacy-and-all-abilities-enhanced-online-course>

OPHEA Steps to inclusion – free download

- <http://www.ophea.net/programsservices/additionalresources/inclusionresources>

Strategies for inclusion – free download

- <https://teachingtools.ophea.net/activities/early-learning-resource/strategies-inclusion>

Active Living Alliance for Canadians with Disabilities – good source for students to be aware of

- <http://www.ala.ca/mti-iem/index.htm>

A Teacher's guide to adapted physical activity – textbook but could find online versions

- <http://archive.brookespublishing.com/documents/four-key-steps-to-including-adapted-sports.pdf>

The Steadward Centre- check out the resources on this site as it's one of the largest Canadian adapted programs that works school, rec, sport, community etc.

- <https://www.ualberta.ca/steadward-centre/resources/move-and-play-the-inclusive-way>

APA YouTube Channel – I can't rep this source but looked interesting in my recent searches

- [https://www.youtube.com/channel/UCrdTRASbIDi6yxTmRLI\\_43A](https://www.youtube.com/channel/UCrdTRASbIDi6yxTmRLI_43A)

Blog posts

- <https://everactive.org/?s=Adapted+Physical+Activity>