



*Your Activities Inspiration Toolbox*  
AT DAYCARE



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# Introduction

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**CHILDREN AND TEENAGERS  
AGED 5 TO 17 SHOULD DO  
AT LEAST 60 MINUTES OF  
MODERATE- TO HIGH-INTENSITY  
PHYSICAL ACTIVITY EVERY DAY.**

# 05

**Your Activities Inspiration Toolbox at Daycare** comes from the *My Daycare is Physically Active* project, which in turn stems from the *Montréal Physiquement Active* action plan that aims to implement environments that are conducive to physical activity.

According to The Canadian 24 Hour Movement Guidelines, children and youth aged 5 to 17 should do at least 60 minutes of moderate- to high-intensity physical activity every day.<sup>1</sup>

This said, the latest research shows that only 33% of children and teenagers aged 6 to 17 meet the Canadian recommendations for physical activity.<sup>2</sup> This means we need to help children get to be physically active!

At school, daycare is the only place that offers the possibility for many children at once to be physically active for an extended period of time. School daycare programs can therefore play a major role in helping children become and stay physically active.

This toolbox will support you in this role, as it contains effective and inspiring ideas for physical activities that have been shared by daycare staff and that you can use to encourage children to get to be physically active. You can adapt, change or use these ideas as inspiration to create activities that will work best with the children at your daycare. Sometimes all it takes is a small yet creative idea to add some spice to an existing activity programming. Don't hesitate to share this document or to read it again and again so that we can all do our part to get children to be physically active across Quebec!

Thanks for reading and, above all, have fun!

Marie-Josée Fréchette, Project Manager

1. Agence de la santé publique du Canada, Directives en matière de mouvement sur 24 heures pour les enfants et les jeunes, 2016.

2. Statistique Canada, Enquête canadienne sur les mesures en santé, 2014-2015.

# Goals

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**EXERCISE AT DAYCARE IS  
AN EXCELLENT WAY TO GET  
CHILDREN TO ADOPT AND  
MAINTAIN A PHYSICALLY ACTIVE  
LIFESTYLE.**

Examples of the positive impacts of the activity ideas in this toolbox are that they:

- Stimulate the brain through physical activity
- Increase motor engagement time
- Increase opportunities for children to be physically active (morning, lunchtime, after class, or during PED Days)
- Increase how children can be physically active through a variety of stimulating and innovative physical activities
- Help children develop and reinforce their basic motor skills
- Help them socialize while expending energy
- Help them develop a sense of belonging at daycare
- Motivate them by getting them involved in organizing and leading physical activities
- Get as many children to be physically active at the same time (girls, boys, children with special needs, etc)
- Provide physical activities that meet children's needs
- Give children the desire to do the physical activities at home and in their communities

## How to use this toolbox

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This symbol comes before a short explanation of the activity, project or practice provided by the daycare.



The sun symbol specifies the time of day that the activity or project can be done at the daycare.



This symbol refers to the suggested age group that the activity can be done with.

### COLOUR LEGEND



#### Activities

One time or short-term workshops



#### Projects

Activities that take place over a number of periods



#### Get inspired

Change up your daycare activities!

### HOW TO PREPARE

Examples of how to organize the activity or project.

### WHAT TO DO

Examples of things to do during the activity or project.

### BENEFITS

Benefits of the project or practice.

# Planning

---

## Check off depending on the activity or project

- Administer a survey to the children to find out what they are interested in
- Observe children to identify their needs
- Check the availability of spaces or rooms
- Book the required space depending on the activity
- Determine the activity frequency (weekly, monthly, etc.) and schedule (hours, days, etc.)
- Establish the rules and expected behaviour
- Make a list of required equipment
- Check equipment availability and condition
- Define how the activity will be carried out
- Make sure you are familiar with the activity you're going to lead (goal of the game, rules of the game, etc.)
- Make sure you have all required authorizations (administration, parents), if needed
- Determine how the children will sign up for the activity (every day, every week, every semester, etc.), if applicable



# Active breaks

Give children a boost of energy!



Short and moderate- to high-intensity activities that include movements and exercises that increase the heart rate. These activities can be done at any time when children need an energy boost.



Morning | Noon | Evening



Kindergarten | Cycle 1 | Cycle 2 | Cycle 3

**THESE ACTIVITIES ARE A GREAT WAY NOT ONLY TO HELP THE CHILDREN BURN OFF SOME STEAM WHEN THEY GET RESTLESS, BUT ALSO TO GIVE THEM AN ENERGY BOOST.**

# 09

## HOW TO PREPARE

- Look up active break ideas online (you can find website links on the back of this page)
- Print active break posters as needed
- Plan active breaks during the day or depending on how the day is going
- Make sure you have the equipment you need (interactive white board (IWB), computer, posters, music, radio, etc.)
- Check the Internet connection and sound, if necessary
- Make sure the children have space to move around and move the furniture if need be
- Choose a suitable active break for the age group

## WHAT TO DO

WHERE	WHEN	HOW
<ul style="list-style-type: none"><li>• In a room</li><li>• In the schoolyard</li><li>• In the hallway</li><li>• In the gym</li></ul>	<ul style="list-style-type: none"><li>• During the morning routine</li><li>• Before or after lunch</li><li>• After class</li><li>• Before or after snack time</li><li>• During transition times</li><li>• When everyone has to stay inside because of the weather</li><li>• As a warm-up before another activity</li><li>• During non-physical activities or when the children need an energy boost</li></ul>	<ul style="list-style-type: none"><li>• Have an educator, student leader or volunteer demonstrate how to do the active break (or show a video)</li></ul>



*Five minutes  
is all it takes  
to get children  
to be physically  
active!*

### **TAKE IT FURTHER**

**Padlet de pauses actives (Diane Archambault,  
CSMB and Édith Montpetit, CSDGS)**

[https://padlet.com/diane\\_archambault/o2wtzx2cfv23](https://padlet.com/diane_archambault/o2wtzx2cfv23)

**WIXX active breaks**

[www.youtube.com/results?search\\_query=pauses+actives+wixx](http://www.youtube.com/results?search_query=pauses+actives+wixx)

**Force 4**

[www.force4.tv](http://www.force4.tv)

**100° magazine (ideas for physical activities):**

<https://centdegres.ca/magazine/activite-physique/150-idees-dactivites-physiques-classe-eleves>

**Teach. Train. Love: 20 brain breaks to fight the fidgeting**

<http://teachtrainlove.com/20-brain-break-clips-fight-the-fidgeting>

# Because girls are different!

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*It's important to get girls to be physically active too!*



Organize and host physical activities geared more toward girls' needs and interests.



