

# Move & Play with



Boks Kids  School  Home  Downloadable

**PHE Curricular Competencies:** Physical Literacy, Health and Active Living, Social and Community Health, Mental Well-being

**Audience(s):** Grades K -12, Parents, Educators

**Hyperlink:** [Boks At Home Resources](#)

## Description

BOKS is sharing live-stream videos, activity packs, games and other creative ideas to help keep us moving and stay active during the suspension of in-class learning. These **downloadable** resources can be adapted to fit all skill levels, age ranges and activity spaces.

## Objective(s)

One of the best ways to help reduce stress and anxiety is by being active. BOKS provides live stream videos that children can follow alone or with a parent. A downloadable fitness calendar can help your child make fitness a priority. Yoga and mindfulness activities are also provided to help children stay grounded and calm.

## Curricular Connections

This resource is connected to Big Ideas from PHE K-10 curriculum:

- Daily physical activity helps us develop movement skills and physical literacy, and is an important part of healthy living
- Daily participation in different types of physical activity influences our physical literacy and personal health and fitness goals

*Are there other resources that you love for cultivating the health of students and staff in your school community? Send your suggestions to [dashbcresources@gmail.com](mailto:dashbcresources@gmail.com)*

*Resources mentioned in this document were created by BOKS*