



HEALTH ACTION TEAM PLANNING TOOL

Sample

Use one page for each priority issue your school is working on

School Year: 2010-11

School: Our Lady of Victory

Priority Issue: Physical Activity

Goal: To improve the fitness level of students

Performance target: To increase the number and range of opportunities for students to engage in physical activity in addition to the physical education curriculum.

Focus (target group): School student population (whole school) and parents

COMPONENT	EXISTING ACTIVITIES/ STRENGTHS	STRATEGIES (PLAN FOR NEW ACTIVITIES/ ACTION)	INDICATORS OF SUCCESS	TIMELINE	WHO IS RESPONSIBLE?
Curriculum/ Instruction/ Health Education	<ul style="list-style-type: none"> K-8 HPE Curriculum 	<ul style="list-style-type: none"> Inservices for teachers so they can use various resources (Moving on the Spot/ Active Energizers) to offer physical activity breaks during class time 	<ul style="list-style-type: none"> Students are participating in in-class physical activity breaks; Improved student focus in class 	<ul style="list-style-type: none"> Jan 	<ul style="list-style-type: none"> TPH Physical Activity staff and TCDSB staff to provide inservices at the January Professional Learning Centre day
Services (Health, Social, & Other Services from School Board or Community)	<ul style="list-style-type: none"> TPH (esp. physical activity staff) 	<ul style="list-style-type: none"> Link with local Parks and Rec representative to determine if there are programs available nearby or programs they could offer in the school 	<ul style="list-style-type: none"> Students are participating in more after-school physical activity programs 	<ul style="list-style-type: none"> Nov 	<ul style="list-style-type: none"> Parent to make an appointment for the P&R person to come to a Health Action Team meeting
Supportive Social Environment	<ul style="list-style-type: none"> Participated in "Go Outside the Box" week last year 	<ul style="list-style-type: none"> Register for "Go Outside the Box" week again this year Offer a kilometre club open to all students on a 3 times per week basis Inservice students and teaches on playground games conducted by TPH/TCDSB staff 	<ul style="list-style-type: none"> Target group participates in campaign and submits completed activity chart; students indicate increased awareness of the need to be more physically active 25% of students sign up and participate in km club Older students are trained as peer leaders and regularly use TPH resource kit "Outdoors: The Ultimate Playground" 	<ul style="list-style-type: none"> Apr Nov Jan 	<ul style="list-style-type: none"> Teacher to register school Principal to seek a teacher and/or parent and some intermediate students to lead the club HAT student reps to advertise for interested junior/ intermediate students willing to be trained by TPH/TCDSB staff as Outdoor Games Peer Leaders at the PLC day in Jan
Healthy Physical Environment	<ul style="list-style-type: none"> Playground area is clear, with some grass and some asphalt 	<ul style="list-style-type: none"> Buy recess activity bags for all classes Request line painting on asphalt 	<ul style="list-style-type: none"> Students are regularly using materials in recess activity bag and teachers are responsible for managing materials Students regularly use painted line area for recess activities 	<ul style="list-style-type: none"> Jan April 	<ul style="list-style-type: none"> Principal to order activity bags Principal to order line painting

Send completed form to your HPE/PLN teacher.