Evening



Cycle 2 | Cycle 3

**THIS TOOLBOX IDEA HELPS GIRLS TAKE PART IN PHYSICAL ACTIVITIES THAT THEY LIKE, AND THEREFORE DEVELOP SELF-CONFIDENCE AND A HEALTHY LIFESTYLE.**

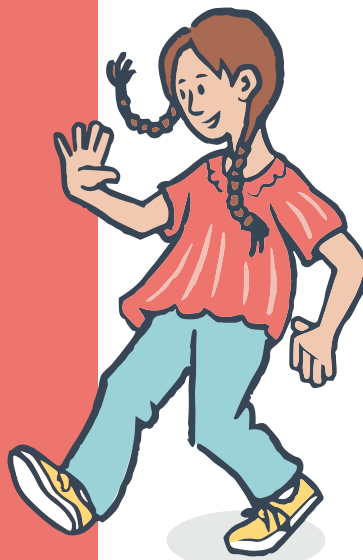
## HOW TO PREPARE

- Ask the girls what they like to do
- Get the girls involved in organizing physical activities
- Plan various physical activities (e.g., gymnastics, cheerleading, soccer, floor hockey, basketball)
- Prepare the equipment
- Give each girl a symbolic object to create a sense of belonging (e.g., a shoe ribbon)
- Organize a closing event

## WHAT TO DO

- Set up the equipment
- Give everyone the object at the first meeting and whenever someone new joins the group
- Give them time to socialize before and after the activity
- Adapt the activity to everyone's strengths
- Adopt an inclusive approach
- Have a group cheer
- Put the equipment away at the end of the activity

*Because  
getting girls  
active is everyone's  
job!*



## TAKE IT FURTHER

### Filles et activité physique: 5 étapes pour poursuivre le travail

<https://centdegres.ca/magazine/activite-physique/filles-activite-physique-5-etapes-poursuivre-travail-accompli>

### FitSpirit

[fitspirit.ca/](https://fitspirit.ca/)

### Kino-Québec: Promouvoir l'activité physique chez les jeunes

<http://extranet.santemonteregie.qc.ca/userfiles/file/sante-publique/promotion-prevention/AES-Resume-avis-scientifique-Faits-saillants-Monteregie.pdf>

### Les filles, le sport et la santé

[www.wixxmag.ca/articles/les-filles-le-sport-et-la-sante-1](http://www.wixxmag.ca/articles/les-filles-le-sport-et-la-sante-1)

# Municipal facilities

*Moving and discovering my community and neighbourhood*



Plan physical activity sessions using nearby facilities.



Afternoon | Evening



Kindergarten | Cycle 1 | Cycle 2 | Cycle 3

**USING COMMUNITY LOCATIONS AND FACILITIES INCREASES THE TYPES OF PHYSICAL ACTIVITIES THAT THE DAYCARE CAN OFFER.**

# 13

## HOW TO PREPARE

- Identify the facilities available during different seasons
- Visit the location and check the guidelines for use
- Establish a protocol in case of emergency
- Plan the physical activity session
- Send consent forms to parents, if needed
- Sign up the children
- Put them into groups
- Offer several sessions during the year to get more children involved
- Prepare the equipment
- Select the educators who will be in charge of the physical activity periods
- Promote the suggested physical activities
- Create an attendance list (with emergency numbers)
- Bring a first-aid kit
- Bring a walkie-talkie and a cellphone

SEASON	PHYSICAL ACTIVITY EXAMPLES
Spring and fall	Tennis, swimming pools, splash pad, playground equipment, swings, race tracks, mountain areas, trails, pétanque court, table tennis, baseball field, soccer field, grass field (for larger groups, social gatherings), outdoor fitness equipment
Winter	Indoor and outdoor skating rinks, indoor swimming pools, arena, tobogganing hills, snowshoeing and cross-country skiing trails, hockey and/or soccer on snow

## WHAT TO DO

- Supervise the children and encourage them to participate

*A great  
partnership  
between daycare  
programs and  
the community!*

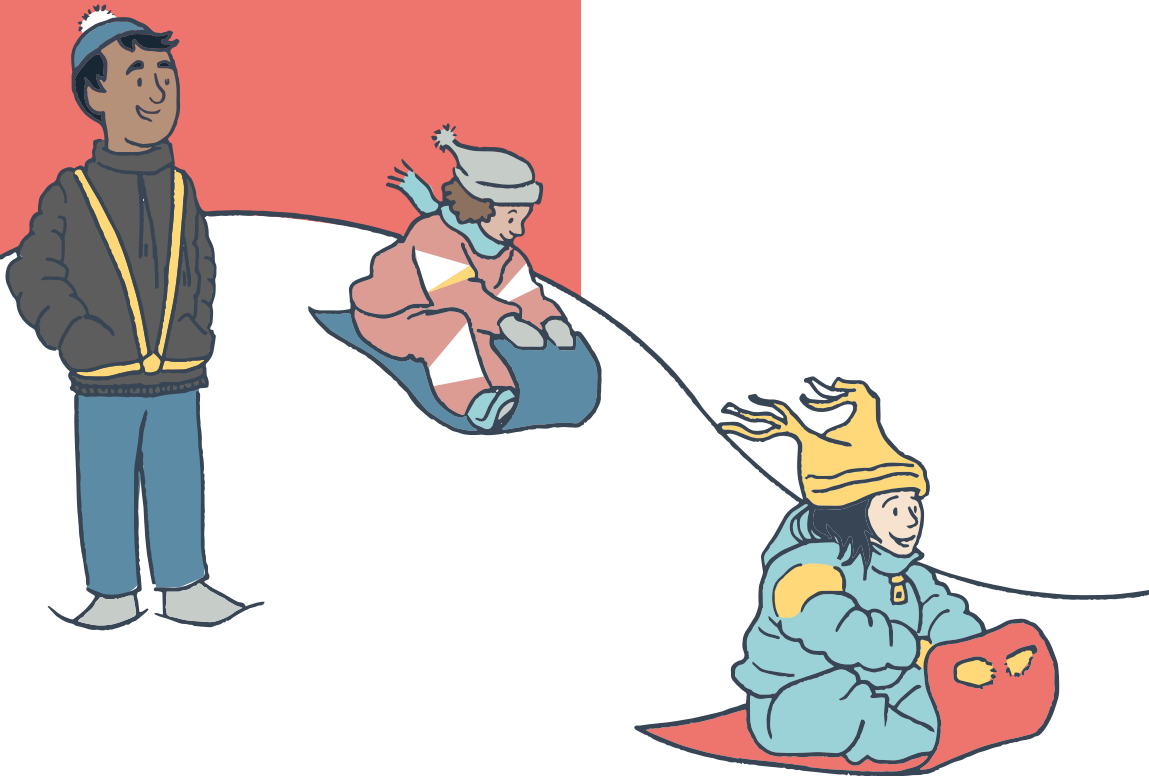
## TAKE IT FURTHER

### 100° (benefits of active outdoor play)

<https://centdegres.ca/magazine/activite-physique/jeu-actif-a-lexterieur-les-benefices-depassent-largement-les-risques>

### 100° (why outdoor play is important for children)

<https://centdegres.ca/magazine/activite-physique/pourquoi-jeu-libr-lexterieur-pleine-nature-important-pour-les-enfants>



# Yoga

Yoga improves muscle tone, endurance, balance, and more.



Lead a full yoga session.



Morning | Noon | Evening



Kindergarten | Cycle 1 | Cycle 2 | Cycle 3

**YOGA CAN REDUCE TENSION  
AND STRESS AND IMPROVE  
CONCENTRATION.**

# 15

## HOW TO PREPARE

- Research yoga tools (books, websites, routines, etc.)
- Buy yoga mats or ask the children to bring a towel
- Provide music (optional)
- Plan the sessions (yoga exercises)
- Take sign-ups for the activity (if necessary)
- Use a quiet area (class, gymnasium, multi-purpose space, grass field or snowy area, etc.)
- Prepare the required equipment


## WHAT TO DO

The length of the session can vary depending on the children's age. For example:

AGE GROUP	LENGTH (+ OR -)
4 to 5 years	15 min.
6 to 7 years	25 min.
8 to 12 years	45 min.

