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.
  o 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.
  o 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.
  o 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), 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 905-666-6241 or 1-800-841-2729.

If you require this information in an accessible format, contact 1-800-841-2729.