

Healthy Habits Instructions

The K-12 Manitoba Physical Education curriculum states that all forms (light, moderate, vigorous) physical activity will improve one's health and well-being. However exercising at the moderate and vigorous levels contributes to greater health and fitness improvements.

The Canadian 24-Hour Movement Guidelines for Children and Youth (ages 5-17) outlines the following for a healthy 24-hour day:

- An accumulation of at least 60 minutes of moderate and vigorous physical activity.
- Vigorous activities should be incorporated at least three times per week.
- Several hours of a variety of structured and unstructured light physical activities should be included daily.

Light Physical Activity (LPA) is activity with a low-level of exertion where breathing is hardly noticeable and individuals can freely talk while moving.

Moderate Physical Activity (MPA) is intense enough to cause breathing and heart rate to increase. During MPA a person can hear themselves breath and talk but won't be able to sing.

Vigorous Physical Activity (VPA) causes breathing and heart rate to increase where it would be difficult to talk. During VPA a person's heart rate increases substantially and they cannot say more than a few words without pausing for a breath.

The **Healthy Habits Checklist** is a recommendation for physical activity to keep your son/daughter active during the COVID-19 school closure. To fill in the checklist simply place a checkmark or an X in a completed box for each day of the week and a brief note of what the activity was. Feel free to print more copies for the upcoming weeks and keep so your child/ you can keep record.

All students grades K-10 should use these guidelines and checklist to maintain their levels of physical activity while school is closed. Grades 11 and 12 students will continue to use their log sheets (can record on your own if you are out of sheets) to track their physical activity hours. Grade 11/12 students will need to log a minimum of 62 hours for course credit. Some grade 12 students are required to log more if they graduated after first semester.

If you have any questions please let me know,

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K-10 Healthy Habits Checklist

Example

	Monday
60 minutes of moderate to vigorous physical activity*	X Soccer, tag games, Just Dance.
Several hours light physical activities/play*	X Shoveling, building fort, mini sticks

Below is a link to a “Physical Activity Inventory”. It is designed for older students but it may give you some ideas on how to be active. It also provides a Risk Factor Rating for the activities.

https://www.edu.gov.mb.ca/k12/cur/physhlth/frame_found_gr12/rm/3_pa.pdf