Example of a session for children aged 8 to 12

1. Greeting
2. Breathing exercises: 5 min.
3. Series of postures: 30 min.
4. Relaxation on the floor: 10 min.
5. Tidy-up



*For the wellbeing  
of the body  
and the mind!*

## **TAKE IT FURTHER**

**WIXX (directory of activities: search using the keyword "yoga")**

<http://wixx.ca/intervenants/activites>

**Pierre Lavoie: Yoga Energy Cube**

<https://cubesenergie.com/en/>

**Le yoga et les enfants**

[www.yoga-enfant.fr](http://www.yoga-enfant.fr)

**PedaYOGA YouTube channel**

[www.youtube.com/user/franceh123](http://www.youtube.com/user/franceh123)

**Yoganimo**

[www.dominiqueetcompagnie.com/catalogue/livre.asp?id\\_prd=800](http://www.dominiqueetcompagnie.com/catalogue/livre.asp?id_prd=800)

**Yoga à deux**

<https://samjivayoga.com/2014/11/20/yoga-a-2-ou-biyoga>



# Zumba

Let's get physically active to start the day off right!



Offer two zumba sessions in the morning to all children at the school led by a daycare staff member.



Morning



Kindergarten | Cycle 1 | Cycle 2 | Cycle 3

**THIS TOOLBOX IDEA WILL HELP YOU WITH MEASURE 15023: À L'ÉCOLE, ON BOUGE!**

# 17

## HOW TO PREPARE

- Announce the activity
- Sign up the children
- Create new groups every month
- Learn the moves
- Equipment: wireless microphone headset, sound system and lively music
- Access to existing Zumba dance routines (see website on the back of this page)
- Check that the equipment is working
- Set aside time to put all the equipment away

## WHAT TO DO

NUMBER	FREQUENCY	LENGTH
40 children* per group	Once a week	30 minutes

Example:

1. Welcome
2. Warm-up
3. Zumba routine
4. Cool-down

\*Because the daycare ratio is one educator for 20 children, one educator should animate while the other supervises.

*Dancing  
is a great way  
to start the day!*

**TAKE IT FURTHER**

**Force 4 : Hop Tempo Salsa**

[www.force4.tv/fr/hop-tempo-salsa](http://www.force4.tv/fr/hop-tempo-salsa)



# An active morning for active brains

*It's important to encourage children to be physically active in the morning!*



Offer a free physical activity for all school children in the morning, animated by the daycare staff members.



Morning



Preschool | Cycle 1 | Cycle 2 | Cycle 3

**YOU CAN USE THE GYM,  
THE HALLWAYS, THE STAIRS,  
THE SCHOOLYARD, THE DAYCARE  
ROOM, ETC.**

## HOW TO PREPARE

- Get children to sign up as previously determined
- Use the game bank or ready-to-play physical activities (see examples below)
- Take out, verify, and set up the equipment

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Zumba	Dodgeball	Challenge course	Active stations	BRAIN BREAK VIDEOS (or other YouTube videos to get children to be physically active)

## WHAT TO DO

Example:

1. Welcome the children and explain the rules
2. Warm-up
3. Supervised games
4. Cool-down (e.g., breathing)
5. Everyone helps tidy up

## TAKE IT FURTHER

### BOKS

<http://bokskids.ca>

### *Champions for Life* Foundation

<https://www.championsforlife.ca>

### École Henri-Forest: Corri-bouge

[www.youtube.com/results?search\\_query=Corri-bouge%2C+école+Henri-Forest](http://www.youtube.com/results?search_query=Corri-bouge%2C+école+Henri-Forest)

### Actif au quotidien

<http://rseqqca.com/documents-actif-au-quotidien>

### Banque de jeux – *Ma cour : un monde de plaisir!*

<http://publications.msss.gouv.qc.ca/msss/fichiers/2017/17-289-08W.pdf>



*What  
a great way  
to start the day!*

# *Watch the playground come alive!*

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*Exploring the world outside the daycare*



Organize and do the activities in the schoolyard during daycare periods to encourage positive relationships, increase the children's sense of safety, and get them physically active.



Noon | Evening



Kindergarten | Cycle 1 | Cycle 2 | Cycle 3

**SETTING UP THE SCHOOLYARD FOR  
EXERCISE HELPS THE ENTIRE SCHOOL  
TEAM CREATE A SHARED VISION  
AND WORK CONSISTENTLY TO GET  
CHILDREN TO BE PHYSICALLY ACTIVE  
OUTSIDE!**

# 21

## HOW TO PREPARE

Depending on the season, the number of children, and available facilities:

- Plan and direct 4 to 5 medium- to high-intensity activities that both girls and boys like (e.g., soccer, ball hockey, dodgeball, capture the flag)
- Influence what children choose for their free play by offering specific equipment (e.g., skipping ropes, speed ball, elastic bands)
- Mark the game area (leave an area where the children can talk and walk)
- Choose the educators who will lead the games (rotate each week)
- Get the physical and health education teachers to help (as needed)
- Make sure everyone is aware of the activity program
- Prepare and set up the equipment

## WHAT TO DO

Depending on the season, the number of children, and available facilities:

- Let the children choose their own activities
- Keep the game or activity rules in hand, if necessary
- Explain the rules of the game
- Have educators help with more complex games
- Give access to playground equipment (if applicable)

## TAKE IT FURTHER

### ***Ma cour: un monde de plaisir!***

<http://publications.msss.gouv.qc.ca/msss/document-002040>

### **Banque de jeux – *Ma cour: un monde de plaisir!***

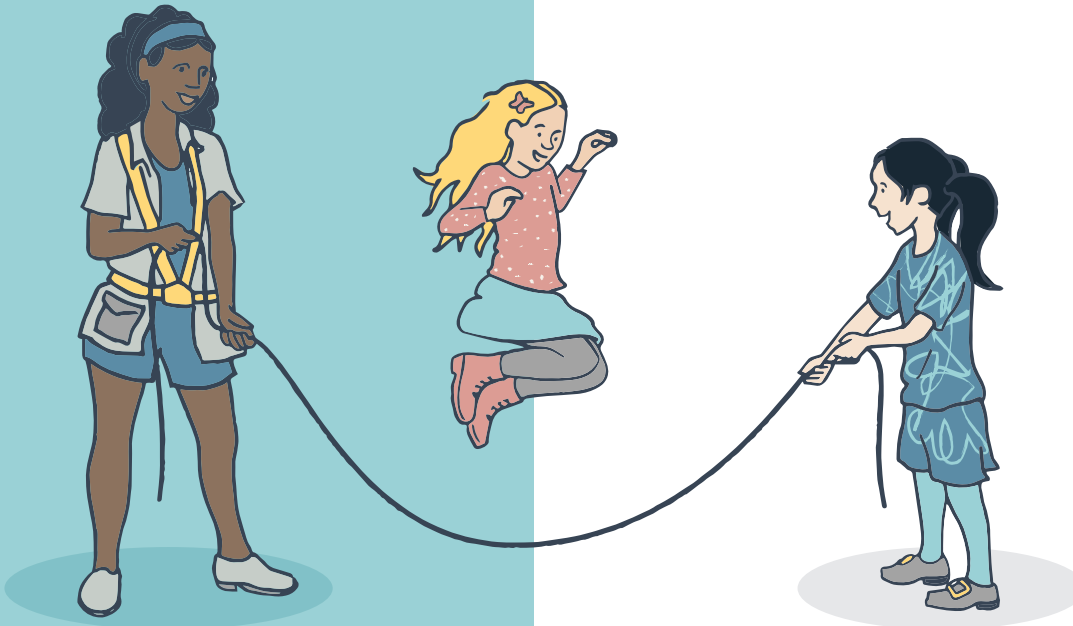
<http://publications.msss.gouv.qc.ca/msss/fichiers/2017/17-289-08W.pdf>

