

Appendix B : Supports provided to schools

Physical Activity

PPM 138: Daily Physical Activity in Elementary Schools, Grades 1-8 •-

<http://www.edu.gov.on.ca/extra/eng/ppm/138.html>

DPA in Schools, Grades 1 to 3-<http://www.edu.gov.on.ca/eng/teachers/dpa1-3.pdf>

DPA in Schools, Grades 4 to 6-<http://www.edu.gov.on.ca/eng/teachers/dpa4-6.pdf>

DPA in Schools, Grades 7 and 8-<http://www.edu.gov.on.ca/eng/teachers/dpa4-6.pdf>

DPA in Schools: Guide for School Boards-

http://www.edu.gov.on.ca/eng/teachers/dpa_boards.pdf

DPA in Schools: Guide for School Principals-

http://www.edu.gov.on.ca/eng/teachers/dpa_principals.pdf

E-Learning Module – DPA: Active today. Active for life!-

<http://www.eworkshop.on.ca/edu/dpa/intro.cfm>

(Reebok BOKS Program)

BOKS is an initiative of the Reebok Canada Fitness Foundation in partnership with the Public Health Agency of Canada and Canadian Football League aimed to expand and enhance physical activity in Canadian elementary schools. Staff working in collaboration with TCDSB Health, Physical Education and the Arts and Communications Departments reached-out to 12 TCDSB elementary schools in the high priority neighbourhoods in the GTA for the first phase of the roll-out. A second wave/roll-out is planned in February/March 2015.

In 2014-15 the Health and Physical Education Department created and sent out the Walk This Way program as a means for schools to take 10 minute walking breaks during the day and incorporated into the regular day. The Walk This Way program also provided schools with a class set of pedometers so that schools could chart their students walking distances. The program comes with sets of distances that can be covered as a class or as a school.