

Background

The purpose of this list is to help teachers and schools promote a Comprehensive School Health (CSH) approach in a classroom setting. CSH is an internationally recognized, evidence-based approach for building healthy school communities. A healthy school community is one that supports the wellness of all of its members (e.g., students, teachers, staff, parents, administrators, community partners) and continuously strengthens its capacity as a healthy setting for living, learning and working.

This list is organized with two different categories of resources, 'Classroom Resources' and 'Supplementary Information'. The Classroom Resources can be used by the teacher in the classroom immediately and are applicable to teaching. Supplementary Information provides resources for teachers about a specific health topic.

This list is not meant to be an exhaustive list of resources available; but a selection of available resources reviewed by health professionals in Alberta Health Services. Please check with your local AHS contact for additional resources specific to your area. To find an AHS staff member who can support you, contact cshresources@albertahealthservices.ca

Questions or comments regarding this list can be directed to cshresources@albertahealthservices.ca. Please visit the [Teaching and Learning](#) section of the Alberta Health Services, [Comprehensive School Health Website](#) to see if there is a newer version of this list available.

Please Note:

The Provincial Teacher Resource List offers a selection of available resources reviewed by health professionals in Alberta Health Services (AHS). Teachers should always review content to determine appropriateness for their student population. If you are uncertain about the suitability of resources within your school, check with your administration.

AHS does not endorse or recommend any pharmaceutical company, commercial product, process, or service. The resources in this document are being presented as information only. This list is reviewed annually for accuracy of content.

Classroom Resources

Active for Life Lesson Plans

Grades K-7	Theme:	Physical Education, Physical Activity, Physical Literacy	Active for Life lesson plans, and accompanying instructional and assessment videos, provide activities, tips and cues to deliver physical literacy instructions to children.
	Organization:	Active for Life	www.activeforlife.com/lesson-plans-and-resources/ LESSON PLANS FRANÇAIS

At My Best

Grades K-6	Theme:	Physical Education, Health Education	At My Best is a free, comprehensive, curriculum-supported toolkit to promote and develop children’s overall wellness (physical activity, healthy eating and emotional wellness).
	Organization:	Physical & Health Education Canada	www.atmybest.ca LESSON PLANS FRANÇAIS

Be Fit for Life Resources

Grades K-7	Theme:	Physical Education, Physical Literacy, Daily Physical Activity	The Be Fit for Life Network offers a variety of resources to support teachers, coaches, recreation leaders and anyone getting kids moving. The resources and tools provide support in: developing physical literacy skills, empowering student leaders, incorporating yoga in the classroom and much more.
	Organization:	The Be Fit For Life Network	http://www.befitforlife.ca/resources/ LESSON PLANS FRANÇAIS \$\$\$

Daily Physical Activity: A Handbook for Grades 1-9 Schools

Grades 1-9	Theme:	Daily Physical Activity	This resource provides teachers and administrators with information and ideas for developing a daily physical activity (DPA) program. It contains numerous activities that can be organized by the school for small spaces, outdoors, in the gymnasium and ideas for whole school participation.
	Organization:	Alberta Education	https://education.alberta.ca/media/160222/handbook.pdf LESSON PLANS

Heart Health: A Resource for Senior High Physical Education

Grades 10-12	Theme:	Physical Education	This resource supports implementation of General Outcomes B and D in Grade 10 of the ‘Physical Education Kindergarten to Grade 12 Program of Studies’. It provides eight learning opportunities that connect students with their heart-rate data and what these numbers mean for their own health and personal fitness.
	Organization:	Alberta Education	https://open.alberta.ca/publications/077854754x LESSON PLANS

Classroom Resources

K-12 Physical Education

Grades K-12	Theme:	Physical Education, Physical Literacy, Daily Physical Activity	Ever Active Schools offers a variety of resources to support active school communities. Resources can be used in the classroom or the whole school environment. https://everactive.org/k-12-physical-education/
	Organization:	Ever Active Schools	https://everactive.org/online-store/ <div style="display: flex; gap: 10px;"> LESSON PLANS FRANÇAIS \$\$\$ </div>

