



School District 83
NORTH OKANAGAN-SHUSWAP



Interior Health

Healthy Schools Coordinator

Laura Paiement

PHYSICAL



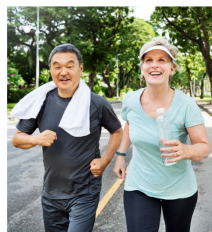
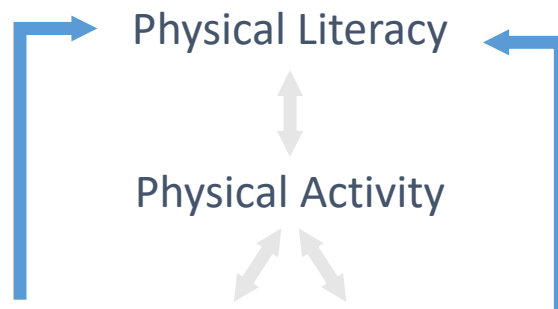
Physical literacy

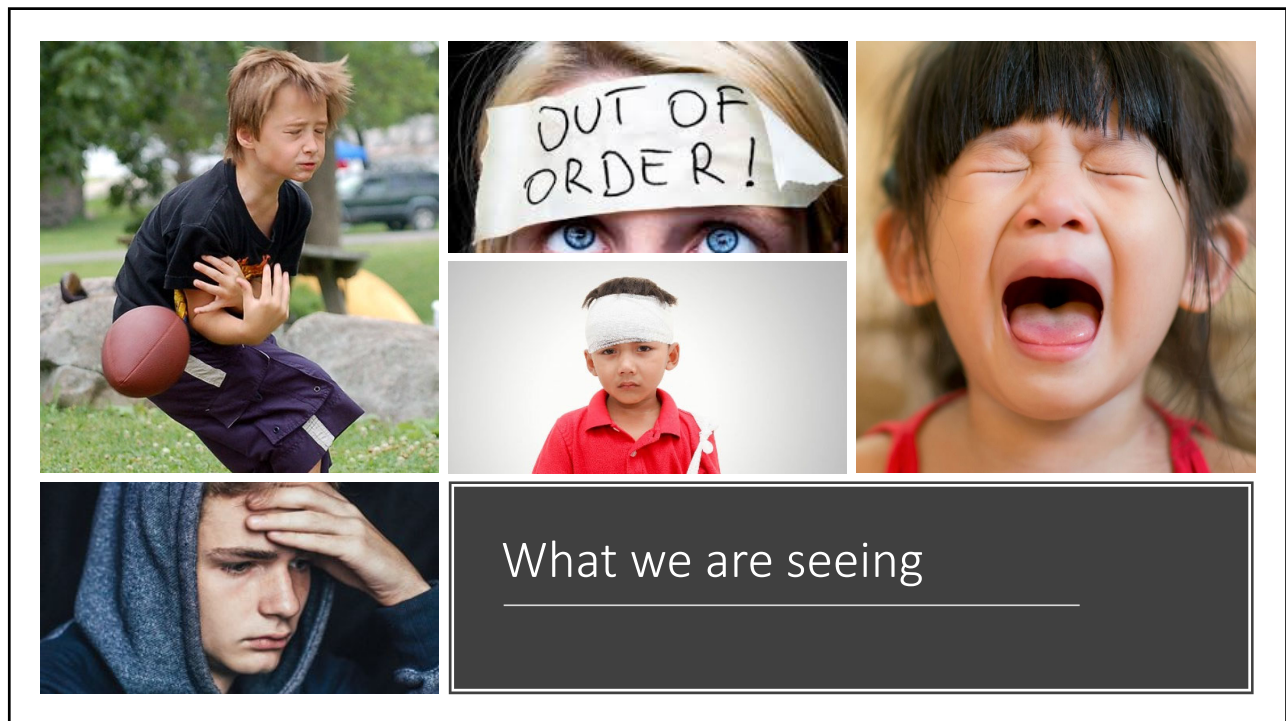
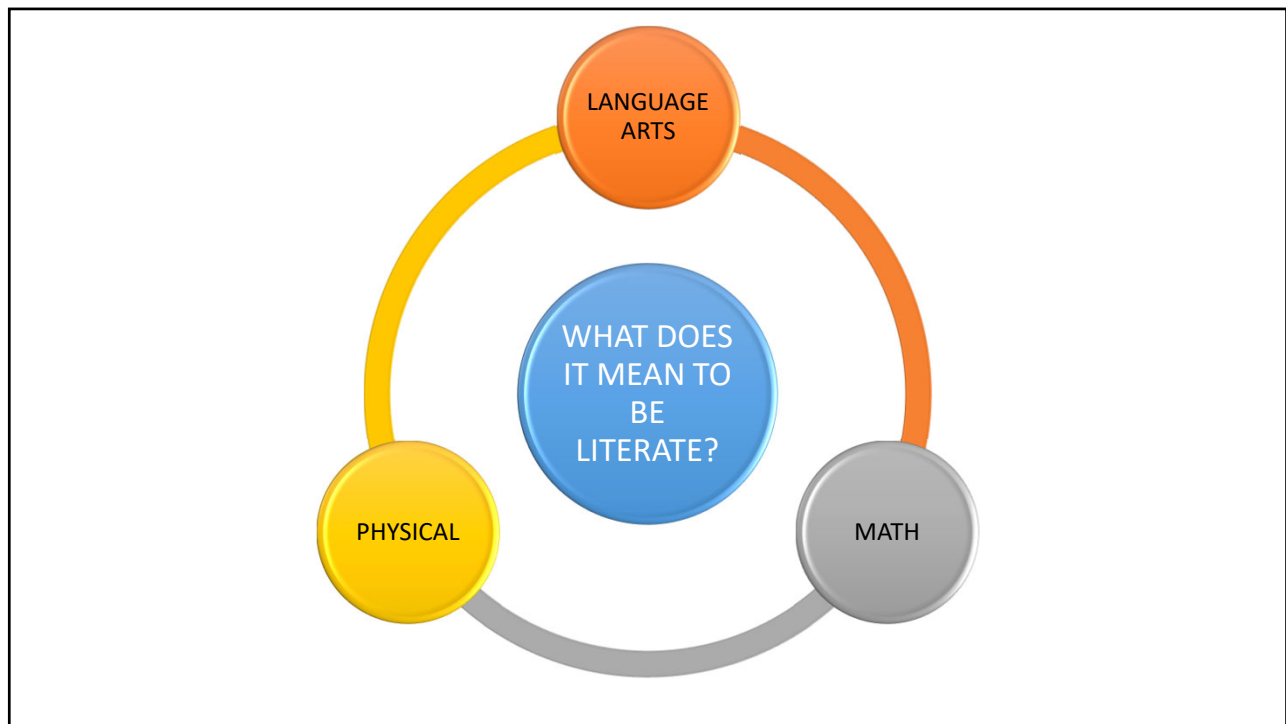
is the...