### **Pour réussir à l'école, mieux vaut ne pas manquer la récréation**

<https://centdegres.ca/wp-content/uploads/2017/08/dsp-recreation-fr-2017.pdf>

### ***Mon service de garde physiquement actif (game ideas)***

<https://santemontreal.qc.ca/professionnels/drsp/sujets-de-a-a-z/activite-physique-et-sedentarite/programmes-et-interventions>



*A child  
who plays well,  
learns well!*

Carole Carufel  
Volunteer Physical  
Educator

# Host PED Day Olympics!

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## Indoor Olympic Winter Games



Get children to help create a winter Olympics Day with unusual sports activities.



Morning | Noon | Evening



Kindergarten | Cycle 1 | Cycle 2 | Cycle 3

**AFTER THE PED DAY, YOU CAN  
"RECYCLE" THESE ACTIVITIES  
DURING REGULAR DAYCARE DAYS.**

## HOW TO PREPARE

- Create an organizing committee made up of children
- Invite children who want to be involved
- Choose the activities
- Think about using all the physical spaces in the school, such as the hallways, classrooms, foyer.
- Incorporate art and science in the activities
- Make or buy the required equipment for the activities (creating the equipment can be part of the weekly activity program)
- Prepare a binder of activities (keep notes of what you did)
- Prepare participation prizes or certificates (optional)

## WHAT TO DO

- Demonstrate the Olympic event
- Lead the physical activities as planned
- Give out the participation prizes, if applicable

*See the activity idea table on the back of this page.*



ACTIVITY IDEAS	EQUIPMENT	RULES	GOAL
<b>Noodle hockey</b>	<ul style="list-style-type: none"> <li>• 6 to 8 pool noodles</li> <li>• Imaginary goalie net or a couple of children's shoes as goal posts</li> <li>• A light ball</li> <li>• Jerseys (optional)</li> </ul>	<p>6 to 8 players, depending on the space</p> <p>No goaltender</p>	Get 20 points
<b>Curling</b>	<ul style="list-style-type: none"> <li>• 8 stove burner covers</li> <li>• Pieces of felt</li> <li>• Weights</li> <li>• Floor tape</li> <li>• Small mops</li> <li>• Coloured electrical tape to outline circles on the ground</li> </ul>	Two teams glide their curling rocks to score as many points as possible. One game lasts 10 rounds.	Score as many points as possible
<b>Figure skating</b>	<ul style="list-style-type: none"> <li>• Socked feet</li> <li>• Music playing</li> <li>• Cardboard with funny symbols</li> <li>• Chairs for the judges</li> </ul>	The athletes perform and then receive a score at the end of their performance	Do the funniest and most original performance
<b>Bobsleigh on wheels</b>	<ul style="list-style-type: none"> <li>• Skateboards</li> <li>• Blue gym mats</li> </ul>	Athletes glide on the floor using skateboards	Slide as far as possible
<b>Biathlon</b>	<ul style="list-style-type: none"> <li>• Empty facial tissue (Kleenex) boxes</li> <li>• Velcro dart board game</li> </ul>	Athletes "cross-country ski" for three metres, lie down on the ground, and throw three velcro balls at the target	Complete the course as quickly as possible and score the most points
<b>Speed skating</b>	<ul style="list-style-type: none"> <li>• Empty facial tissue (Kleenex) boxes</li> <li>• Stopwatch</li> </ul>	Depending on the space, the athletes run while doing speed skating movements with their arms and legs	Finish the race first

*Our future Olympians at daycare!*



# Walking club

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Getting active in your neighbourhood



Group children for a simple activity that is easy to do, regardless of the weather.



Evening



Cycle 1 | Cycle 2 | Cycle 3

**ENCOURAGE CHILDREN TO BECOME  
ACTIVE EXPLORERS OF THEIR OWN  
NEIGHBOURHOOD!**

## HOW TO PREPARE

- Create a schedule (e.g., Wednesdays from 3:30 p.m. to 5:00 p.m., from September to December and from March to June)
- Accept sign-ups as per the established guidelines
- Have at least two educators to accompany the children, depending on the number of children
- Do some research about the neighbourhood (historical or other research)
- Set up the walking routes (taking into account the children's addresses) and share this with the technician
- Make a list of the children participating in the walks and give a copy to each educator, including the educator at the daycare room
- Purchase armbands with the daycare logo (optional)

## WHAT TO DO

- Gather participating children with the accompanying educators
- Divide children who have not signed up for the activity in the groups of the educators who are not participating in the activity
- Bring a walkie-talkie and a cellphone (mandatory)
- Bring a first-aid kit
- Hand out the armbands (optional)
- Explain the safety rules to the children
- Walk at the front of the group and stop often to make sure that everyone is keeping up
- Make sure the children drink water to stay hydrated
- Talk, sing, or share stories during the hike to keep things lively
- Stop at the park if it is on the way and if time permits



*Take it  
one step at a time!*

### **TAKE IT FURTHER**

**Kino-Québec: L'ABC de la formation d'un club de marche**

[www.kino-quebec.qc.ca/publications/abcmarche.pdf](http://www.kino-quebec.qc.ca/publications/abcmarche.pdf)

**9 ways to make walking to school easier**

<https://authoring.heartandstroke.ca/articles/nine-ways-to-make-walking-to-school-easier>

**On Your Feet Challenge**

<https://defiactivetespieds.ca/en/>

**100°: Commencer la classe par une marche à l'extérieur de l'école**

<https://centdegres.ca/magazine/activite-physique/commencer-classe-marche-exterieur-ecole-2-enseignantes-du-primaire>

# Running club

---

*Push past your limits!*



Create a sense of belonging through physical activity and promote personal achievement.



