**Objective:** Increase access to physical activity opportunities during non-instructional time.

**NOTE:** Some of the resources and self-guides in this Activity Menu are from Ophea. If your organization does not subscribe to Ophea, click to register for free: [https://teachingtools.ophea.net/lesson-plans/hpe?redirected=1](https://teachingtools.ophea.net/lesson-plans/hpe?redirected=1). Once registered, follow the Ophea site prompts to locate the resources.

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<thead>
<tr>
<th>Activity</th>
<th>Resources</th>
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<tbody>
<tr>
<td>Intramurals/Sports</td>
<td>Access the CIRA Ontario “Games Galore” Database for guides and videos for various games and activities. Canadian Active After School Partnership (CAASP) After School Activities Database offers a wide variety of “self-guides” for facilitating various sport activities such as:</td>
</tr>
<tr>
<td>Badminton</td>
<td>Badminton Targets: <a href="http://activeafterschool.ca/activities/badminton-targets">http://activeafterschool.ca/activities/badminton-targets</a></td>
</tr>
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</table>
| Basketball  | Basketball minefield: [http://activeafterschool.ca/activities/basketball-minefield](http://activeafterschool.ca/activities/basketball-minefield)  
Hoop-skee-ball: [http://activeafterschool.ca/activities/hoop-skee-ball](http://activeafterschool.ca/activities/hoop-skee-ball)  
Basketball with a Partner: [http://activeafterschool.ca/activities/basketball-partner](http://activeafterschool.ca/activities/basketball-partner)  
Basketball Freeze Ball: [http://activeafterschool.ca/activities/basketball-freeze-tag](http://activeafterschool.ca/activities/basketball-freeze-tag)  
Ultimate Basketball: [http://activeafterschool.ca/activities/ultimate-basketball](http://activeafterschool.ca/activities/ultimate-basketball) |
| Soccer      | Team Name Soccer: [http://activeafterschool.ca/activities/team-name-soccer](http://activeafterschool.ca/activities/team-name-soccer)  
Winter Soccer: [http://activeafterschool.ca/activities/winter-soccer](http://activeafterschool.ca/activities/winter-soccer)  
Soccer Stardom: [http://activeafterschool.ca/activities/soccer-stardom](http://activeafterschool.ca/activities/soccer-stardom) |
Football Kicker: [http://activeafterschool.ca/activities/football-kicker](http://activeafterschool.ca/activities/football-kicker)  
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Tennis Server: [http://activeafterschool.ca/activities/tennis-server](http://activeafterschool.ca/activities/tennis-server)  
Tennis Baseball: [http://activeafterschool.ca/activities/tennis-baseball](http://activeafterschool.ca/activities/tennis-baseball)  
Tennis Ball Spelling Bee: [http://activeafterschool.ca/activities/tennis-ball-spelling-bee](http://activeafterschool.ca/activities/tennis-ball-spelling-bee)  
Beanbag/Tennis Ball Toss: [http://activeafterschool.ca/activities/beanbagtennis-ball-toss](http://activeafterschool.ca/activities/beanbagtennis-ball-toss)  
Tennis Mix It Up!: [http://activeafterschool.ca/activities/tennis-mix-it](http://activeafterschool.ca/activities/tennis-mix-it) |
| **Hockey**        | Hockey Target Practice: [http://activeafterschool.ca/activities/hockey-target-practice](http://activeafterschool.ca/activities/hockey-target-practice)  
Hockey Keep Away: [http://activeafterschool.ca/activities/hockey-keep-away](http://activeafterschool.ca/activities/hockey-keep-away)  
Line Hockey: [http://activeafterschool.ca/activities/line-hockey](http://activeafterschool.ca/activities/line-hockey)  
Pylon Obstacles (Hockey): [http://activeafterschool.ca/activities/pylon-obstacles-hockey](http://activeafterschool.ca/activities/pylon-obstacles-hockey) |
| **Dodgeball**     | Shadow Dodgeball: [http://activeafterschool.ca/activities/shadow-dodgeball](http://activeafterschool.ca/activities/shadow-dodgeball)  
Doughnut Dodgeball: [http://activeafterschool.ca/activities/doughnut-dodgeball](http://activeafterschool.ca/activities/doughnut-dodgeball)  
Seesaw Dodgeball: [http://activeafterschool.ca/activities/seesaw-dodgeball](http://activeafterschool.ca/activities/seesaw-dodgeball)  
Hoop Dodgeball: [http://activeafterschool.ca/activities/hoop-dodgeball](http://activeafterschool.ca/activities/hoop-dodgeball)  
Silent Dodgeball: [http://activeafterschool.ca/activities/silent-dodgeball](http://activeafterschool.ca/activities/silent-dodgeball)  
| **Baseball**      | Baseball High Fives: [http://activeafterschool.ca/activities/baseball-high-fives](http://activeafterschool.ca/activities/baseball-high-fives)  
Hooptacular Baseball: [http://activeafterschool.ca/activities/hooptacular-baseball](http://activeafterschool.ca/activities/hooptacular-baseball)  
Hula Hoop Baseball: [http://activeafterschool.ca/activities/hula-hoop-baseball](http://activeafterschool.ca/activities/hula-hoop-baseball)  
Flying Chicken Baseball: [http://activeafterschool.ca/activities/flying-chicken-baseball](http://activeafterschool.ca/activities/flying-chicken-baseball) |