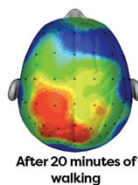
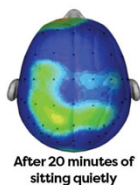


"Physical literacy is the motivation, confidence, physical competence, knowledge, and understanding to value and take responsibility for engagement in physical activities for life."

- The International Physical Literacy Association, May 2014







Healthier Students Are Better Learners

Research on health & academic achievement

OVER 25 YEARS OF RESEARCH

70+ LITERATURE REVIEWS & OVER 800 UNIQUE STUDIES DEMONSTRATE THE ASSOCIATION

Schools are an ideal place for students to practice healthy behaviors



Physical Activity Can Positively Impact Student Mental Well-being

Increased self-esteem

Improved attention

Improved sleep

Reduced stress

Increased Resiliency



Reduced anxiety

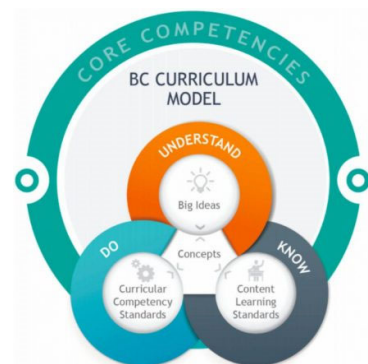
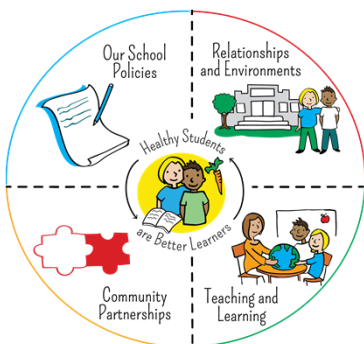
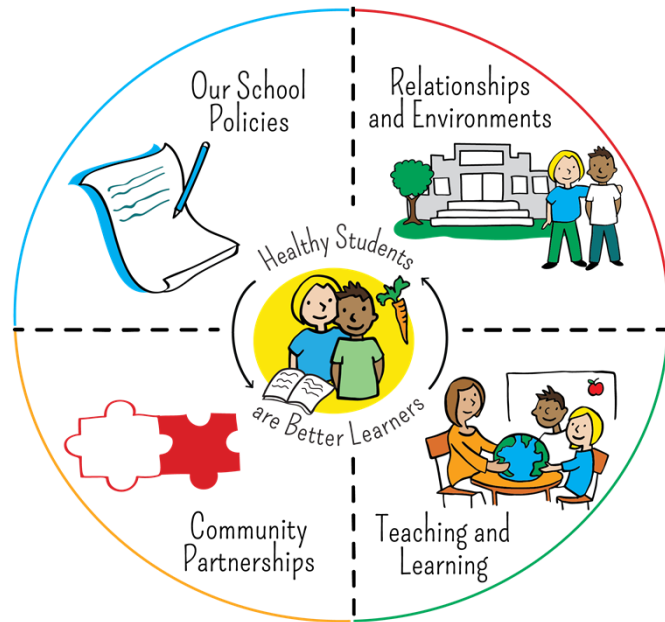
Improved social / emotional well-being

Increased confidence

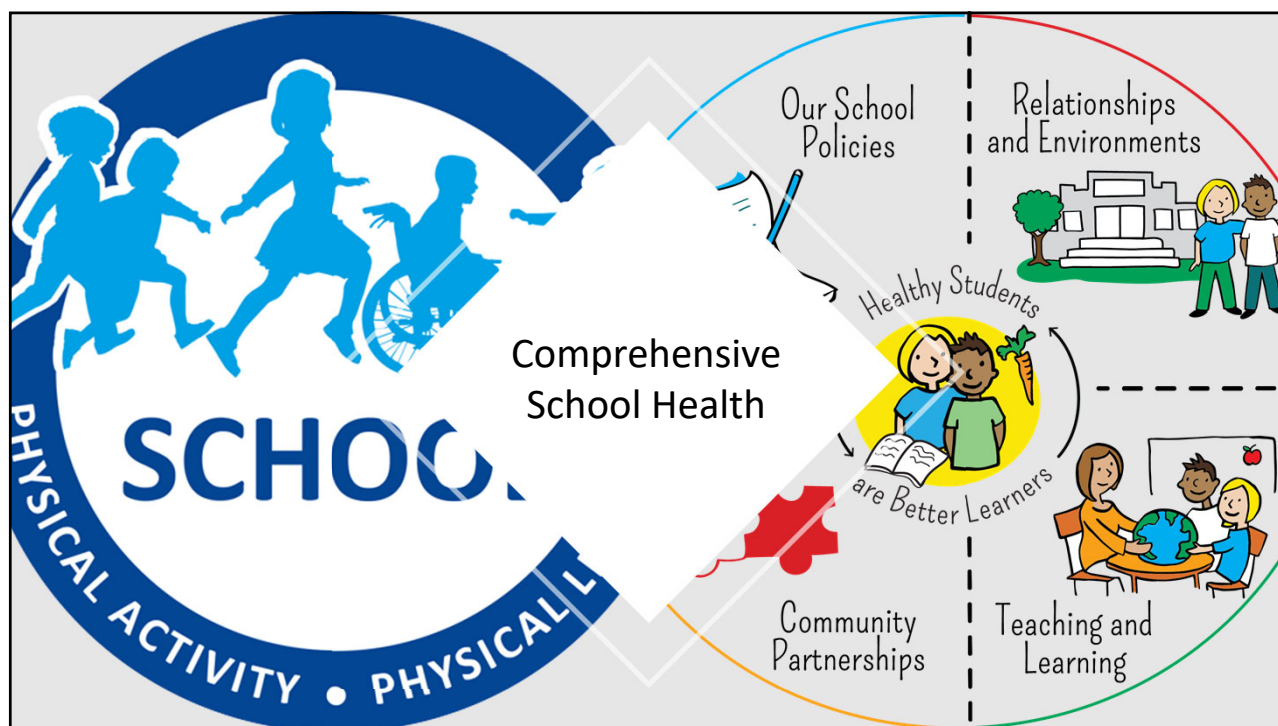
Increased autonomy



Comprehensive School Health



School Policy – Physical Literacy



School Physical Activity and Physical Literacy Project

is delivered in partnership through:



Sport for Life



ISPARC
Indigenous Sport,
Physical Activity & Recreation Council



Project Goals

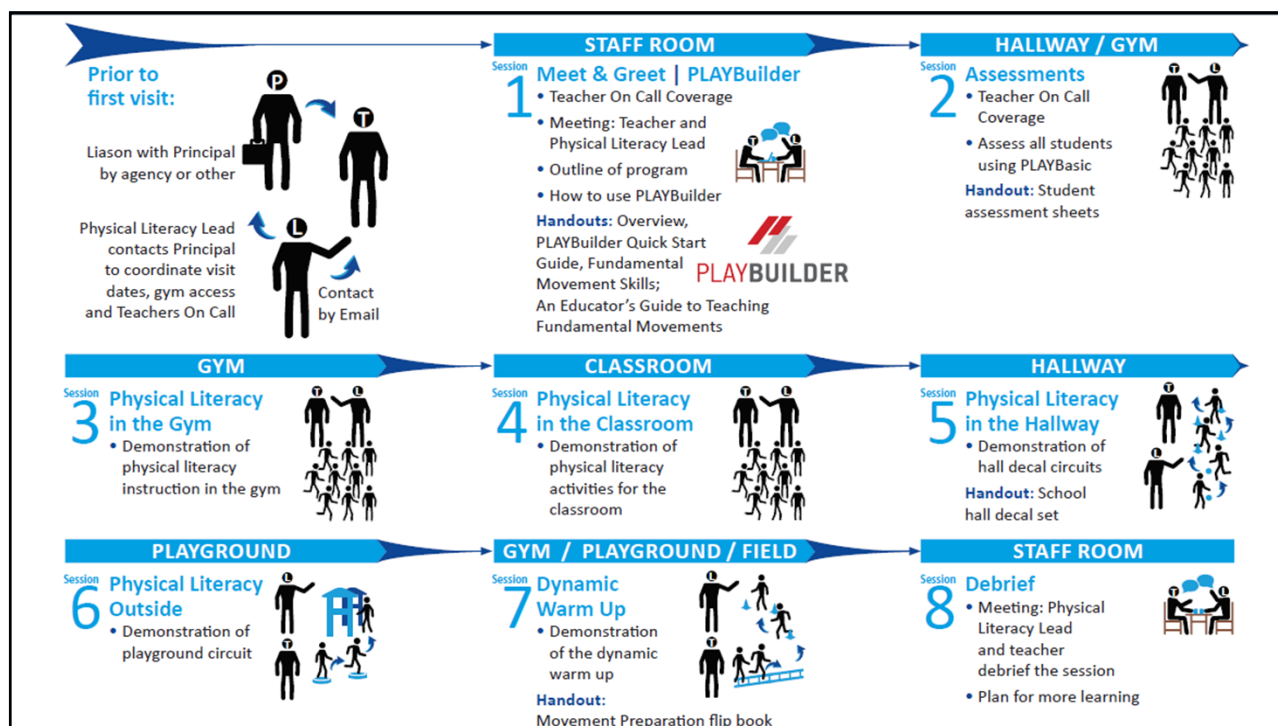
- **Support teachers** in increasing their...
 - level of confidence and competence when delivering the physical and health education curriculum;
 - knowledge of physical activity as a mechanism to support student mental well-being;
 - knowledge of physical activity as a mechanism to support their own mental & physical well-being (secondary objective); and,
 - knowledge on Indigenous perspectives of health and wellness to support Indigenous students in a culturally safe way.
- **Increase** the number of minutes during the school day where the school incorporates **physical activity**.



In-School Support

- Physical Literacy Leads provide sessions in the schools
- During school hours
- Minimum 8 sessions provided to each teacher (approx. 6 teachers / school)
- SD83 - 13 schools have been involved





PLAYBuilder



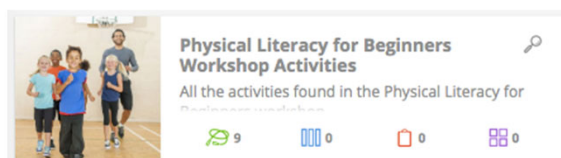
Available to all BC elementary school teachers



Cloud-based content management and authoring tool



Teachers can access curriculum-linked grade-level packages of easy-to-use games and lesson plans

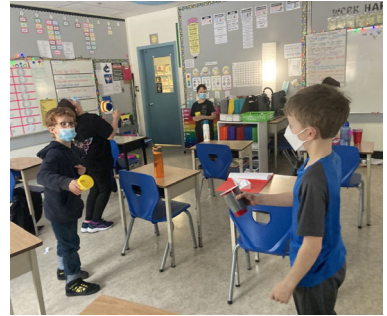
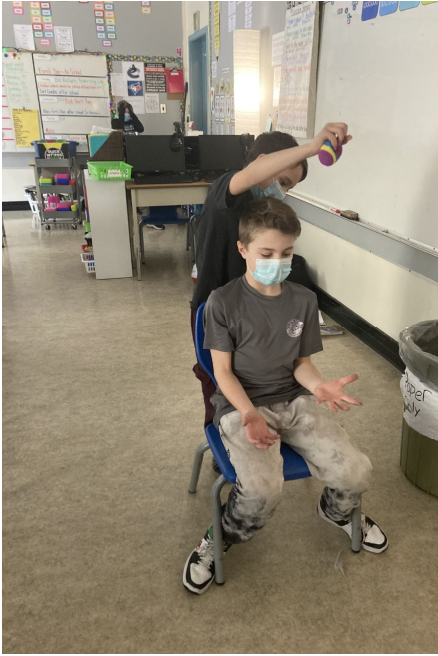