Evening



Cycle 2 | Cycle 3

**A GREAT MODERATE-  
TO HIGH-INTENSITY ACTIVITY  
TO IMPROVE CHILDREN'S  
FITNESS.**

## HOW TO PREPARE

- Include the activity in the weekly activity plan (e.g., two or three times a week)
- Get training and information on good running practices
- Choose a training program
- Adapt the program to the strengths of each child in the club
- Promote the Running club activity with the children
- Display the list of participants
- Plan an alternative activity in case of rain (e.g., stationary bikes)
- Get the necessary equipment
- Sign up for an event in the neighbourhood or community (optional)

## WHAT TO DO

- Practice and have fun in the available space, e.g., gymnasium, schoolyard, area around the school, park, race track
- Go for a run on nature trails or other trails if there is nearby access
- Bring a walkie-talkie and a cellphone and first-aid kit
- Make sure the children drink water to stay hydrated
- Make sure the children wear running shoes
- Train indoors during winter
- Come up with ways to run in a confined space (e.g., jog on the spot with intervals)

*Let children  
run free!*

### TAKE IT FURTHER

**100°: La contagieuse passion d'une enseignante pour la course à pied**  
<https://centdegres.ca/magazine/activite-physique/activite-physique-lecole-contagieuse-passion-enseignante-course-pied>

**Courir pour le plaisir de bouger – Guide d'encadrement des clubs de course à pied scolaires (CSDGS)**  
[https://drive.google.com/file/d/0BxW\\_jLbrSpT1N01saGttRDVzZGc/view](https://drive.google.com/file/d/0BxW_jLbrSpT1N01saGttRDVzZGc/view)



# Hidden talents

---

*Take advantage of the sports talents of the educators on your team*



Use educators' skills and talents to offer new physical activities.



Evening



Cycle 1 | Cycle 2 | Cycle 3

**PUTTING PASSION  
INTO PRACTICE!**

## HOW TO PREPARE

- Make a list of your educators' strengths and interests
- Include the proposed activities to the schedule
- Hand out sign-up forms to children interested in the activities
- Make a list of all the children who signed up
- Purchase equipment, if necessary
- Prepare and set up the equipment
- Organize a closing event (e.g., with the school's year-end show, a celebration or a PED day)
- Invite parents and family members to participate

## WHAT TO DO

- The activity can take place once a week or according to the number of groups (e.g., 2 groups on Tuesday or a group on Tuesday and another Thursday)
- Come up with a closing event

*When  
you have talent,  
why waste it?*

## TAKE IT FURTHER

**Sport et Loisir de l'île de Montréal**

[www.sportloisirmontreal.ca/sport-loisir-328-accueil.php](http://www.sportloisirmontreal.ca/sport-loisir-328-accueil.php)

**Sports Québec**

[www.sportsquebec.com/pages/formation-entraîneur-pnce.aspx](http://www.sportsquebec.com/pages/formation-entraîneur-pnce.aspx)



# Getting children active on PED days

---

*It only takes a minute to do an active challenge*



Organize a themed PED day with active challenges that children can do to win tokens to participate in workshops.



All day



Cycle 1 | Cycle 2 | Cycle 3

**EVERYONE'S A WINNER TODAY!**

## HOW TO PREPARE

- Plan a certain number of workshops with a theme (e.g., making smoothies or fruit kebabs, karaoke, movies, arts-and-crafts sale, hair salon, post office, secret message game, making fun buttons, Just Dance game, popcorn and juice booth)
- Choose the active challenge based on the children's ages and interests (e.g., sit-ups, jumping jacks, relay races)
- Set up stations where the active challenges will take place and identify them with posters
- Determine who will lead the active challenges (adults or children)
- Put up information about the workshops in various locations
- Give each child a resealable snack bag to put their tokens in

## WHAT TO DO

- Give each child 10 tokens at the start of the day
- Explain that they can get more tokens by participating in the active challenges throughout the day
- Let the children participate in the activities they want (they can move around freely)
- Add active challenges for children who do not follow the safety rules
- Involve Cycle 3 students by letting them lead the activities

*It pays to be active!*



## TAKE IT FURTHER

### Communauté PeP

<http://communautepep.ca>

### WIXX ta gang

<http://wixx.ca/intervenants>

### Journée pédagogique WIXX

<http://wixx.ca/intervenants/outils>

### Force 4

[www.force4.tv](http://www.force4.tv)



# *A dodgeball league that brings children together*

*A dodgeball league with participants aged 9 to 12 from daycare programs at different schools*



Organize dodgeball games that let children from different daycares compete in fun and friendly games.



Evening



Cycle 2 | Cycle 3

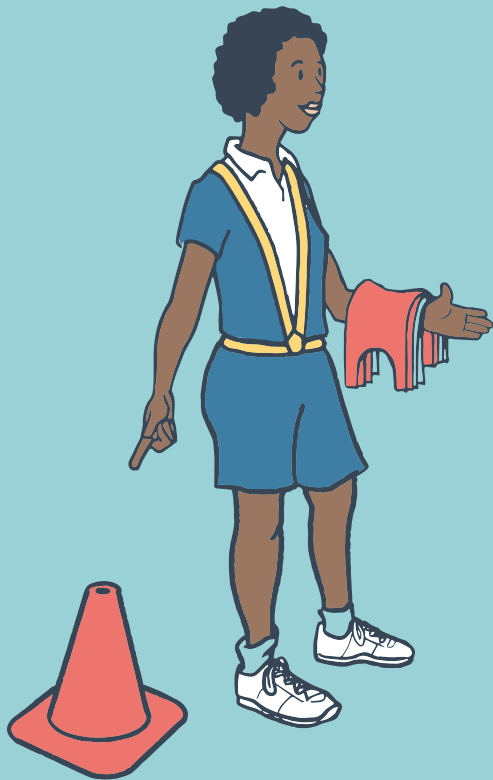
**A GREAT WAY TO INVOLVE CYCLE 3 STUDENTS AT THE DAYCARE.**

## HOW TO PREPARE

WHO	ROLES
<b>Educational advisor and student activity coordinator for the school board</b>	<ul style="list-style-type: none"> <li>• Invite different daycare programs to take part (by email)</li> <li>• Organize an information session for the technicians and educators who will coach               <ul style="list-style-type: none"> <li>• Costs</li> <li>• League description</li> <li>• Rules of the game</li> <li>• Other information (transportation)</li> </ul> </li> <li>• Confirm with the participating daycare programs</li> <li>• Do the year-end assessment</li> </ul>
<b>Educational advisor</b>	<ul style="list-style-type: none"> <li>• Send the sign-up letter to the technician and the league</li> </ul>
<b>Technician</b>	<ul style="list-style-type: none"> <li>• Confirm that the gym is available</li> <li>• Confirm the children's availability</li> <li>• Send the sign-up letter to parents</li> <li>• Create the teams (2 maximum per school)</li> <li>• Forward the information to the coordinator of the school board: list of children, name of the educator/coach as well as his or her email address, availability of the gym and of the children</li> </ul>
<b>Student activity coordinator at the school board</b>	<ul style="list-style-type: none"> <li>• Plan the match schedule</li> <li>• Reserve and set up the transportation schedule</li> <li>• Divide the costs between the daycare programs</li> <li>• Contact the referees</li> <li>• Train the referees</li> <li>• Organize the referees' schedule</li> </ul>

Continued on back





## WHAT TO DO

WHO	ROLES
Student activity coordinator at the school board	<ul style="list-style-type: none"> <li>• Coordinate the transportation and the referees</li> </ul>
Technician	<ul style="list-style-type: none"> <li>• Make sure the educator can attend</li> </ul>
Educator	<ul style="list-style-type: none"> <li>• Manage the group</li> <li>• Explain the rules to the children on the team</li> <li>• Get the children to practice</li> <li>• Cheer on the children</li> <li>• Make sure the children are behaving and respecting the league rules (when travelling and during the games)</li> </ul>
Referee	<ul style="list-style-type: none"> <li>• Animate the game</li> <li>• Make sure the rules are respected</li> <li>• Keep a healthy atmosphere (participatory)</li> </ul>

## DETAILS

Number of children per team	Minimum 6 and maximum 14
Number of teams	Minimum 4 teams
Number of games	6 to 8 games over two and a half months
Number of practices	Minimum once a week or at the educator's discretion (can be incorporated into the weekly schedule)
Cost per daycare program	Approximately \$700 to \$800; free for children

For more information, contact: Annik Verschelden, Conseillère pédagogique en service de garde, Commission scolaire de la Pointe-de-l'Île

# Student leaders at daycare

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Get motivated students to share their passion for physical activity!  
(*Ma cour: un monde de plaisir!*)



Get Cycle 3 students involved by co-leading the games in the schoolyard to increase opportunities for all children to be active, get as many children as possible to participate, and create an atmosphere that lets children develop positive relationships.



