

Move & Play with



CIRA Ontario



School



Home



Videos

PHE Curricular Competencies: Healthy and Active Living

Audience(s): 4-12

Hyperlink: [CIRA Ontario](#)

Description

CIRA Ontario shares creative, fun, and accessible activities that youth can do with the materials they have at home. Master skills such as box balance, speed, and dexterity with progressively more challenging videos that will help you learn unique physical activities such as box juggling and stick juggling.

Objective(s)

Physical literacy is about more than just sports. These videos promote fun, active participation for all. They aim to challenge and keep you active and engaged while meeting isolation and social distancing requirements.

Curricular Connections

This resource supports the following PHE Curricular Competencies:

Participate daily in physical activity designed to enhance and maintain health components of fitness (Grades 5-10)

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

Resources mentioned in this document were created by [CIRA Ontario](#).

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www.dashbc.ca