

Play Nice! Newsletter

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School Talk

Children need
Vigorous
activity-
that is,
activity
that makes
their
hearts
beat
faster,
their lungs
work
harder,
and their
bodies
sweat/
perspire.
"Health-Canada"



WE COUNT!

Wellness Program Available.

Teacher's Guide to Physical Activity for Children

The Canadian Health Department recently produced a Teacher's Guide to Physical Activity for Children. The sixteen page guide is free and designed as a reference tool for teachers who would like to incorporate physical activity into classroom activities.

The Canadian Call to Action Guidelines compels families, educators, physicians and community members to increase children's physical activity levels by:

1. Increase the time currently spent in physical activity by 30 minutes **MORE** each day.
2. Reduce "non-active" time spent on TV, video games, computer, the internet starting by 30 minutes **LESS** per day.

The guide points out that helping kids build physical activity into their daily routine, helps to build their daily routine, a pattern that very well may stay with them for the rest of their lives.

Download your copy of the free guide at:

<http://www.phac-aspc.gc.ca/pau-uap/fitness/downloads.html>

Peaceful Playgrounds Free Resources

Have you visited our webpage recently? Peaceful Playgrounds continues to add free resources including:

1. Playground Supervisor Training
<http://www.peacefulplaygrounds.com/support.htm>
2. Grant Writing Templates
<http://www.peacefulplaygrounds.com/support.htm>
3. Implementation Guidebook
<http://www.peacefulplaygrounds.com/support.htm>
4. Handbook for Playground Safety
<http://www.peacefulplaygrounds.com/resources.htm>
5. Jog-A-Thon Fundraising Materials
<http://www.peacefulplaygrounds.com/feedback.htm>

Peaceful Playgrounds™



After School Physical Activity Resource

San Diego County Office of Education in partnership with the California Department of Education and the Centers for Disease Control developed an After School Physical Activity Website listing games, equipment, rules and video clips of students playing the games.

It's a free site jam-packed with fun games and activities aimed at students in grades 4-8.

<http://www.afterschoolpa.com/base.html>

Activity categories include: street games, athletic activities, cooperative games, survivor, jump rope, dance, track and field and multicultural games and playground games.



Playground Equipment Package Now Available!