Evening



Cycle 3

**INVOLVING STUDENTS OF ALL AGES  
HELPS ALL CHILDREN STAY ACTIVE!**

# 35

## HOW TO PREPARE

- Outline the daycare's needs
- Determine who will coordinate the team of student leaders
- Ask Cycle 3 students to apply to be an activity leader
- Select the student leaders
- Partner each student leader to an educator
- Train the student leaders
- Decide how long the project will run
- Come up with activities as rewards for the student leaders to encourage them to get involved and to motivate them
- Give the student leaders a role based on their strengths and interests
- Ask each student leader to choose a game and create the rules
- Promote the project (posters, school paper, school website)
- Post the program of activities created by the student leaders

## WHAT TO DO

- Ensure the activities run smoothly
- Meet regularly with the student leaders to adjust certain things over time (ongoing project assessment)
- Help run games with the student leaders
- Support activity leaders to find solutions for any challenges they run into
- Organize and lead reward activities for the student leaders, such as:
  - Awarding of "diplomas" at the school's year-end show
  - Group dinner
  - Special outing
  - Put up photos of the student leaders in the daycare room, etc.

*Encourage  
all students  
to be active and  
engaged citizens!*

## TAKE IT FURTHER

**Ma cour: un monde de plaisir! (Part 4 – “Animation de la cour d’école et jeunes leaders”)**

<http://publications.msss.gouv.qc.ca/msss/document-002040>

## Youth leadership

<http://pourunquebecenforme.org/2014/03/jouer-un-role-actif-dans-son-apprentissage-leadership-jeunesse>



# Board games that get you moving

---

*Getting children's minds and bodies active*



Put a new spin on board games by letting children use their motor and cognitive skills at the same time.



Evening



Cycle 1 | Cycle 2 | Cycle 3

**A GREAT WAY TO COMBINE  
STRATEGY WITH PHYSICAL ACTIVITY.**

## HOW TO PREPARE

- Choose a board game (Hungry Hungry Hippos, Battleship, memory games, Mastermind, Tic-Tac-Toe, etc.)
- Make sure you have multiple sets of the same game for the Board Game activity in the daycare room
- Adapt the rules of the chosen game so that a larger-format game can be played in the gym
- Set up the giant game (e.g., floor patterns, equipment)
- Get Cycle 3 students to help set up the game
- Include exercises for students to become familiar with the different moves of the game
- Present the game in a small workshop before playing in a large group
- Prepare variations to the games

## WHAT TO DO

- Set up a board game on Monday to let students become familiar with the game
- Play the same game at the end of the week, but this time play a life-sized version; add variations to keep the children interested
- Vary the levels of difficulty depending on the children's age (e.g., more defense-style games for Cycle 3 students)



*Putting creativity  
in physical activity!*

## TAKE IT FURTHER

### **Morpion game**

<https://www.youtube.com/watch?v=b0Jp56zYoio>

### **Mastermind workout**

[www.huffingtonpost.fr/2017/09/26/cette-version-du-mastermind-sportive-est-le-reve-de-tous-les-fans-du-celebre-jeu\\_a\\_23223023](http://www.huffingtonpost.fr/2017/09/26/cette-version-du-mastermind-sportive-est-le-reve-de-tous-les-fans-du-celebre-jeu_a_23223023)

### **Hungry hungry hippos**

[www.youtube.com/watch?v=GwnkSI2lrE0](http://www.youtube.com/watch?v=GwnkSI2lrE0)

### **Tic-tac-toe**

[www.youtube.com/watch?v=IRDp5HcZyVA](http://www.youtube.com/watch?v=IRDp5HcZyVA)

# *Boundless energy*

---

*Get children physically active when they have too much energy!*



Develop and organize common areas where children can move around any time of day.



Morning | Noon | Evening



Kindergarten | Cycle 1 | Cycle 2 | Cycle 3

**THE ENTIRE SCHOOL CAN USE THESE AREAS FOR ACTIVITIES.**

## **HOW TO PREPARE**

- Create a collaborative project with all the staff members
- Choose the area or areas for the activity (e.g., in the daycare room, school foyer, hallway, motor development room)
- Choose the possible activities for each area (stationary bicycle, yoga positions, etc.)
- Set up the necessary equipment in the area(s)
- Put up a sign explaining the expected behaviour and rules of use for each area

## **WHAT TO DO**

- Explain the purpose and rules of the active areas
- Allow the children to use the area for 5, 10 or 15 minutes according to their needs
- Actively supervise the area

## TAKE IT FURTHER

Equipment ideas:

- Motor development equipment (mats, tunnels, floor markers)
- Stationary bicycles
- Foam ball games
- Mini basketballs
- Treadmills
- Etc.

*When you  
have to move,  
you have to move!*

## ACTIVE SUPERVISION:

*Ma cour : un monde de plaisir ! (volet 5 – Encadrement des élèves)*

<http://publications.msss.gouv.qc.ca/msss/fichiers/2017/17-289-07W.pdf>





# Walk and talk!

---

*So simple to set up!*



Give the children a chance to talk with their friends while being physically active.



Noon



Cycle 1 | Cycle 2 | Cycle 3

**TALKING WHILE WALKING IMPROVES  
CARDIOVASCULAR ENDURANCE.**

## HOW TO PREPARE

- Include the walking activity in the weekly lunchtime activity plan (can take place several times during the week)
- Plan to have at least two educators or more who will accompany the group, depending on the number of children
- Include warm-up and stretching exercises
- Set up different walking routes
- Promote the activity (posters, calendars) and specify that this is a open activity (first come, first to participate)
- Choose a meeting point
- The activity will take place during the lunch hour

## WHAT TO DO

- Get educators actively involved
- Begin with a short warm-up
- Try a route of 1 km to 3 km, depending on the age of the group and the time available
- Make the walk route more interesting by going to areas around the school
- Have the children walk in different ways (side stepping, skipping, hopping, on tip toes, on their heels, walking in fast/slow intervals, etc.)

*Socializing  
and exercising  
go hand in hand!*



### **TAKE IT FURTHER**

#### ***On Your Feet Challenge***

<https://defiactivetespieds.ca/en/>

#### **La Grande marche Pierre Lavoie**

[www.gdplmd.com/fr/evenements/la-grande-marche-de-montreal-2017-14](http://www.gdplmd.com/fr/evenements/la-grande-marche-de-montreal-2017-14)

#### **Energy Cubes Challenge**

<https://cubesenergie.com>

# *Exercise at the click of a button!*

---

*Ideas at your finger tips*



If the school's computers are obsolete or you can't access them, why not purchase or borrow a mobile device to facilitate your planning period?