Physical Literacy in the Gym



Physical Literacy Dynamic warmup

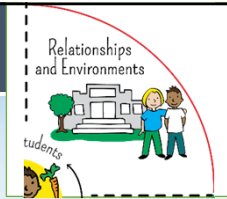


Physical Literacy in the classroom



Physical Literacy Outside

Physical Literacy Outside



School Physical Activity and Physical Literacy Project |



© 2012 Fit and Fun Playscapes, LLC



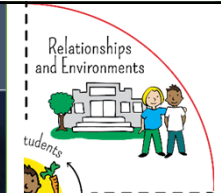
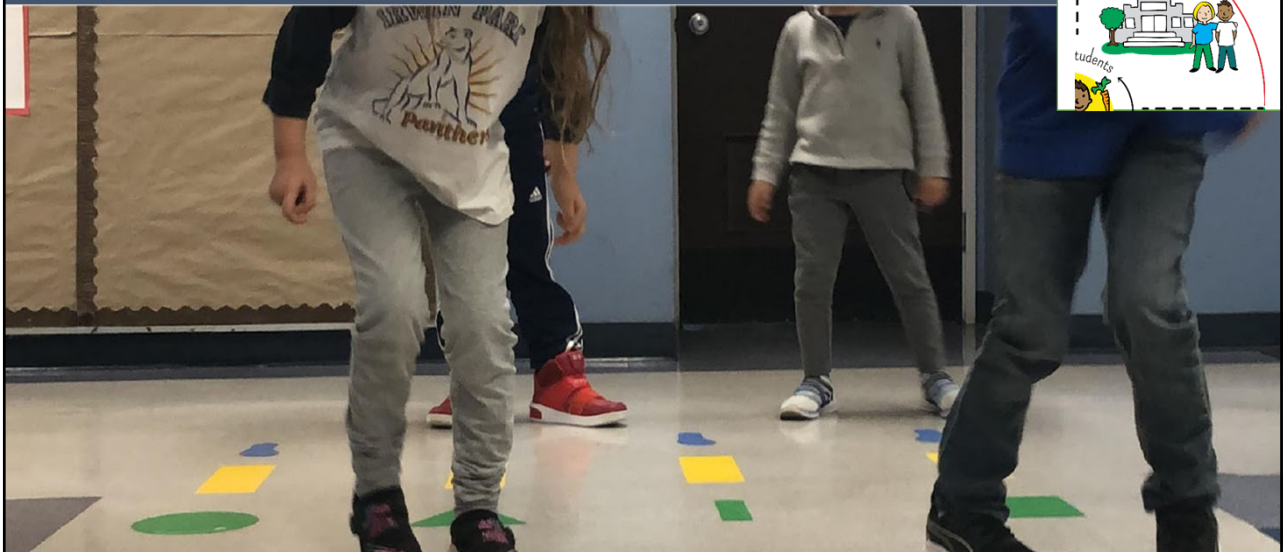
<https://fitandfunplayscapes.com/>

