

Supplementary Resources to Support Families with Continuity of Learning

Please note, that families should follow the provincial and federal guidelines when selecting activities especially those that are outdoors.

Health and Physical Education	Description	Type	For ELL	Early Years	1-3	4-6	7-8	9-12
Build Your Best Day ParticipACTION.com	Build Your Best Day ParticipACTION.com is an educational tool to help children and youth learn more about the Canadian 24-Hour Movement Guidelines.	PDF		✓	✓	✓	✓	✓
DPA Activities	Daily physical activities for elementary students Grade 1-3 , 4-6 , 7-8	Website			✓	✓	✓	
200+ Activities You Can Do with Kids at Home.	Learning doesn't only happen in classrooms. Your kids can keep on learning through play, using active games to keep them moving and learning at home.	Website		✓	✓	✓		
GoNoodle	Lots of links within this site to help encourage physical activity and dance. Zumba Kids Relaxation	Website App	✓	✓	✓	✓		
YGym Virtual Physical Activity For Kids	A free healthy community program for young people and families featuring content based on YMCA Canada's Health & Fitness Programs and Canada's Physical Activity Guidelines.	Website Video						
Outdoor Activities	Outdoor walks / Bike rides / Walking Trails etc.	Website	✓	✓	✓	✓	✓	✓
PlaySport	PlaySport helps children and youth develop an understanding of the skills and strategies associated with playing a wide range of physical activities and sports.	Website		✓	✓	✓	✓	✓