## **MOBILE DEVICES TO FACILITATE YOUR PLANNING PERIOD!**

### **HOW TO PREPARE**

- Check the quantity and condition of mobile devices (tablets, laptops, etc.) available for educators during their planning times
- Make a budget and prioritize the purchase of mobile devices for educators at the daycare or reserve the devices available at the school
- Plan how to use, store and load the devices

### **BENEFITS**

- Facilitates planning
- A great way to do effective research
- Get access to a greater variety of physical activities
- Be better prepared
- Be able to plan in any location (e.g., staff room, daycare room, homeroom)
- Get access to calendar templates that you can use just for the daycare program, and to pictograms
- Get access to music and videos to get the children to be physically active
- Increase your sense of competence and self-efficacy
- Helps acknowledge the educator's role as a professional



*Technology  
can help children  
stay active!*

## **TAKE IT FURTHER**

### **AQGS: Activités physiques**

[www.gardescolaire.org/typeoutils/activite-physique](http://www.gardescolaire.org/typeoutils/activite-physique)

### **Active for Life**

<https://activeforlife.com/resources>

### **Force 4**

[www.force4.tv/fr/fiches-d-activites](http://www.force4.tv/fr/fiches-d-activites)

### **Get Moving Today! Activity Calendar**

[http://healthysd.gov/link\\_get-moving-today-activity-calendar](http://healthysd.gov/link_get-moving-today-activity-calendar)

### **WIXX: Répertoire de jeux actifs et amusants #1 et #2 (game banks)**

<http://wixx.ca/intervenants/outils>

### **Banque de jeux – *Ma cour: un monde de plaisir !***

<http://publications.msss.gouv.qc.ca/msss/fichiers/2017/17-289-08W.pdf>

### **Grand défi Pierre Lavoie: Ideas for Getting Active**

<https://cubesenergie.com/en/primary-schools-in-quebec/challenge/ideas-for-getting-active>

### **Public Health Agency of Canada: Being Active**

[www.canada.ca/en/public-health/services/being-active.html](http://www.canada.ca/en/public-health/services/being-active.html)

### **Simon Lamarche: À quoi vous jouez?**

[www.aquoivousjouez.com](http://www.aquoivousjouez.com)

# *I want to be active too!*

---

*Physical activity and children with special needs*



Identify the needs or limitations of children with special needs and offer these children adapted physical activities to help them stay physically active.



Morning | Noon | Evening



Cycle 1 | Cycle 2 | Cycle 3

**YOU CAN STAY ACTIVE REGARDLESS OF YOUR LIMITATIONS.**

## **HOW TO PREPARE**

- Identify the children's needs
- Divide the children into groups based on their strengths and challenges
- Check the available equipment (music, mats, adapted sports equipment, adapted bicycles, etc.)
- Plan a physical activity and adapt it to each child's abilities
- Work with small groups (workshop format) to provide personal support and safer supervision.
- Organize the space based on the needs of the children in the group (e.g., smaller space for children with ASD, larger spaces for children with wheelchairs)
- Prepare the equipment

## **WHAT TO DO**

To organize physical activities for children with various physical disabilities:

- Organize group games and sports in the schoolyard or the gymnasium with children who are able to move around more easily
- Get children to be physically active on mats with music playing
- Help children get their arms, legs and bodies moving
- If possible, demonstrate the activity before starting
- Etc.

*Even the smallest  
change is worth  
its weight in gold!*



## TAKE IT FURTHER

**AlterGo: créateur d'accessibilité**

[www.altergo.ca](http://www.altergo.ca)

**100°: 6 stratégies pour inclure les jeunes ayant une limitation fonctionnelle dans les activités physiques**

<https://centdegres.ca/magazine/activite-physique/6-strategies-pour-inclure-les-jeunes-ayant-une-limitation-fonctionnelle-dans-les-activites-physiques>

**Intégration sociale des enfants handicapés en milieu de garde (ISEHMG)**

<http://isehmg.org>

**La littératie physique inclusive**

<http://cybersavoir.csdm.qc.ca/ephyssante/2016/05/03/la-litteratie-physique-inclusive>

**Choisir de gagner: les bienfaits psychologiques, sociaux et cognitifs des activités physiques auprès des jeunes ayant une limitation fonctionnelle**

<http://choisirdegagner.com/adultes/nouvelles/les-bienfaits-psychologiques-sociaux-et-cognitifs-des-activites-physiques-et>

# *Sharing means caring*

---

*Getting everyone to share sports equipment*



Have access to enough and various types of good-quality equipment to engage children in physical activities.

## **COLLABORATING AND SHARING, A WINNING COMBINATION!**

### **HOW TO PREPARE**

- Start collaborating with the PHE teacher
- Set up a meeting and come up with communication methods that you will use throughout the year
- Share everyone's needs (daycare and PHE teacher)
- Ask the PHE teacher about the best equipment to purchase in terms of price/quality
- Combine the PHE and daycare budgets to purchase equipment that is more expensive but of better quality
- Set up rules for sharing and storing the equipment (e.g., shelves and baskets with icons)
- Make sure the daycare educators and the PHE teacher apply the same rules in the gym
- Train educators to use the new equipment, if necessary

### **BENEFITS**

- Develops positive relationships between daycare staff and the PHE teacher
- Promotes consistent practices between daycare staff and the PHE teacher
- Combines the strengths of the daycare staff and the PHE teacher
- Provides access to new equipment and to larger variety of equipment
- Ensures that everyone uses the equipment safely while following the rules
- Makes physical activities run more smoothly
- Allows the school to purchase a larger quantity of equipment and more expensive equipment
- Allows to store the equipment in the right place
- Promotes access to the equipment in the gym
- Stimulates educator's creativity
- Adds variety to activities

*Sharing means  
more opportunities  
to move!*

## **NEW EQUIPMENT**

- Three-wheeled scooters
- Balance bike
- Glide bike
- Stilts





# *An oversized program schedule*

---

*To promote communication between parents and the daycare*



Showcase the physical activity schedule with a unique, creative and eye-catching poster using pictograms.



Morning | Noon | Evening



Kindergarten | Cycle 1 | Cycle 2 | Cycle 3

**AT DAYCARE,**  
**WE SEE THE BIGGER PICTURE!**

## **HOW TO PREPARE**

- Decide on a shared approach with the entire team
- Create a planning template for the daycare
- Choose a different symbol for each group
- Decide on the pictograms that everyone will use
- Find a space that is large enough for the schedule
- Set a day to make updates (e.g., Friday at the end of the day)
- Prepare the pictograms at the beginning of the year

## **BENEFITS**

- Gets parents more informed and helps them adapt to their child's interests
- Gives the schedule more visual appeal
- Organizes information for all daycare staff
- Promotes the recognition of the professional role of educators
- Encourages teamwork
- Informs colleagues about each other's activities



*Showcase all  
the great work you do!*

## **TAKE IT FURTHER**

Materials for a magnetic whiteboard:

- Whiteboard (large-size)
- Green masking tape (for painting)
- Transparent plastic sheets
- Printable magnetic sheets
- Colour printer
- Pictures (pictograms) that you can find online
- Colour photos for each group
- A small box for each educator (storage for magnetic photos)

# *The daycare health challenge*

---

*Awareness campaigns to encourage children to be active*



Use different national campaigns related to physical activity to provide opportunities to be physically active.

