

Active Yukon Schools

YM2L Yu Move 2 Learn



Active Yukon Schools instills values and habits of an active lifestyle through opportunities that get Yukon students active each and every school day.

Active Yukon Schools supports teachers to integrate **daily physical activity (DPA)** into classroom and school routines.

- ☑ DPA enhances students' academic achievements.
- ☑ DPA instills competence and confidence for lifelong physical activity.
- ☑ DPA counteracts sedentary behaviours that contribute to childhood obesity.
- ☑ DPA improves social and emotional wellbeing.
- ☑ DPA makes learning fun!



Active in Class



Sport Connections



Resources for Schools



www.rpay.ca

Getting Yukon students moving to learn...

Fundamental Movement Skills thru Games



Youth Leadership



Active Yukon Schools is delivered in partnership:



Active Yukon Schools



Active in Class provides teacher training through classroom visits by a physical activity specialist. Active in Class helps teachers integrate physical activity into their daily routines and lessons. This program area is under development. Please check at www.rpay.ca for details.



Fundamental Movement Skills thru Games helps teachers develop a repertoire of games that develop fundamental movement skills and instill in students confidence and competence for lifelong physical activity. Clinics such as Run-Jump-Throw can be requested.



Sport Connections provides opportunities for students to gain an appreciation for physical activity through a wide variety of basic sports. Children who have the opportunity to gain fundamental skills through an introduction to sport are more likely to be active for life. Sport Yukon will facilitate connections for teachers and schools with Yukon's sport community.



Youth Leadership develops role models for active, healthy lifestyles among older students. Students who lead activities for younger children develop leadership skills and support an environment where being active at school is cool. Being developed are training opportunities for Grade 6 and 7 Playground Leaders and senior high Youth Recreation Leaders.



Resources for Schools helps build and sustain opportunities for children and youth to develop fundamental movement skills, an appreciation for sport, and the habits that lead to a physically active lifestyle.

- Classroom Action Grants increase physical activity for children and youth during the school day, outside of designated PE time.
- Winter Active for Life Equipment Lending Library offers loans to rural schools.
- Cycle Smart offers sessions on basic bicycle safety.
- Pedometer Loan Out provides pedometers that can be used in class.
- On the Right Path offers a walking challenge for classes and schools.
- Healthy Living Menu offers workshops for children and youth to increase physical activity levels and educate about making healthy food choices.
- Canadian Tire Active at School is currently under development.