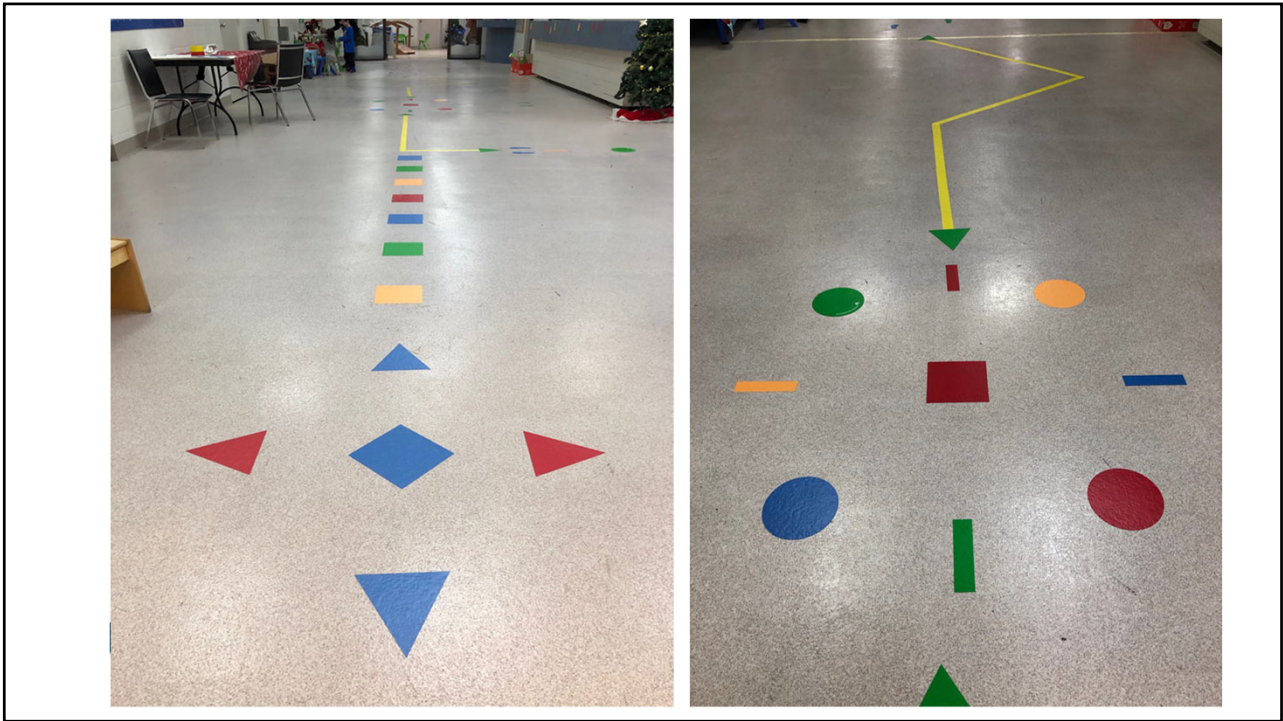


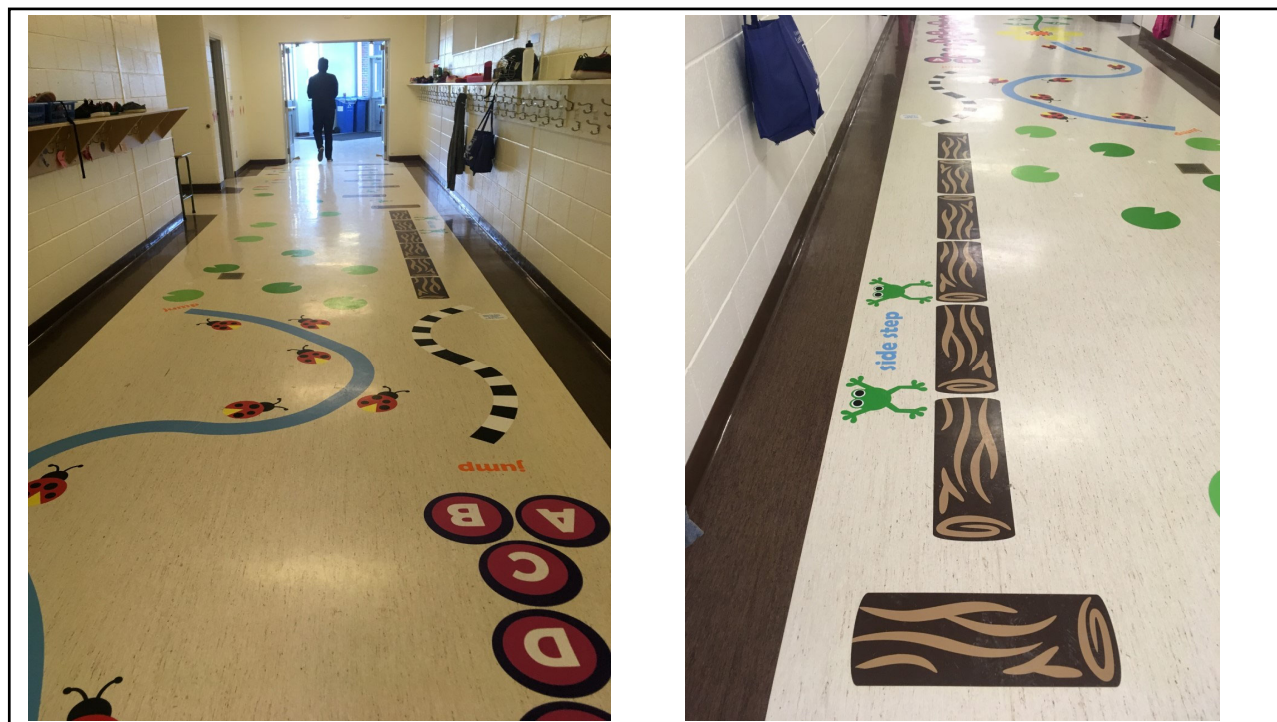


Physical Literacy In the hallways

Indoor Movement Paths







School Physical Activity and Physical Literacy Website

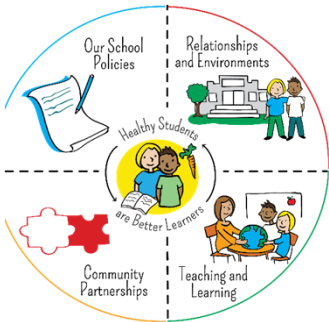


www.schoolpapl.ca

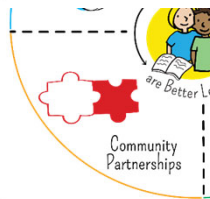




Adapted PE unit











Community Partnerships





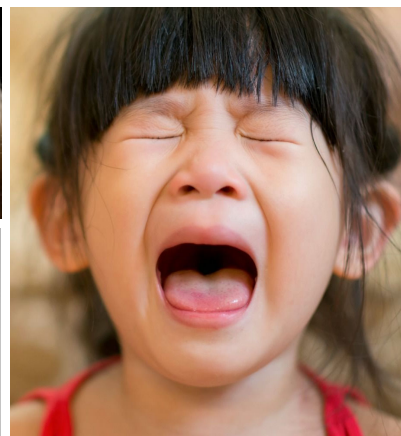
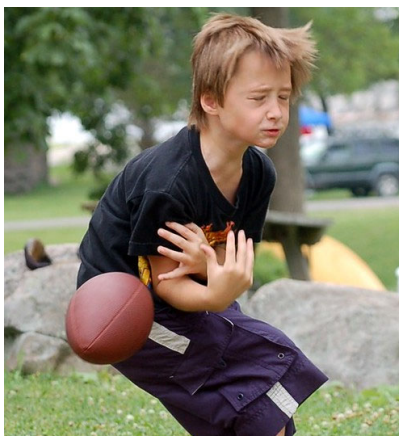
Community Partnerships Salmon Arm Tennis Club



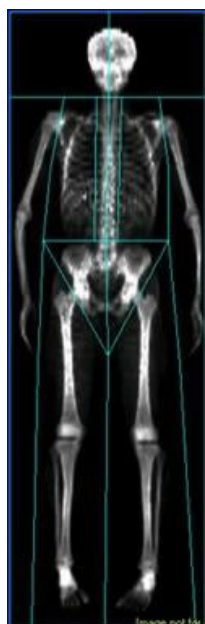


Community Partnership Shuswap Rotary

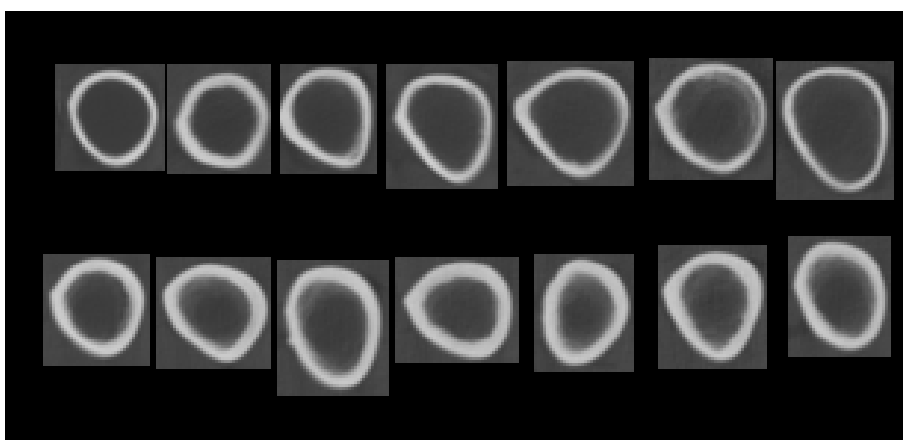




What we are seeing



Physical inactivity and bone



Inactive

Active

GLOBAL MATRIX 3.0 ON PHYSICAL ACTIVITY FOR CHILDREN AND YOUTH HOW CANADA STACKS UP?



