

ENCOURAGING YOUTH TO BE PHYSICALLY ACTIVE

COURSE OF ACTION FOR SCHOOLS

Develop a school culture that values physical activity

- Incorporate physical activity into the educational plan
- Value the involvement of all school staff
- Participate in continuing education opportunities
- Maximize and diversify time for physical activity during the day
- Rearrange the schedule
- Request support from the school board

Motor skills

Knowledge

Recognize the leadership of the PEH teacher in the school

Use the school curriculum to encourage physical activity (e.g. PEH)

SCHOOL ENVIRONMENT

Promote the use of digital technology

Promote active transportation

Help implement a safe active corridor

Interest

Survey students to adapt and diversify the physical activities offered to meet their needs

Time management

Create partnerships with organizations

FAMILY ENVIRONMENT

Peer support

MUNICIPAL AND COMMUNITY ENVIRONMENTS

Participation

Provide students with meaningful and enjoyable experiences

Organize sports outings outside of school

Promote the accessibility and availability of sports facilities at and around the school

Motivation

Development of student autonomy and well-being