| **Frisbee**       | Frisbee Waiter(tress): [http://activeafterschool.ca/activities/frisbee-waiter(tress)](http://activeafterschool.ca/activities/frisbee-waiter(tress))  
| **Volleyball**    | Volleyball Target: [http://activeafterschool.ca/activities/volleyball-target](http://activeafterschool.ca/activities/volleyball-target)  
Volleyball Group Keep Up: [http://activeafterschool.ca/activities/volleyball-group-keep](http://activeafterschool.ca/activities/volleyball-group-keep)  
Blanket Volleyball: [http://activeafterschool.ca/activities/blanket-volleyball](http://activeafterschool.ca/activities/blanket-volleyball) |
iWalk Month: [http://ontarioactiveschooltravel.ca/international-walk-to-school-month/iWalk](http://ontarioactiveschooltravel.ca/international-walk-to-school-month/iWalk)  
Bike to School Week: [http://ontarioactiveschooltravel.ca/bike-to-school-week/](http://ontarioactiveschooltravel.ca/bike-to-school-week/) |
| **Dance**         | Adaptation of Canada’s National Ballet Sharing (NBS) Dance Toolkit and Resources  
NBS Share Dance “Learn the Choreography” videos  
OPHEA’s 50 Dance Moves  
https://www.ciraontario.com/dance  
Instructional Dance Videos (elementary and secondary)  
https://teachingtools.ophea.net SUPPLEMENTS/INSTRUCTIONAL DANCE VIDEOS |
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<tr>
<td></td>
<td><strong>Ophea Yoga resources for grades 2, 4, 6, 8:</strong></td>
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<tr>
<td>Yoga</td>
<td>- <a href="https://teachingtools.ophea.net/lesson-plans/hpe/grade-2/yoga">https://teachingtools.ophea.net/lesson-plans/hpe/grade-2/yoga</a></td>
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<tr>
<td></td>
<td>- <a href="https://teachingtools.ophea.net/lesson-plans/hpe/grade-4/yoga">https://teachingtools.ophea.net/lesson-plans/hpe/grade-4/yoga</a></td>
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<tr>
<td></td>
<td>- <a href="https://teachingtools.ophea.net/lesson-plans/hpe/grade-6/yoga">https://teachingtools.ophea.net/lesson-plans/hpe/grade-6/yoga</a></td>
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<tr>
<td></td>
<td>- <a href="https://teachingtools.ophea.net/lesson-plans/hpe/grade-8/yoga">https://teachingtools.ophea.net/lesson-plans/hpe/grade-8/yoga</a></td>
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<td></td>
<td><strong>Ophea Yoga Alphabet Cards</strong> - $20.00; 4 to 6 weeks delivery</td>
</tr>
<tr>
<td></td>
<td>- <a href="https://teachingtools.ophea.net/activities/yoga-alphabet-cards">https://teachingtools.ophea.net/activities/yoga-alphabet-cards</a></td>
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<tr>
<td></td>
<td><strong>Ophea 50 Fitness Activities</strong> - $30.00; 4 to 6 weeks delivery</td>
</tr>
<tr>
<td></td>
<td>- <a href="https://teachingtools.ophea.net/activities/50-fitness-activity-cards">https://teachingtools.ophea.net/activities/50-fitness-activity-cards</a></td>
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<tr>
<td>Clubs and Activities</td>
<td><strong>Ophea Lesson Plans and Resources:</strong></td>
</tr>
<tr>
<td></td>
<td>Capture the Flag (Gr. 8): <a href="https://teachingtools.ophea.net/lesson-plans/hpe/grade-8/ultimate-disc-and-touch-football/capture-flag/pdf">https://teachingtools.ophea.net/lesson-plans/hpe/grade-8/ultimate-disc-and-touch-football/capture-flag/pdf</a></td>
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<td></td>
<td>Ultimate Disk (Gr. 7): <a href="https://teachingtools.ophea.net/lesson-plans/hpe/grade-7/ultimate-disc-and-flag-rugby/ultimate-disc-throws">https://teachingtools.ophea.net/lesson-plans/hpe/grade-7/ultimate-disc-and-flag-rugby/ultimate-disc-throws</a></td>
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<tr>
<td></td>
<td>Fun Fitness Activities (Gr. 4): <a href="https://teachingtools.ophea.net/lesson-plans/hpe/grade-4/fun-fitness-activities">https://teachingtools.ophea.net/lesson-plans/hpe/grade-4/fun-fitness-activities</a></td>
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<td></td>
<td>Jump Rope (Gr. 3): <a href="https://teachingtools.ophea.net/lesson-plans/hpe/grade-3/jump-rope">https://teachingtools.ophea.net/lesson-plans/hpe/grade-3/jump-rope</a></td>
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<td>Choreographed Dance (Gr. 3): <a href="https://teachingtools.ophea.net/lesson-plans/hpe/grade-3/choreographed-dance/simple-mixers">https://teachingtools.ophea.net/lesson-plans/hpe/grade-3/choreographed-dance/simple-mixers</a></td>
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<tr>
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<td>First Nations Inspired DPA: <a href="https://teachingtools.ophea.net/activities/first-nations-inspired-dpa">https://teachingtools.ophea.net/activities/first-nations-inspired-dpa</a></td>
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For P.A.L.S. and Painted Playgrounds, contact the School PHN to access resources and equipment for these programs.
# Teacher Lead Resources for Facilitating Student Feedback Process