ParticipACTION Report Card



Active Play

F



Physical Fitness

D

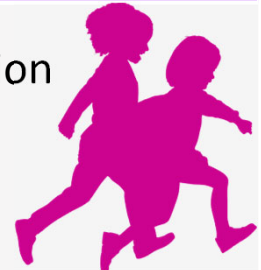
Physical Literacy

D+



Physical Education

D+



Source: 2020 ParticipACTION Report Card

School Physical Activity and Physical Literacy Project |



D+ Physical Literacy

- 36% of 8- to 12-year-olds in Canada assessed by the Canadian Assessment of Physical Literacy (CAPL) meet or exceed the minimum level recommended for physical literacy. (2014-17 CAPL, HALO).²³⁷

D Physical Fitness

- 9- to 12-year-olds in Canada are at the 28th percentile, on average, for cardiorespiratory fitness based on age- and sex-specific international normative data²⁵³ (2014-17 CAPL, HALO).^{Custom analysis}

F 24-Hour Movement Behaviours

- 15% of children and youth in Canada meet all three recommendations within the Canadian 24-Hour Movement Guidelines for Children and Youth (2014-15 CHMS, Statistics Canada).^{Custom analysis}
- 13% of 3- to 4-year-olds in Canada meet all three recommendations of the Canadian 24-Hour Movement Behaviours for the Early Years (2009-15 CHMS, Statistics Canada).⁵⁷



Table 5. Students Aged 12-19 with Healthy BMI, 2013

Region		EK	KB	OK	TCS	IH	B.C.
Healthy Weight - Self-reported BMI	Males	79%	70%	72%	69%	73%	70%
	Females	70%	79%	82%	76%	77%	81%
	Total	75%	75%	77%	73%	75%	76%

Source: McCreary Centre Society Adolescent Health Survey, 2013

30% of 5-17 year olds are obese or overweight (Canada)

BALANCE AND CONNECTION IN THOMPSON CARIBOO SHUSWAP: THE HEALTH AND WELL-BEING OF OUR YOUTH

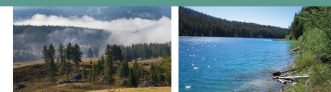
2018 BC Adolescent Health Survey:
Thompson Cariboo Shuswap Report



BALANCE AND CONNECTION IN THOMPSON CARIBOO SHUSWAP



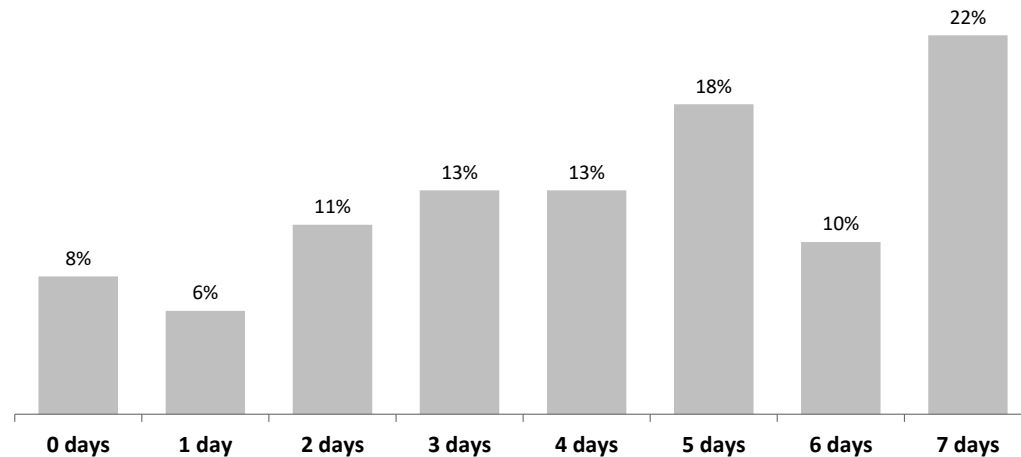
THE HEALTH AND WELL-BEING
OF OUR YOUTH



Physical activity

Stats are the same for SD83

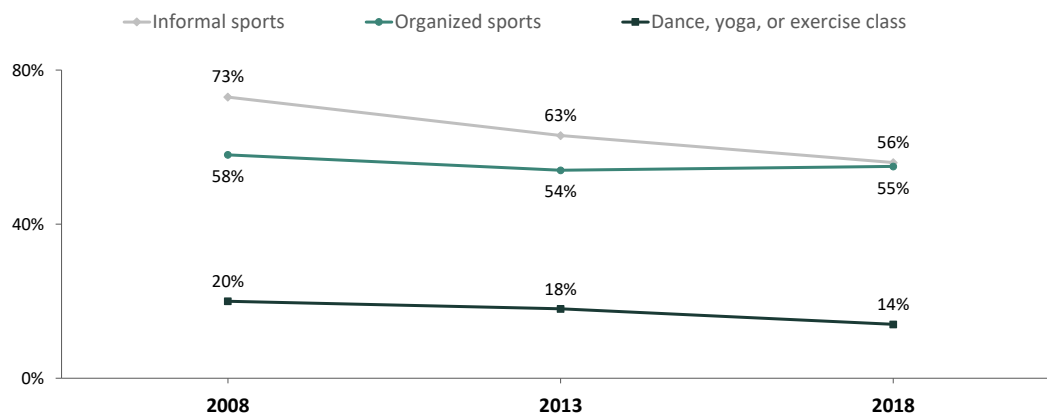
Number of days Thompson Cariboo Shuswap students participated in at least 60 minutes of moderate to vigorous exercise in the past week



Note: Percentages do not equal 100% due to rounding.

Physical activity

Thompson Cariboo Shuswap youth who participated in physical activity at least weekly



Note: For organized sports, 2018 was not statistically significant from 2008 or 2013.

