

Active Travel Physical Literacy Resource List

Resources and Ideas for Active Homes	Age Level
ActionSchool!BC — Many activities including <i>Brain Dance, Brain Builders, Tai Chi, Yoga, Stretching, Hoop and Pole, Juggling and Circuits</i> . https://healthyschoolsbc.ca/healthy-schools-bc-resources/action-schools-bc-resources/	5-11
ActionSchools!BC — Head to Toe Stretch — A poster demonstrating different movements and poses to help guide children through a stretching routine. https://healthyschoolsbc.ca/wp-content/uploads/2019/10/asbc-head-to-toe-stretch-poster.pdf	5-11
Kiddo — A long list of printable resources and ideas to keep kids active. Different activities are available to help develop specific physical literacy skills through game and play. https://kiddo.edu.au/kiddo-at-home	3-8
Move to Learn — A long list of ideas and short lesson plans to incorporate movement, games, and fun into learning. Some games may require modifications to be functional for smaller groups at home. https://lessonplans.movetolearnms.org/Search.aspx	5-11
Playworks — Autonomous/Self-Access Games — A variety of activities and games that can be done at home individually or in small groups. https://www.playworks.org/game-tags/autonomouself-access-games/	5-11

Resources for Accessible Active Learning at Home	Age Level
ActionSchools!BC — Access for All — A guidebook on modifying common games and physical activities to accommodate different abilities and skill levels in children of all ages. https://healthyschoolsbc.ca/wp-content/uploads/2019/09/asbc-access-for-all-inclusive-practices-in-physical-activity.pdf	All
Edutopia — Special Education — App recommendations and technology tips from educators to support modified learning at home for children with different learning needs. https://www.edutopia.org/article/apps-students-special-needs-school-buildings-shutter	All

Apps and Other Ideas for Active Learning	Age Level
Scavenger Hunt — Monkey Spot Scavenger Hunt , Sierra Club Outdoor Scavenger Hunts for Gr. K-2 , Gr. 3-5 , Gr. 6-8	5-13
Interactive Apps to encourage walking — Pokemon Go , Walkr , Fitbit or similar	All
Interactive Science Apps — Plantnet , iNaturalist , Seek	All