Physical Education Guide to Implementation

Grades K-12	Theme:	Physical Education	This guide is intended to assist teachers with implementation of the prescribed outcomes in the Program of Studies for Physical Education, Kindergarten to Grade 12, so that Alberta students have the opportunities to develop the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle. https://education.alberta.ca/physical-education/program-supports/everyone/support-documents/ <div style="text-align: center;">FRANÇAIS</div>
	Organization:	Alberta Education	

SPARK

Grade K-12	Theme:	Physical Education	This website offers a collection of free SPARK sample lesson plans for physical education. https://sparkpe.org/free-lesson-downloads <div style="text-align: center;">LESSON PLANS</div>
	Organization:	SPARK	

Supplementary Information for Teachers

Alberta Centre for Active Living

Theme:	Physical Activity	The Alberta Centre for Active Living is an advocate for physical activity and a key source of research and education on physical activity. Their website highlights evidence-based information for professionals who promote physical activity in their work. www.centre4activeliving.ca
Of Interest:	Online Library, Video and Podcasts, Pedometer Toolkits	

Be Fit for Life Network

Theme:	Physical Activity	The Be Fit For Life Centres are located in college and university campuses across Alberta. They provide teacher workshops, classroom activities and other programs, resources and services to encourage Albertans to be physically active. www.befitforlife.ca
Of Interest:	Workshops	

Canadian Intramural Recreation Association of Ontario (CIRA)

Theme:	Physical Activity	CIRA Ontario is an incorporated, non-profit organization whose mission is to encourage, promote, and develop active living, healthy lifestyles and personal growth through intramural and recreation programs within the education and recreation communities. Their website offers resources related to intramurals, DPA, physical literacy, active play, inclusivity and many more topics. http://www.ciraontario.com/
Of Interest:	Intramurals, Physical Literacy, Daily Physical Activity	

Canadian 24-Hour Movement Guidelines for Children and Youth

Theme:	Physical Activity, Sedentary Behaviour	The Canadian 24-Hour Movement Guidelines for Children and Youth: An Integration of Physical Activity, Sedentary Behaviour and Sleep are the first evidence-based guidelines to address the whole day. For optimal health benefits, children and youth (aged 5–17 years) should achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day. http://csepguidelines.ca/ FRANÇAIS
Of Interest:	Guidelines, Handbook	

ParticipACTION

Theme:	Physical Activity	ParticipACTION is the national voice of physical activity and sport participation in Canada. As a national not-for-profit organization solely dedicated to inspiring and supporting healthy and active living for Canadians, it works with its partners, which include sport, physical activity, recreation organizations, government and corporate sponsors, to inspire and support Canadians to move more. www.participaction.com FRANÇAIS
Of Interest:	Toolkit, Calendar of Events, Webinars, Report Card on Physical Activity	

Supplementary Information for Teachers

Physical & Health Education Canada (PHE Canada)

Theme:	Physical Literacy, Physical Education, Health	<p>PHE Canada is a national professional organization for physical and health educators and advocates for and advances quality physical and health education programs by providing resources, programs and advocacy tools.</p> <p>www.phecanada.ca</p> <p>FRANÇAIS</p>
Of Interest:	Advocacy Tools, Resources, Programs	

Safe Healthy Active People Everywhere (SHAPE)

Theme:	Active Transportation	<p>SHAPE is a non-profit organization that promotes the Active & Safe Routes to Schools programs throughout Alberta. SHAPE promotes active transportation of students which in turn promotes student health, benefits the environment and reduces traffic congestions in and around schools.</p> <p>www.shapeab.com</p>
Of Interest:	Calendar of Events, School Travel Planning Toolkit, Safe Routes to School Resources	

The Health and Physical Education Council (HPEC)

Theme:	Physical Education	<p>HPEC is a specialist council of the Alberta Teachers Association. HPEC, as a professional organization of teachers, advocates for quality health and physical education programs and provides opportunities for professional growth and development of its members. HPEC is committed to providing leadership in creating healthy active school communities.</p> <p>www.hpec.ab.ca</p>
Of Interest:	Conferences, Workshops, Publications, Grant and Award Opportunities	