

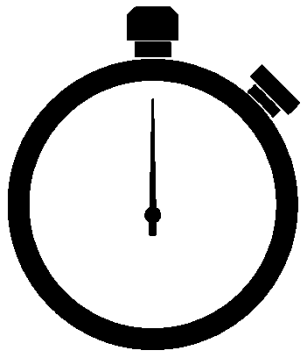
Getting your school ready for Daily Physical Activity

A Plan of Action



PPM 138

- Since individual classes may be at different stages of implementation, daily physical activity may initially occur in several short sessions (**a minimum of ten minutes each**) over the course of the school day. Elementary school principals will make their best effort to ensure that students are receiving at least **twenty minutes of sustained moderate to vigorous daily physical activity during instructional time** as soon as possible and will meet this objective.



How will it be done?

The whole school approach has proven to be the most successful.

- 1) During the first week of school ask for student volunteers from Grades 5 to 8 to be your DPA Leaders.
- 2) Ask the HPE specialist or any other school staff to provide training for your DPA leaders. Teach them proper warm up routines, cardio routines and cool down routines. This can be done during the recess period or any other convenient time for the adult trainer.
- 3) Routines should be 5 minutes of warm-up, 10 minutes of cardio, 5 minutes of cool down activities. If using the 10 minute model go with 2 minutes of warm up, 6 minutes of cardio and 2 minutes of cool down.

How will it be done

- 4) Assign two students for each class in your school. Use the Grade 8 student DPA leaders for the Grade 7 and 8 classes.
- 5) Teachers are to use an assessment tool to monitor participation, and movement competency and this tool is to be discussed with the students and then, in collaboration with the HPE specialist, is to be used in the final assessment of that student in the area of Physical Education.
- 6) Assign the task of using upbeat music to be playing as DPA is being conducted. The music is played over the public address system. Ensure proper vetting of music is done by either principal, delegate or lead teacher. Schools can use different themes in order to determine music, ie, Christmas theme during holiday season, Halloween music during the week prior to Halloween, etc.

How will it be done?

- 6) Eventually t shirts are a great way to reward the DPA leaders and to formalize their role.
- 7) Teachers are encouraged to get involved in their classroom DPA
- 8) Once a week of training has passed assign students to lead the DPA over the PA system.

When can DPA happen?

- 1) First thing in the morning right after O Canada and the Morning Prayers. Save any announcements for just before the morning recess. Begin Period 1 right after DPA and extend period 4 into the 15 minutes of Period 5 just before the lunch period.
- 2) Use a Tumbling approach so on week 1 run DPA during Period 1, on week 2 run DPA during week 2 and then after week 8 start over with week 1. This method prevents any one area from constantly being impacted by DPA.
- 3) A third option is to use the 15 minutes before the lunch hour (Period 5) and 15 minutes after the lunch hour (period 5 extended) to run two 10 minute DPA sessions. Even though the students will be going out and then returning from recess does not guarantee that they have been moving vigorously out in the school yard. A well structured DPA session during this time will ensure that the students are working on appropriate movement competencies.



Resources

- For a complete list of DPA Resources go to the OPHEA website at www.ophea.net
- Once in the site click on H&PE Curriculum Resources
- Click on a grade and that will take you to the Login page. Click on : Login with School Board Subscription
- Scroll down to: Toronto Catholic District School Board
- Add password: **hpexn4**
- Once you click on a grade on the left click on the Tab: Appendix B Resource- Daily Physical Activity

Schools also received hard copies of our Board resource: On Your Way to DPA

More Resources

- [DPA 1-3](#)
- [DPA 4-6](#)
- [DPA 7-8](#)
- [Tumbling Schedule](#)
- [Assessment and Evaluation](#)
- [Safety](#)
- [Teachers needing DPA Facilitators](#)
- [Jk to Grade 1 Activities for DPA](#)
- [Grade 3 DPA Activities](#)
- [Grade 4 DPA Activities](#)
- [Grade 5 DPA Activities](#)
- [Grade 6 DPA Activities](#)
- [Grade 7 and 8 DPA Activities](#)

Contact

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