Note: For dance, yoga, or exercises classes the difference between 2008 and 2013 was not statistically significant.

Note: The difference between informal sports and organized sports in 2018 was not statistically significant.

Local Data
EDI
MDI
Carl's data

EDI wave 7 SD83



PHYSICAL HEALTH & WELL-BEING

Children's gross and fine motor skills, physical independence and readiness for the school day such as, motor control, energy level, daily preparedness for school and washroom independence.

19%



SOCIAL COMPETENCE

Children's overall social competencies, capacity for respect and responsibility, approaches to learning, and readiness to explore new things.

20%



EMOTIONAL MATURITY

Children's prosocial and helping behaviours, as well as hyperactivity and inattention, and aggressive, anxious and fearful behaviour.

22%



LANGUAGE & COGNITIVE DEVELOPMENT

Children's basic and advanced literacy skills, numeracy skills, interest in math and reading, and memory.

10%



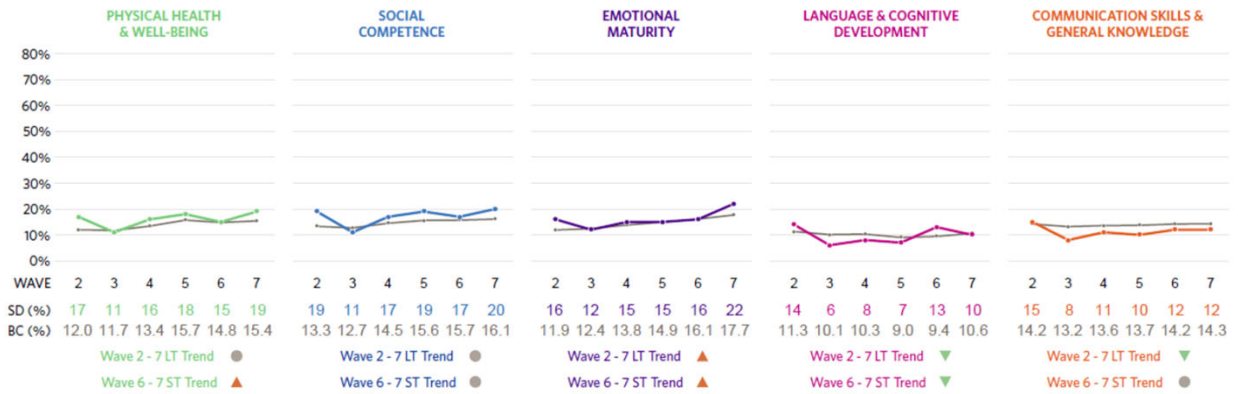
COMMUNICATION SKILLS & GENERAL KNOWLEDGE

Children's English language skills and general knowledge, such as their ability to clearly communicate one's own needs, participate in story-telling, and general interest in the world.

12%



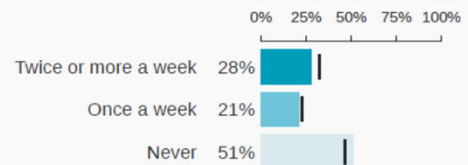
FIGURE 12. WAVE 2-7 SCALE LEVEL VULNERABILITY TRENDS FOR NORTH OKANAGAN - SHUSWAP



MDI Grade 4

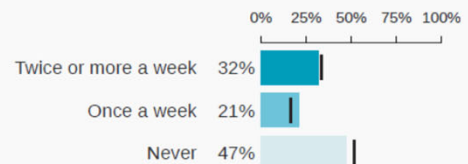
INDIVIDUAL SPORTS (WITH A COACH OR INSTRUCTOR)

For example: Swimming, dance, gymnastics, ice skating, tennis or another individual sport.



TEAM SPORTS (WITH A COACH OR INSTRUCTOR)

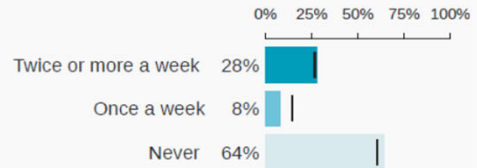
For example: Basketball, hockey, soccer, football, or another team sport.



MDI Grade 7

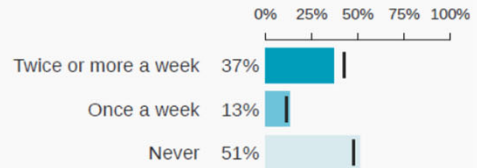
INDIVIDUAL SPORTS (WITH A COACH OR INSTRUCTOR)

For example: Swimming, dance, gymnastics, ice skating, tennis or another individual sport.



TEAM SPORTS (WITH A COACH OR INSTRUCTOR)

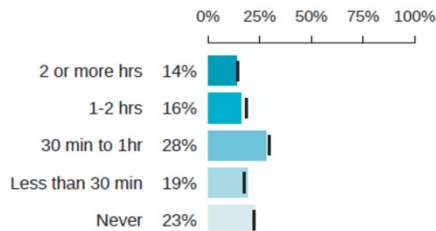
For example: Basketball, hockey, soccer, football, or another team sport.



