



# Fit for Life Monthly

Summer 2015



**SAVE THE DATE!**  
**2015-2016 TDSB Fit for Life**  
**Program Launch**



The 2015-2016 TDSB Fit for Life Program Launches will be taking place on Tuesday September 22<sup>nd</sup> in the East, 2015 and Wednesday September 23<sup>rd</sup>, 2015 in the West. TDSB Fit for Life Program School Reps please save the date.

[City of Toronto Summer Fun Guide Available On-Line](#)



Welcome to the Spring and Summer 2015 edition of the Parks, Forestry and Recreation FUN Guide. This publication is filled with a wide range of programs and activities that appeal to all ages, skill levels and interests.

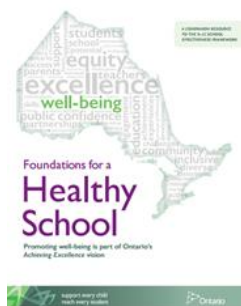
Along with the actual programs in this guide, there are some general descriptions listed.

If you are looking for more specific program descriptions, you can find many online at [www.toronto.ca/torontofun](http://www.toronto.ca/torontofun)



On behalf of the Health and Physical Education Department, have a safe and enjoyable summer holiday!

[Ministry of Education's Revised Foundations for a Healthy School](#)



The Foundations for a Healthy School resource is designed to help contribute to a learning environment that promotes and supports child and student well-being – one of the four core goals in Ontario's renewed vision for education (learn more about the renewed vision at [ontario.ca/eduvision](http://ontario.ca/eduvision)). This goal emphasizes the need to focus not just on academic success, but also on the whole child and student—their cognitive, emotional, social, and physical development. The research is clear: healthy students are better prepared to learn, and education is a key determinant of health. Elevating well-being as a goal for education in Ontario recognizes its fundamental importance to our learners and their futures.

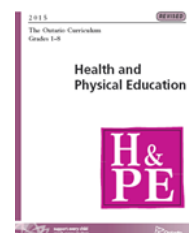
[Is your school a TDSB Fit for Life Program School?](#)

Based on the revised Foundations for a Healthy School, the TDSB Fit for Life Program promotes Healthy Active Living for all.

The Health and Physical Education Department encourages all schools to make healthy active living a priority within their School Improvement Plan for Student Achievement (SIPSA).

The TDSB Fit for Life Program recognizes the physical, social, and emotional benefits of making healthy choices. Schools who complete the planning template will be recognized as a TDSB Fit for Life Program School. Professional Learning Opportunities, community programs, access to resources and a creation of a community of learners will be offered and allow schools to meet their goals. Staff can find out more at: <https://aw.tdsb.on.ca/sites/tl/athletics/fitforlife/SiteHome.aspx>

[The Revised 2015 Health and Physical Education Curriculum](#)



The revised health and physical education curriculum is based on the vision that the knowledge and skills students acquire in the program will benefit them throughout their lives and enable them to thrive in an ever-changing world by helping them develop physical and health literacy as well as the comprehension, capacity, and commitment they will need to lead healthy, active lives and promote healthy, active living.

The revised health and physical education curriculum promotes **Physical Literacy:**

Individuals who are physically literate move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person.

- Physically literate individuals consistently develop the motivation and ability to understand, communicate, apply, and analyze different forms of movement.
- They are able to demonstrate a variety of movements confidently, competently, creatively and strategically across a wide range of health-related physical activities.
- These skills enable individuals to make healthy, active choices that are both beneficial to and respectful of their whole self, others, and their environment.

Physical and Health Education Canada, "What Is Physical Literacy?", [www.pheducanada.ca/programs/physical-literacy/what-physical-literacy](http://www.pheducanada.ca/programs/physical-literacy/what-physical-literacy)

**Turn this page over to view the revised Foundations for a Healthy School**



# TDSB Athletics 2012-2013

