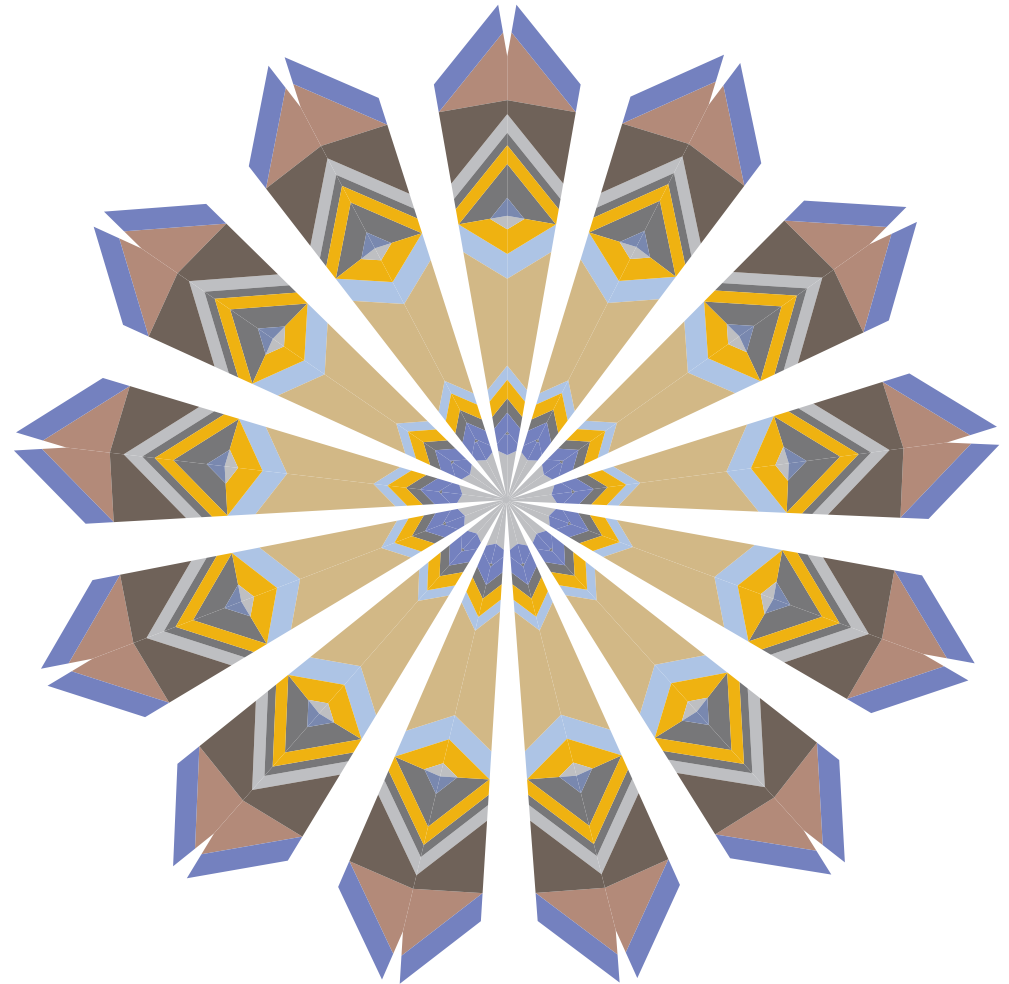


# Let's Get Moving!

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FIRST NATIONS INSPIRED  
DAILY PHYSICAL ACTIVITIES

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## Welcome

This package is filled with First Nations inspired Daily Physical Activities.

Whether you're just getting started with Daily Physical Activity (DPA) in school or with other children and youth physical activity programming, or you're a seasoned leader looking for fresh ideas, this package has everything you need to make incorporating physical activity into each day easier and fun.

With Let's Get Moving! First Nations Inspired Daily Physical Activities, you won't just be getting kids moving, you'll be helping to improve a child's self-esteem, increase their readiness to learn and create a healthier school or community environment.

With the efforts of champions like you, our kids will have fun learning how to be healthy – and our communities will be healthier too.

## About this Resource

Let's Get Moving! First Nations Inspired Daily Physical Activities contains 10 Primary DPA Activity Cards, 10 Junior DPA Activity Cards, 10 Intermediate DPA Activity Cards, Ophea's 50 Fitness Activities and additional supplements (appendices).

## Safety in Daily Physical Activity

The responsibility for ensuring a safe learning/activity environment rests with the adults. Before beginning daily physical activities, be aware of all policies, procedures and guidelines related to safety that your education or program setting may have in place. Please reference Ophea's Safety Guidelines ([safety.ophea.net](http://safety.ophea.net)) for information related to specific activities.

## Helpful DPA Activity Card Definitions

### *Moderate Physical Activity*

Moderate physical activity is when there is some increase in breathing and/or heart rate, but not enough to prevent an individual from carrying on a conversation comfortably during the activity. Examples of moderate physical activity are brisk walking and recreational dancing.

### *Vigorous Physical Activity*

Vigorous physical activity is aerobic activity, which increases the breathing and heart rate enough for cardio-respiratory conditioning. This type of activity may, depending on the fitness level, cause puffing, so that talking is possible but the ability to carry on a conversation is limited. The amount of time required for a vigorous activity is dependent on age and stage of development. Examples of vigorous physical activity are jogging and aerobic dancing.

### *Warm-up*

It is important that students do a warm up before starting daily physical activities. A proper warm up sets the tone for the class and reduces the risk of injury during an activity. To warm up, students should participate in some low-intensity aerobic activity, such as brisk walking. Using the large muscles and gradually increasing speed and intensity. This type of activity gradually increases the heart rate and blood flow to the muscles.

### *Cool-down*

After physical activity, a cool down period involving a more gentle activity helps the heart and body return to their normal state. Slow-moving activities and stretching also help normalize the blood flow to the muscles and improve flexibility. Each stretch should be held without bouncing for 15-30 seconds.

## Acknowledgements

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## FIRST NATIONS INSPIRED DAILY PHYSICAL ACTIVITIES



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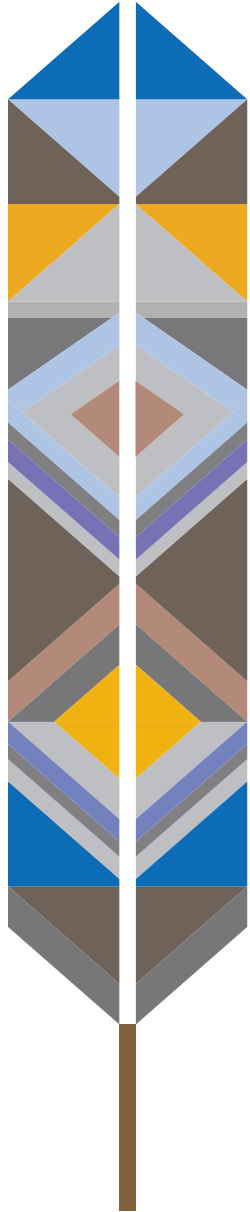
www.ophea.net

For more information on DPA or Ophea, please visit [www.ophea.net](http://www.ophea.net)





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