



# TDSB Fit for Life Program

## Monthly Newsletter



October 2014



Ophea provides quality programs, services and training to schools and communities to enable children and youth to lead healthy active lives. Ophea's high quality programs and services can help your school community address a variety of health related topics and all of the components of a Healthy School identified in the Government of Ontario's Foundations for a Healthy School framework. Visit [www.ophea.net](http://www.ophea.net) for more information.

**Fire Prevention Week is October 5 – 11, 2014.**  
**This year's theme is Smoke Alarms Save Lives: Test Yours Every Month!**



Ontario law requires that working smoke alarms be located on every storey of the home and outside all sleeping areas.

Your safety is your responsibility. Only working smoke alarms save lives. In fact, smoke alarms can increase your chances of surviving a fire by up to 50%!

Make sure you:

- Test smoke alarms monthly.
- Change the batteries once a year.
- Replace smoke alarms after 10 years.
- Develop and practice a home fire escape plan with everyone in your household.

### **C**HARACTER DEVELOPMENT **IN ACTION**

October's Character Trait is **Responsibility**–

There are always jobs to be done and different ways to help out. Whether it be with equipment, individually or working as part of a group, listen attentively to see what role you can fulfill to help your teacher and classmates.

### TDSB Fit for Life Program School Representatives-

Working to bring Healthy Active Initiatives to life in TDSB schools

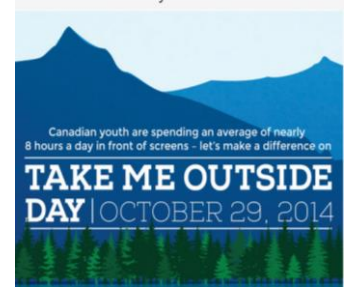


Elementary teachers from across the Toronto District School Board gathered recently to launch the TDSB Fit for Life Program 2014-2015. The Program recognizes the physical, social, and emotional benefits of making healthy choices. Teachers representing every Family of Schools had the opportunity to: take part in adapted physical activities that can create an inclusive Health and Physical Education program and/or intramural program; meet community partners whose programs focus on healthy active living; speak with other school leaders; and share success stories.

Teachers will now take what they've learned back to their school and share with the staff. They will also establish their health action committee which includes a Toronto Public Health nurse, parents, students, and administration. Together, they will implement their TDSB Fit for Life Program initiatives which can include everything from Daily Physical Activity (DPA) to providing bike racks and helmet storage for students and staff who ride to school to creating a school garden.

The TDSB Fit for Life Program aligns with The Years of Action Plan in that it encompasses a number of areas including mental health, parent and community engagement, staff inspiration and support and the promotion of student health programs.

All TDSB Schools are encouraged to become a TDSB Fit for Life Program School. Visit: <https://aw.tdsb.on.ca/sites/tl/athletics/fitforlife/SiteHome.aspx> for details.



Take Me Outside Day is an opportunity for schools across Canada and all around the world to show the importance of getting outside. It's a day to support outdoor education – the learning environment can in fact extend beyond four walls and a desk!

You too can get involved. It's wide open how each class spends one hour outside, whether walking, doing art or math, or large group activities.

You can find more info at <http://takemeoutside.ca/tmo-day>

### **HPE App of the Month** **Super Stretch Yoga**



A fun, interactive yoga app created for kids, used by the whole family! Move, play and breathe as **Super Stretch** introduces you to his friends and their yoga poses. Super Stretch is your guide who takes you on your journey. Super Stretch Yoga can be found **HERE**



International Walk to School Day is Wednesday, October 8, 2014. International Walk to School Week is October 6-10, 2014. Visit <http://www.saferoutestoschool.ca/> for details.

The Health and Physical Education Department promotes the development of Physical Literacy for all TDSB students. Turn the page over to see a graphic from Canadian Sport for Life that helps define physical literacy.

# Physical Literacy is...

## ... developing fundamental movement skills

### Travelling Skills

Boosting  
Climbing  
Eggbeater  
Galloping  
Gliding  
Hopping  
Ice picking  
**Jumping**  
Leaping  
Poling  
Running  
Sculling  
Skating  
Skipping  
Sliding  
Swimming  
Swinging  
Wheeling

### Object Control Skills

**Sending:**  
Kicking  
Punting  
Rolling (ball)  
Striking (ball, puck, ring)  
**Throwing**  
**Receiving:**  
Catching  
Stopping  
Trapping  
**Travelling with:**  
Dribbling (feet, hands, stick)  
**Receiving and Sending:**  
Striking (bat, stick)  
Volleyball

### Balance Movements

Balancing/centering  
Body rolling  
Dodging  
Eggbeater  
Floating  
**Landing**  
Ready position  
Sinking/falling  
Spinning  
Stopping  
Stretching/curling  
Swinging  
Twisting/turning

## ... leading to fundamental sport skills

High jump  
Volleyball spike jump  
Hurdle jump (diving)  
**Basketball layup**  
Jumping header  
Ski jump

Javelin, discus, shot put  
Overhand pitch  
Tennis serve toss  
**Soccer throw-in**  
Water polo shot  
Football pass  
Underhand pitch

After any jump  
Parachute landing  
**Tumbling**  
Aerial ski landing  
Gymnastics dismount  
After being tackled

## ... in various decision making situations

Over opponent  
Around opponent  
Long or short steps  
Length and height  
Right or left foot  
Twisting

Long or short  
High or low  
To the left or right leg  
To the chest or head  
To open space  
Over a defender

One foot or two  
Rolling left or right  
Forwards or backwards  
With or without rotation  
Back onto feet, or  
continue to roll

**... in a variety of environments:  
ground, water, snow, ice and air**