

# Outdoor School Movement Tips



Share the below tips with school staff members, with the purpose of educating them on the importance of physical activity during the school day, and how best to incorporate these ideas to create an active school.



1 Connect with the provincial Active Schools initiative to provide more opportunities for outdoor play throughout the school day (as students are more active outdoors).



2 Pick one day of the month where schools will have a mass participation activity outdoors (e.g., Movement Monday) for students to participate in dance or yoga stretches. Better yet get the principal to lead the school in the activity!



3 Offer a variety of traditional and non-traditional activities – something for everyone!



4 Ensure you incorporate inclusive activities for everybody and offer a welcoming environment for all students. Check out the Ability Toolkit for ideas of adapted activities.



5 Barrier a section of your parking lot during the school time period for active gaming. Paint active games like snakes and ladders, twister or square ball to get students moving.



“While it takes a little time and effort to create the space, it pales in comparison to the hours of enjoyment our students get from being active. They run the obstacle course, play Snakes and Ladders, and also compete in the long jump activities. When we see students stop to use the space at the end of the day before they go home, we know we’ve got a great thing!”

**Leigh-Ann Ryder, Principal**  
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6 Encourage students to get to/from school via active transportation (e.g. walking, wheeling, riding or skateboarding) whenever possible. Provide students with this safe cycling checklist to make sure they have the proper materials.



7 Lead by example and encourage staff members to park further away from the door in the mornings. Paint **“Active Teacher”** in parking spaces or place an active teacher parking sign in the back of the parking lot. Making an effort to park in places farther from the door not only frees up space but gives teachers extra active time that over the school year adds up to improving your health.



8 Have sport and recreation equipment accessible outdoors throughout recess and lunch so students and teachers can spontaneously play unstructured activities.



9 Add bicycle racks outside of the school so students and teachers know that they can ride their bike to school and have a place to put them. Also keep some bike locks on hand just in case students forget theirs.