<table>
<thead>
<tr>
<th>Activity</th>
<th>Description, Implementation Ideas and Resources</th>
</tr>
</thead>
</table>
| **Dotmocracy** | **Resources:**
|                | - Large piece of craft paper to cover the selected wall area  
|                | - Tape or sticky tack  
|                | - Writing utensils and/or dot stickers (optional)  
|                | **Instructions:**
|                | 1. Seek permission from your school administration.  
|                | 2. Write along the top of the paper a statement to collect feedback such as: “Vote for the sports and activities you would like to participate in at your school!”  
|                | 3. Determine the appropriate communication tool for promoting the dotmocracy (e.g., Facebook, Twitter, posters, announcements).  
|                | 4. Tape or tack the paper onto the chosen wall.  
|                | 5. Section-off different dotmocracy themed wall pieces to provide PA Program activity options (e.g., sports and/or non-competitive activities).  
|                | 6. Encourage students to participate in the dotmocracy to have their choices considered for their school.  
|                | 7. Consult with students about the best way to run the dotmocracy (i.e. during lunch hour or during another time when votes can be monitored by students for a given period of time).  

| **Graffiti Wall** | **Resources:**
|                  | - Large piece of craft paper to cover the selected wall area  
|                  | - Tape or sticky tack  
|                  | - Writing utensils and/or post-its (optional)  
|                  | **Instructions:**
|                  | 1. Seek permission from your school administration.  
|                  | 2. Write along the top of the paper a statement to collect feedback such as: “Vote for the sports and activities you would like to participate in at your school!”  
|                  | 3. Determine the appropriate communication tool for promoting the graffiti wall (e.g., Facebook, Twitter, posters, announcements).  
|                  | 4. Tape or tack the paper onto the chosen wall.  
|                  | 5. Section-off different graffiti wall themed wall pieces to provide PA Program activity options (e.g., sports and/or non-competitive activities).  
|                  | 6. Encourage students to participate in the graffiti wall to have their choices considered for their school.  
|                  | 7. Consult with students about the best way to run the graffiti wall (i.e. during lunch hour or during another time when votes can be monitored by students for a given period of time).  

[Image of graffiti wall]