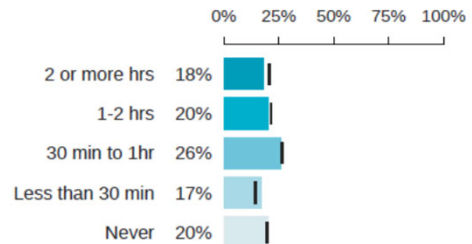
MDI grade 4 vs grade 7

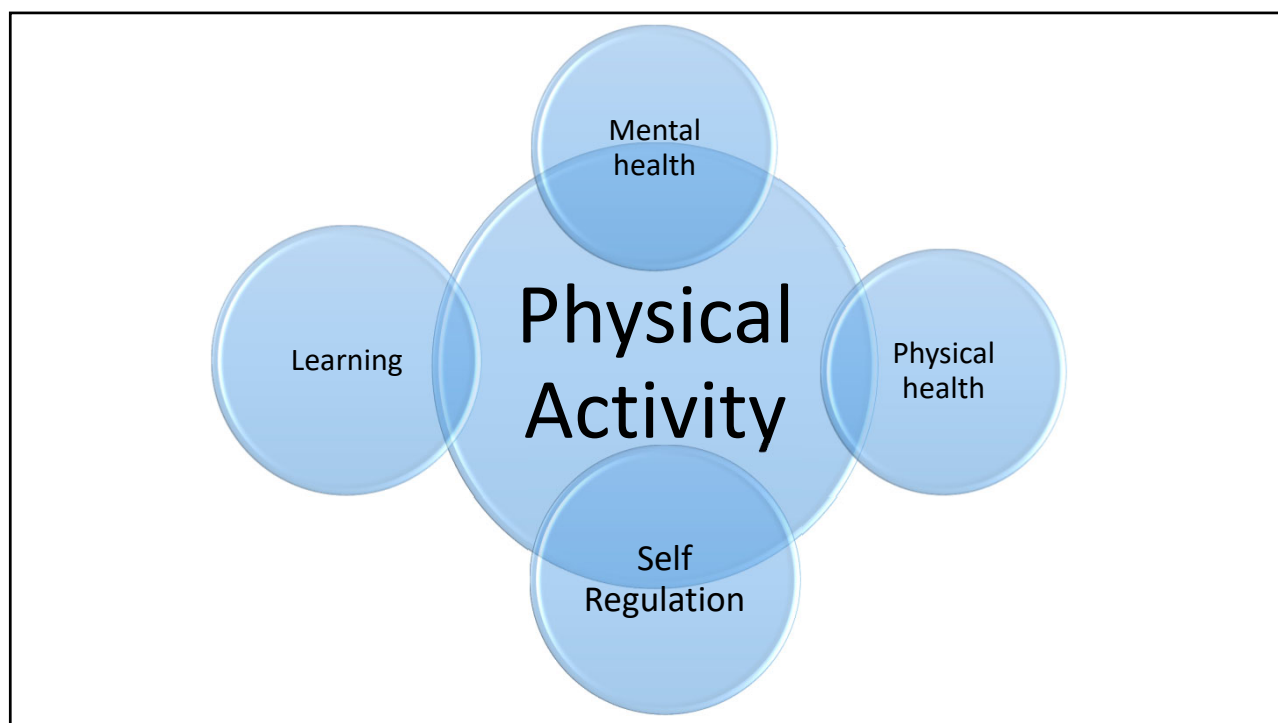
Children were asked how they spend their time during the after-school hours of 3 pm - 6 pm:

PLAY SPORTS OR EXERCISE FOR FUN



PLAY SPORTS OR EXERCISE FOR FUN





Participation in regular physical activity improves the ability of children and youth to meet academic expectations, with greater physical activity levels leading to better performance in subjects such as mathematics, reading/language, science and social studies.¹⁴

Active children and youth are better able to pay attention¹⁵ and to focus and concentrate on a given task for a longer period of time.¹⁶

Canadian
kids need to
move more
to boost their
brain health



2018

The ParticipACTION Report Card on
Physical Activity for Children and Youth

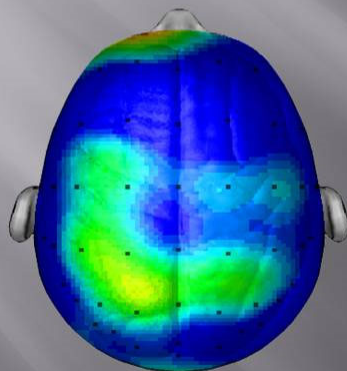

PARTICIPACTION

Cognition, Brain Function & Structure

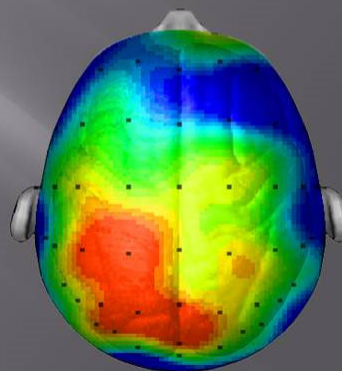
- ✳ **Moving > Cramming**
 - ✳ Students who exercise before a test show stronger brain function than those who are less active.²⁶
 - ✳ Children with poor aerobic fitness appear to have more difficulty solving problems²⁷⁻²⁹
 - ✳ **Busy Bodies = Bigger Brains**
 - ✳ Sections of the brain dedicated to memory and learning are larger in active children in comparison to their less active peers.³¹
 - ✳ Being physically active can boost memory in children and youth,^{32,33} including those with some brain-based disabilities.^{34,35,37}
 - ✳ **Active Bodies – Innovative Ideas**
 - ✳ Active kids are better equipped to get creative.³⁰
 - ✳ **Zooming Around Helps Them Zoom In!**
 - ✳ Kids who participate in physical activity have more focused and longer attention spans, compared to their less active peers.^{32,33}
- + Adding more physical activity to kids' routines could be the missing part of the equation in support of their success in the classroom, on the field and with their friends.

Average composite of 20 students brains taking the same test

BRAIN AFTER SITTING
QUIETLY



BRAIN AFTER 20 MINUTE
WALK



Research/scan compliments of Dr. Chuck Hillman University of Illinois

Mental Health

- * **Breaking a Sweat Releases Happy Hormones ∴ Kids Who Move Feel Great**
 - * Kids who are active experience the same rush of feel-good brain chemicals.³⁷
 - * Children and youth who are fit benefit from this rush of chemicals and experience fewer depression-related symptoms than those who are not fit.^{35,36}
 - * Kids with brain-based disabilities are at an increased risk for mental health problems, so they have even more to gain from getting, and staying, active.³¹
 - * **↑ Movement = ↓ Symptoms of Anxiety**
 - * Evidence suggests that physical activity may help lower feelings of anxiety in children and youth.^{39,40}
 - * **↑ Movement = ↓ Stress**
 - * Kids who are less active have measurably higher levels of the stress hormone cortisol.⁴³
 - * Being active not only appears to bolster kids' resiliency when they are dealing with stress, but it appears to help them recover from stressful situations faster.⁴³
 - * **↑ Movement = ↑ Self-Esteem**
 - * Getting active can be a protective tool to bolster kids' self-esteem, confidence and self-worth.²⁰
 - * Real-world physical activity can distract them from these virtual experiences that could erode how they perceive themselves.⁴⁵
- + Boosting kids' physical activity levels could be the missing part of the equation in supporting their mental health.

Movement makes us feel better

