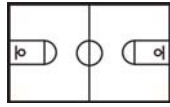
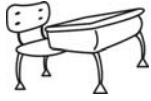


Table of Contents

Chapter One: Program Overview	1
A. Why Everybody Move?	2
B. Activity Sessions	4
C. A Few Fun Facts	5
D. Steps to Success for Your Program	6
E. Safety First	9
F. What Equipment Do We Need?	9
G. Assessment and Evaluation	9
H. References Used in this Chapter	10
Chapter Two: Fun Fitness Activities	11
A. Classroom	16
B. Around the Building	53
C. Outdoor	59
D. Theme	69
Chapter Three: Music Activities	89
A. Finder's Guide to Music Activities	90
B. Moving to Music: Dances and Routines	92
1. Routines to CD/DVD	92
2. Routines for Accessible Music	118
3. Move it to the Beat: Generic Actions for Music	168
Chapter Four: Resources	189
A. Suitable Songs	190
B. Video/DVD Resources	197
C. Websites	198
D. Additional Tools for Teaching and Leading	199
E. Support and Incentives	200

Appendices	203
A. How Are We Doing?	204
1. Daily Vigorous Physical Activity Continuum of Success	
2. Simple Analysis	
B. Daily Vigorous Physical Activity Curriculum Rationale	206
C. Children and Physical Inactivity: Facts and Stats	207
D. Activity Kit Equipment List	210
E. Variations on Daily Vigorous Physical Activities	211
F. Success Stories	212
1. Robert Little Public School	
2. George Kennedy School: Kennedy Capers	
3. Thorncliffe Park Gets Moving	
a. Massive Monster Mash	
b. Pass the Bass	
c. Move to the Moon	
4. Lucy Maud Montgomery: The Health Hustle	
5. C.H. Norton Walks Across Canada to Kick off QDF	
6. West Oak Public School	
G. Training Activity Leaders: Student Leader Commitment Form	219
H. Weekly Schedule Sample	220
1. Leader Schedule	
2. Weekly Location Schedule Sample	
3. Weekly Schedule: Daily Vigorous Physical Activity	
4. Weekly Activity Schedule Sample	
I. Assessment	224
J. Participant Assessment	225
K. Trouble Shooting: Challenges and Solutions	226

Pass the Bass



- Buy a rubber fish or make a big fish that can be passed around.
- Participants stand in a circle. The leader takes the bass and throws it to anyone in the circle. The person who catches it does an activity to increase his heart rate, and everyone else in the class copies him, until the leader yells, "Pass the Bass!"
- The participant throws the bass to someone else in the circle who selects a new activity.

- Rubber fish, stuffed toy, or homemade fish (solid enough to be tossed around)

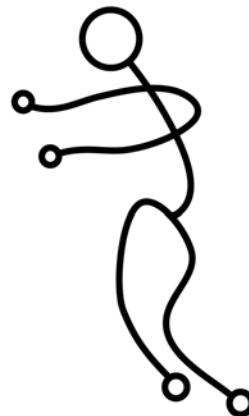
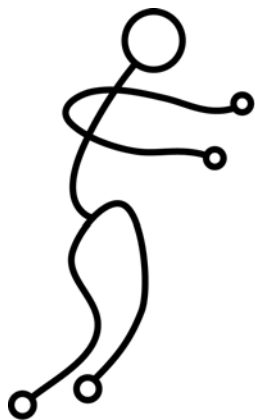


- Be aware of any latex allergies if using a rubber fish



- Pass the Bass, Class to Class: When the class has done activities for 15 minutes, they pass the bass to another class, challenging them to do the same. Soon the whole school will be passing the bass! Classes can choose whatever activity they would like to do to get moving while they have the bass.
- Musical Chairs: when the music stops, whoever has the bass does a new activity.

See Appendix F.3.b.: Success Stories, Thorncliffe Park.



Cue Sheet for Alley-Cat (Motion Motion)

Introduction

Wait

Bounce

Part A:

Toe Tap 2x (2R, 2L)

Part B:

Push leg back 2x (2R, 2L)

Part C:

Cross Crawl 2x (2R, 2L)

Part D:

Single Cross Crawl 3x

1/4 turn

Funky Moves

<p style="text-align: center;">Attitude</p> <p>Cross arms across chest, nod head to the right side, front, left side, and front (4 counts). Option: Stand in straddle position and tap one foot.</p>	<p style="text-align: center;">Box Step</p> <p>Step forward on right foot, cross left foot over right, step back with right, open out to the side again with the left. The opposite is acceptable as well. E.g., Step forward left; cross right over left; step back with left; open to side with right.</p>
<p style="text-align: center;">Butterfly</p> <p>Circle arms out and above head, hands cross above head. Lower arms to front, crossing slightly at bottom.</p>	<p style="text-align: center;">Can Can</p> <p>With your inside arms over each other's shoulder (or hands on waist), lift right knee up hopping on left, jump on both, kick right leg to left side, while hopping on left, jump on both. Repeat with left leg.</p>
<p style="text-align: center;">Clapping Square</p> <p>With feet in a straddle position, clap hands high on the right (once), then high on the left, low on the right and low on the left (4 beats in total).</p>	<p style="text-align: center;">Cue-tip</p> <p>Twist an imaginary Cue-tip in your ear to two or three beats, depending on if the music is $\frac{3}{4}$ or $\frac{4}{4}$, and on the final beat lunge in the direction of the hand holding the Cue-tip to throw it away. Repeat.</p>