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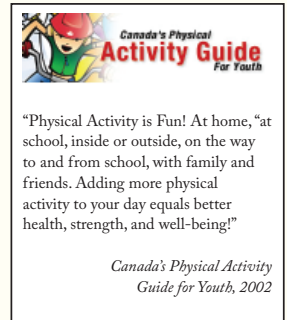
Get Ready!

Thank you for choosing the Active Body Adventure (ABA) for your students.

ABA Design

Fun, interactive, and motivating, the Active Living Challenge – Active Body Adventure focuses on the importance for grades 4 to 6 students to lead active, healthy lifestyles. This program may be used to support student learning in your delivery of Alberta’s Physical Education Curriculum. In its four components, the Active Body Adventure (ABA) demonstrates to students the concepts of cardiovascular endurance, flexibility, and muscular endurance (strength), as well as exploring the benefits of maintaining these areas of personal fitness.

Research studies tell us that half of Canadian children and youth are not active enough for optimal growth and development. Canadian girls are less active than boys with only 38 percent of girls and 48 percent of boys considered active enough. From 1981 to 1996 the number of boys and girls who were overweight doubled and the number who were obese tripled (Canada’s Physical Activity Guide Web site). Due to these staggering statistics, we must work together now to encourage our children to be more active – if for no other reason than **for the health of it!**



Many resources exist in your community to assist you in communicating appropriate physical activity messages to your students. One such resource is *Canada's Physical Activity Guide for Youth* (10 – 14 years of age). This resource has companion pieces geared toward teachers and families, as well as materials for students to read and record their own progress. An interactive Web site provides access to the information.

(Note: *Canada's Physical Activity Guide for Children* comprises students age 6 – 9 years of age.)

As you will see, concepts from *Canada's Physical Activity Guide for Youth* link directly to the messages you deliver through the ABA.



Benefits Health

Functional Fitness	B(4-6)-2, 3
Body Image	
Well-Being	B(4-6)-7



Cooperation

Communication	
Fair Play	
Leadership	
Teamwork	C(4-6)-6



Do it Daily...For Life

Effort	D(4-6)-1
Safety	D(4-6)-3
Goal Setting	D(4-6)-6
In the Community	

ABA Delivery

We hope this handbook provides you with the building blocks you need to support your students in their pursuit of a healthy, active lifestyle. The ABA package includes the student worksheets (feel free to photocopy this page as needed for your class), the status guides (removable posters), music CD, DVD video clips, and brief descriptions of each challenge for your use in the gym.

We designed the ABA to be offered to students in at least two different learning opportunities, but suggest you use the ABA in September, December, January, and April. Allow a three-month gap between sessions and encourage the students to improve their endurance, flexibility, and strength to maximize the program. By practicing the ABA components and similar activities, students appreciate how they can participate in fun activities to enhance their physical fitness.

Based on the *Kindergarten – Grade 12 Physical Education Program of Studies*, Alberta Learning (2000), by the end of the ABA students should be able to

- 🔪 demonstrate, describe, and select ways to achieve a personal functional level of fitness through participation in physical activity (B(4-6)2).
- 🔪 identify and explain the components of fitness and relate these to their personal fitness level (B(4-6)3).
- 🔪 describe and chart individual fitness changes as a result of engaging in physical activity (B(4-6)7).
- 🔪 identify and demonstrate positive behaviours that show respect for self and others (C(4-6)6).
- 🔪 have fun participating in a variety of physical activities.

*****PLEASE read this resource in its entirety before you begin the ABA with your students. Pay particular attention to the Huddle and Wrap Up sections.*****





Have fun!




Get Set!

Student Learning in Physical Education


The *Active Living Challenge – Active Body Adventure* supports student learning of the Alberta Education Kindergarten to Grade 12 Program of Studies.

General Outcomes													
	Activities		Benefits Health			Cooperation				Do It Daily...For Life			
Specific Outcomes	Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-Being	Communication	Fair Play	Leadership	Team Work	Effort	Safety	Goal Setting/Personal Challenge	Active Living In The Community
					B(4-6)-2 B(4-6)-3 B(4-6)-7				C(4-6)6	D(4-6)1	D(4-6)3	D(4-6)6	

Our program also strongly supports the efforts and intentions of Alberta's Daily Physical Activity (DPA) Initiative and provides a good complementary resource for teachers as they implement DPA in their schools. Encourage your students to participate in activities they enjoy at different times throughout the day.

K-12 physical education program of studies 


The aim of the Kindergarten to Grade 12 Physical Education program is to enable individuals to develop the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle.

general outcome A 

Students will acquire skills through a variety of developmentally appropriate movement activities: dance, games, types of gymnastics, individual activities and activities in an alternative environment; e.g., aquatics and outdoor pursuits.


- ✓ Basic Skills; Locomotor; Nonlocomotor; Manipulative.
- ✓ Application of Basic Skills in an Alternative Environment, Dance, Games, Types of Gymnastics, and Individual Activities.

General outcomes B, C and D are interrelated and interdependent and are achieved through involvement in movement activities identified in General Outcome A.

general outcome B 


Students will understand, experience and appreciate the health benefits that result from physical activity.

- ✓ Functional Fitness
- ✓ Body Image
- ✓ Well-being

general outcome C 

Students will interact positively with others.

- ✓ Communication
- ✓ Fair Play
- ✓ Leadership
- ✓ Teamwork

general outcome D 

Students will assume responsibility to lead an active way of life.

- ✓ Effort
- ✓ Safety
- ✓ Goal Setting/Personal Challenge
- ✓ Active Living in the Community

Resources available to support implementation:

- Physical Education Online
 - English: www.education.gov.ab.ca/physicaleducationonline
 - French: www.education.gov.ab.ca/educationphysiqueenligne
- Resources @ www.education.gov.ab.ca/k_12/curriculum/Subject/physed
 - Physical Education Kindergarten to Grade 12 Guide to Implementation English: LRC Product #425597, French: LRC Product #461335, www.lrc.education.gov.ab.ca
 - Administrator's Overview, K-12 Physical Education
 - Physical Education Resource Guide
 - Daily Physical Activity (DPA) School Handbook
 - Video-Daily Physical Activity Initiative – Creating a Desire to Participate