**CHALLENGE ACCEPTED!**

# 51


## **HOW TO PREPARE**

- At the start of the school year, make a list of interesting challenges and national days that you can do or celebrate at the daycare
- Plan activities related to the theme for each event
- Promote the activity at the school, with parents, and in the community
- Post the “campaign” calendar at the entrance to the daycare

## **BENEFITS**

- Encourages children to be physically active
- Promotes collaboration among the school team
- Makes children aware of what is going on in the community
- Contributes to the development of a physically active lifestyle

*See the back of this page for some challenges to inspire you!*



*I move,  
you move,  
we all move!*

A teal-colored starburst graphic with a scalloped edge, containing the text 'I move, you move, we all move!' in a black, italicized font.



## SOME INSPIRING CHALLENGES

- *Winter Fun* campaign
- Défi Santé 5/30 (April 1st to April 30th)
- World Health Day (April 7th)
- International Dance Day (April 29th)
- Bike Month (May)
- Physical education and student sports month (May)
- Challenges created by the daycare during daycare program week (May)
- Québec Sports and Physical Activity Day (1st Thursday of May)
- International *Walk to School* Month (October)
- International *Walk to School* Day (1st Wednesday of October)
- Quebec leisure and recreation week (2nd week of November)
- *On Your Feet* Challenge
- *Energy Cube* Challenge

## TAKE IT FURTHER

This video was made by the Commission scolaire du Val-des-Cerfs to encourage children at the daycare to participate in the *Défi santé en garde scolaire*:

[www.gardescolaire.org/aqgs/projets/defisante](http://www.gardescolaire.org/aqgs/projets/defisante)

# Let's play together

---

Parent-child activity



Organize physical activities at the end of the day so that children and parents can enjoy some active time together.



Evening



Cycle 1 | Cycle 2 | Cycle 3

**A GREAT OPPORTUNITY TO BUILD  
RELATIONSHIPS WITH PARENTS.**

# 53

## HOW TO PREPARE

- Prepare a calendar of special physical activities (e.g., back-to-school celebration, the last Friday of every month, during daycare week)
- Plan physical activities
- Invite parents using different dynamic methods (e.g. video, letter, poster, etc.)
- Give parents a warm welcome!

## BENEFITS

- Helps create relationships with parents
- Gives parents a sense of belonging at the daycare
- Enhances children's self-esteem while valuing physical activity
- Promotes the recognition of the professional role of educators
- Encourages teamwork



## TAKE IT FURTHER

### IDEAS FOR GYM ACTIVITIES


- Circus : acrobatics, juggling, scarves, hoops, bowling, flower sticks, chinese plates, diabolos
- Dance
- Floor hockey
- Kin-ball
- Jump-rope : simple, dutch
- Pillo polo
- Table tennis (ping-pong)

### IDEAS FOR SCHOOLYARD ACTIVITIES

- Basketball
- Individual dodgebal
- Pursuit games
- Quidditch
- Soccer
- Speed bag
- Ultimate frisbee

### VIFA Magazine

<https://vifamagazine.ca>



*A clear path  
to getting active*

# *Dynamic duo*

---

*Pairing up to enhance physical activities*



Encourage collaboration and expertise sharing between the PHE teacher and daycare staff.

**BECAUSE WE WORK  
BETTER TOGETHER!**

# 55

## **HOW TO PREPARE**

- Plan 3 meetings per year (the daycare team, the PHE teacher, and the school administration)
- Find a space
- Develop an action plan (aim, goals, methods, guidelines, success indicators) to increase the motor engagement time of the children at the daycare
- Display the action plan
- Inform the parents
- Do the activities (e.g., games for large groups, team games, individual play)
- The PHE teacher can provide personalized support to the daycare staff, if necessary
- Take pictures during the activities and display the photos to show your favourite moments

## **BENEFITS**

- Develops teamwork
- Promotes the recognition of the professional role of educators
- Encourages and motivates educators to animate physical activities



*Hurray  
for teamwork!*

#### **TAKE IT FURTHER**

**Commission scolaire du Val-des-Cerfs: Tandem actif : un projet gagnant!**

<http://csvdc.qc.ca/2016/06/14/tandem-actif-un-projet-gagnant>

**Commission scolaire du Val-des-Cerfs: Le Tandem actif, au service de garde de l'école de Roxton-Pond!**

<http://csvdc.qc.ca/2015/05/11/le-tandem-actif-au-service-de-garde-de-lecole-de-roxton-pond>



# Getting active in the hallways

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*Hallways as playgrounds*



Use the hallway to get children physically active.



Morning | Noon | Evening



Kindergarten | Cycle 1

**EVERY OPPORTUNITY  
FOR EXERCISE INCREASES  
MOTOR ENGAGEMENT TIME.**

## HOW TO PREPARE

Before using the hallways to do activities:

- Check with the school administration that activities can be done in the hallway
- Inform other members of the school team
- Choose the best areas (larger spaces)
- Determine the circuit with the PHE teacher
- Purchase equipment reserved for activities in the hallways (e.g., floor tape, juggling balls, jump ropes)
- Make sure the floors are clean
- Outline patterns on the floor with different colours of tape (e.g., straight lines, zigzags, spaced-out foot prints for children to stride like a giraffe, small foot prints for children to scurry like a mouse, hopscotch lines)
- Determine the rules and expected behaviour and teach them to the children
- Present the activities to the educators and children
- Demonstrate various activities (e.g., walking backwards, side stepping, skipping)
- Ensure that educators include these activities in their transitions

Use the same lines for active games:

- Plan stimulating activities by using the patterns on the floor
- Make sure that using the hallway doesn't impede on other groups' activities
- Determine the rules and expected behaviours and teach them to the children
- Explain to the children how the activities are done

## BENEFITS

- Maximizes the motor engagement time of children
- Maximizes the space that children can move around in

## TAKE IT FURTHER

**École Lajoie: Académie des pirates YouTube channel**

[www.youtube.com/channel/UCbYtx8H9uAt\\_WJQBrbIDYbw/videos](http://www.youtube.com/channel/UCbYtx8H9uAt_WJQBrbIDYbw/videos)

**École Henri-Forest: Corri-bouge**

[www.youtube.com/watch?v=M0m2pUvaT8M](http://www.youtube.com/watch?v=M0m2pUvaT8M)

**École Émilie-Gamelin: Active hallway**

[https://youtu.be/7QSHB\\_ZB0Lc](https://youtu.be/7QSHB_ZB0Lc)

**École Jean-Leman: Active hallway**

[https://youtu.be/qGiyDo5R\\_Kk](https://youtu.be/qGiyDo5R_Kk)

**100°: Une trousse de matériel ludique et pédagogique pour aménager des corridors actifs**

[www.centdegres.ca/magazine/activite-physique/une-trousse-materiel-ludique-pedagogique-pour-amenager-des-corridors-actifs](http://www.centdegres.ca/magazine/activite-physique/une-trousse-materiel-ludique-pedagogique-pour-amenager-des-corridors-actifs)



*Physical activity  
in the hallways?  
Why not?*



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**MONTRÉAL  
PHYSIQUEMENT  
ACTIVE**

MONTRÉAL, MÉTROPOLE EN SANTÉ