



# Physical Activity in the Curriculum

Hearing a message many times in different ways supports learning. Try to include movement and/or physical activity concepts/messages in all subjects. Here are some suggestions:

## Social Studies

- Students find trails close to where they live and then make maps of them.
- Students research the history behind their favourite sport.

## Math

- Include active concepts and active living messages in math questions.
  - E.g. John and Brian walk to school each day. What is the distance that each student walks?
- Students track the number of steps they take and calculate how long it will take to walk across Canada or to another province.
  - Consider using online tools or applications to calculate the distance students walk to school.

## The Arts

- Students listen to music and move their bodies as they enjoy the music.
- Students create their own dance/music routines. Routines can include skipping, and jumping. Groups of students can then perform and teach their routines to the rest of the class or younger grades.

## Science/Health

- Students name and label parts of the human body involved in movement.
- Students work with a partner to figure out their heart rates while resting and after performing a variety of movements (e.g. running, jogging, dancing, skipping). Have students graph their results and then discuss as a class.
- Discuss with students the value of being active each day.
  - E.g. students make a chart of all the activities they enjoy and how these activities benefit them.

## Literacy

- Students brainstorm action or movement words (e.g. run, jog, skip). Have all the students repeat each word aloud and act them out.
- Using the Physical Activity Planner ([durham.ca/physicalactivity](http://durham.ca/physicalactivity)), have students set a goal, and track their progress. Students can be encouraged to involve their whole family in the assignment. Students can keep a journal to describe their experience.

For more ideas and/or support with incorporating physical activity into the curriculum contact your school's public health nurse or call the Durham Health Connection Line at 905-668-2020 or 1-800-841-2729.