



# TDSB Fit for Life Program

## Monthly Newsletter



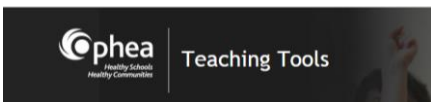
September 2015

### [TDSB Fit for Life Program Planning Templates Now Available](#)

The TDSB Fit for Life Program is designed to:

- Physically and mentally prepare students to meet their academic potential and succeed
- Increase student readiness for learning curriculum content
  - Engage parents/guardians/caregivers to work with school staff to improve their children's learning
  - Encourage student involvement by providing additional opportunities to be physically active
- Seek out and expand existing partnership opportunities to nurture a healthy active living community
  - Help students develop the knowledge and skills to make healthy eating choices
  - Empower students with opportunities to develop the physical and health literacy they need to lead healthy active lives

TDSB staff can access school planning templates and identify their school as a TDSB Fit for Life Program School by clicking [HERE](#)



### [New Resource! All About H&PE](#)

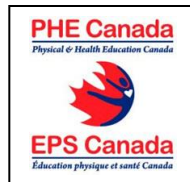
Get started with OPHEA's new free resource, All About H&PE! This resource features engaging online learning videos and posters to help you develop a deep understanding about the H&PE curriculum by exploring the five Fundamental Principles that underpin the curriculum. Visit [All About H&PE!](#)

### [Terry Fox National School Run Day](#)



Terry Fox National School Run Day is held every September, the month chosen by Terry to reflect when he had to stop running and when Canadians had to start. [The Terry Fox National School Run Day](#) is planned for Wednesday, September 30, 2015 (alternately a different time may be selected by the school community). The Terry Fox School Run [website](#) includes cross-curricular lesson plans, inspirational audio clips for morning announcements and many other resources to help make your School Run Day a great success. Schools wishing to participate in this year's event should register on-line at: [http://www.terryfox.org/SchoolRun/run\\_organizers.html](http://www.terryfox.org/SchoolRun/run_organizers.html).

### [FREE Move Think Learn Resource Series- Physical Literacy through Games and Sport](#)



[Move, Think, Learn](#): This resource applies the Teaching Games for Understanding model - encouraging students to move through tactical gameplay problems, think through options and skills, and learn how to apply this learning to broader gameplay situations. The series explores archery, badminton, canoe-kayak, cycling, ringette, softball, squash, soccer and team handball.



The Health and Physical Education Department would like to wish all TDSB communities a healthy and active 2015-2016 school year.

### **Grassroots Soccer at Ranchdale PS**



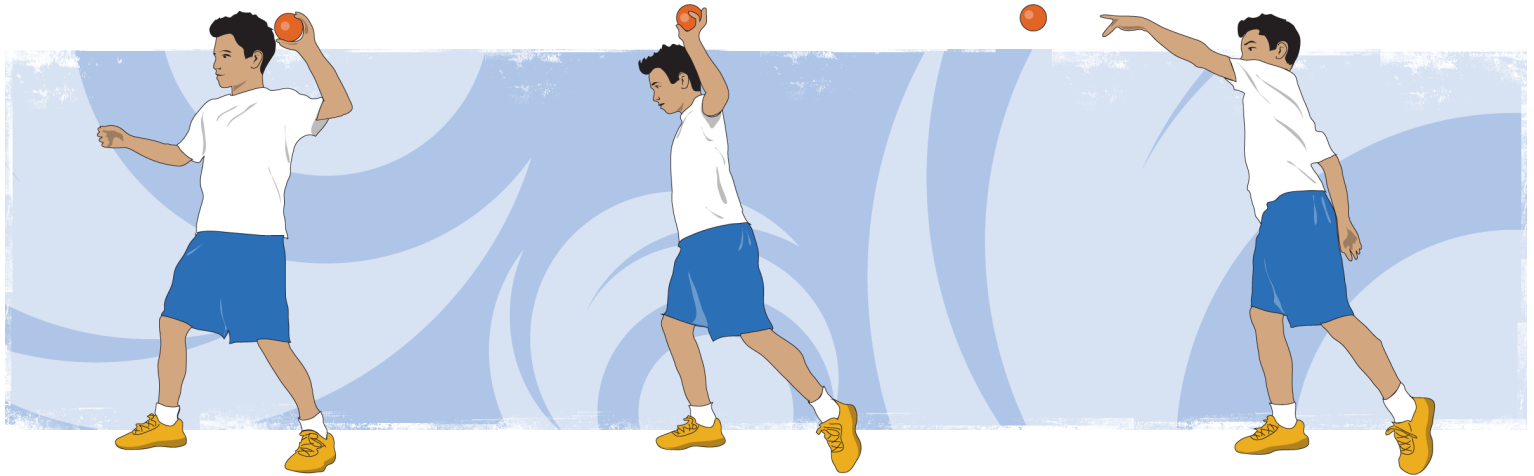
It was Soccer Festival Day at Ranchdale PS on Friday, May 22! Decked out in the uniforms and colours of their favourite pro teams and past/current club teams, the majority of students at Ranchdale are footy fanatics. Their passion for the game was matched and elevated thanks to the energy of "Coach Carl." The grassroots soccer program highlights how play-based learning is inclusive for ALL learners. Students had a voice and the ideas they shared were incorporated into the activities and games they participated in. Coach Carl asked our students, "Why do you play soccer?" Answers varied from "to get healthy," "to have fun," and "to learn to play with others." At times, thirty to forty minutes can be a small window to accomplish meaningful physical literacy, and the Ontario Soccer Association's programming provided age- and ability-appropriate, high-paced activity that engaged our learners in fit, fun, team-oriented learning. Mission Accomplished! Thank you to the OSA, Grassroots Soccer and Coach Carl - opportunities such as these are rare and also critical to expose our students and their families to the available partners and organizations in our community.

Submitted by Adrian Xavier, TDSB Fit for Life  
**CHARACTER DEVELOPMENT IN ACTION**

September's Character Trait is  
**Respect** –  
*Everyone has different talents and needs. Recognize and accept the efforts of others.*

Turn this page over to view one of [OPHEA's Learn to Move Posters](#), which can be displayed in gymnasiums to help students understand the Success Criteria for various Movement Skills and Strategies.

Propelling an object forward using an overhand movement.



- Stand with feet apart, facing sideways with weight on back foot. Hold ball with fingers
- Throwing arm lengthens down and back behind body
- Eyes remain on target
- Foot opposite to the throwing hand is forward. Rotate body to face target, transferring weight onto the front foot. Straighten throwing arm
- Keep ball above ear level
- Point throwing hand towards target
- Release ball slightly above and in front of head
- Throwing arm follows through down and across the body

### I can also...

- throw a football
- throw a foam javelin
- overhand strike a beach ball

### Self Check Questions:

- Is the foot opposite to my throwing arm forward?
- Is my body turned sideways to the target as I prepare to throw?
- Do I follow through with my throwing arm across my body?
- Do I look at my target when I release the object?
- Can I follow a moving target and adjust my throw accordingly?