

Resource Name	Author/Organization	Description	Target Audience
<a href="#">Healthy Opportunities for Preschoolers Family Resource</a>	2010 Legacies Now: LEAP BC	Activity guide containing fun activities and opportunities for parents and caregivers to spend time playfully and productively with children.	Preschoolers
<a href="#">Move with Me from Birth to Three Family Resource</a>	2010 Legacies Now: LEAP BC	Activity guide designed to provide new opportunities for infants and toddlers to move their bodies in various ways while learning new movement skills.	Ages 0 to 3
<a href="#">60 Minute Kids Club Resources</a>	60 Minute Kids Club	A fun and engaging program designed to get children from excited about making the right healthy choices.	Children
<a href="#">Fundamental Movement Skills videos</a>	60 Minute Kids' Club	Video library with an assortment of short clips to help assist teachers and parents teach skills like throwing, dodging, hopping, and skipping.	
<a href="#">Action Schools! BC</a>	Action Schools! BC	A physical activity, physical education and healthy eating resource guide designed to link teachers, youth coaches, and community instructors with a multitude of resources available across Canada that support active and healthy school communities.	K to Grade 7
<a href="#">Active for Life</a>	Active for Life	Resources for educators and leaders	
<a href="#">Coaches checklist</a>	Active for Life	Evaluation resource.	
<a href="#">Individual sports checklist</a>	Active for Life	Evaluation resource.	
<a href="#">Schools checklist</a>	Active for Life	Evaluation resource.	
<a href="#">Learning and Teaching Resources</a>	Alberta Education	Physical Education resources	
<a href="#">Lesson plan template for PE Teachers</a>	Alberta Education	Alberta specific with curriculum links	
<a href="#">Active Living Resource List</a>	Alberta Health Services	Provincial Teacher Resource List 2015-16 (see Active Living).	
<a href="#">CS4L Alberta Community Recreation &amp; Sport Work Group video</a>	Alberta Recreation and Parks Association	Created by Lea Yardley of the CS4L Alberta Community Recreation & Sport Work Group. With music by music Lindsey Stirling, the video is a montage of inspirational statements utilizing a variety of fonts.	
<a href="#">Everyone Gets to Play™</a>	Alberta Recreation and Parks Association	Enhances the quality of life of Alberta's children and youth in low-income families through increased access to, and participation in, recreation opportunities.	
<a href="#">Parent Guide</a>	Alberta Recreation and Parks Association	Created by the CS4L Alberta Community Sport and Recreation Work Group.	
<a href="#">Activity Feedback Form</a>	Boys and Girls Clubs Big Brothers Big Sisters of Edmonton and Area	Evaluation resource.	
<a href="#">Activeafterschool.ca</a>	Canadian Active After School Partnership	A comprehensive, collaborative and multi-dimensional initiative that will establish a program delivery framework targeting all levels of government, decision makers, non-profit and for profit organizations and front line staff as well as others with a commitment in quality after school programs.	Ages 6 to 13+

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<a href="#">Moving and Growing Series</a>	Canadian Child Care Federation and Canadian Institute of Child Health	Activity cards.	Preschoolers
<a href="#">Physical Literacy Starter Kit</a>	Canadian Sport for Life Kingston	Identifies movement experiences for children birth to age 6. Games help young children with jumping, throwing, catching, kicking, hitting and balancing.	Ages 0 to 6
	CBC Radio		
	CBC Radio	Part two of a conversation with Dr. Dean Kriellaars, an exercise physiologist from the University of Manitoba, about getting young people to add movement to their lives.	
<a href="#">Child &amp; Nature Alliance</a>	Child and Nature Alliance of Canada	A network of organizations and individuals who are working to connect children to nature through education, advocacy, programming, policy, research, and the built environment.	
<a href="#">Greater Sudbury: Physical activity resource guide for childcare centres</a>	City of Greater Sudbury	Warm-ups, moderate to vigorous physical activity for limited spaces and outdoors, cool-downs, stretches and other fun ideas.	
<a href="#">Sport for Life Tips for Parents</a>	Canadian Sport for Life	Tips for parents based on training stage.	
<a href="#">Activity Planner</a>	City of Red Deer	Program design resource.	
<a href="#">Physical Literacy Instructors Manual</a>	City of Richmond	A manual which provides instructors with the tools and knowledge required to teach physical literacy programs to children.	
<a href="#">Rainbow Fun</a>	City of Toronto	A physical activity and healthy eating program which includes information and interactive activities for child care providers, educators and parents.	Ages 3 to 6
<a href="#">CS4L Matrix</a>	City of Westlock	for program development	
<a href="#">FMS Parent Guide</a>	Cochrane Sport for Life		
<a href="#">PL3Y Programs</a>	Dance PL3Y	DancePL3Y, PowerPL3Y, PI3YGround.	
<a href="#">Physical Literacy Activity Resource Guide</a>	Dr. Vicki Harber	A Kaizen guide that provides references to help you make revisions and adaptations to your current physical activity programs.	
<a href="#">Physical Education, Health, and Daily Physical Activity resources</a>	Edmonton Public Schools	Physical education, health and daily physical activity resources sharepoint.	
<a href="#">Questions of Municipalities</a>	Edmonton Sport Council	Evaluation resource.	
<a href="#">Activities Card School Packs</a>	Gopher	Complete set of AHS™ Program Activities Cards.	
<a href="#">Classroom Activity Card sets</a>	Gopher	Easy-to-implement classroom activities increase brain activity, focus, and learning by getting kids moving during the school day!	
<a href="#">Playground Activities Cards sets</a>	Gopher	Two activity card sets show kids how to set up, organize, and play more than 20 playground activities.	

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<a href="#">Healthy Schools BC</a>	Healthy Schools BC	A variety of programs and resources.	
<a href="#">Heart and Stroke Foundation of Canada</a>	Heart and Stroke Foundation of Canada	A variety of information on healthy eating and healthy activity. Handbooks contain grade specific activity sheets that teach children the skills of running, jumping, catching and throwing. Activities demonstrate the skill and provide a variety of activities that support and encourage the development of the skill.	
<a href="http://www.humankinetics.com">www.humankinetics.com</a>	Humankinetics	A variety of products in the physical activity and health fields.	
<a href="#">"Sports Skills Are Life Skills" videos</a>	KidSport		
<a href="#">Physical Activity Resources</a>	Kingston, Frontenac and Lennox & Addington Public Health Ontario	Resources for babies, children and youth, and active transportation.	
<a href="#">Lesson Plan Checklist</a>	Lea Norris	Program design resource.	
<a href="#">Health and Active Living</a>	Government of Manitoba	Resources include a <a href="#">Recess Tool Kit (K - 6)</a> and a <a href="#">Physical Literacy Tool Kit (3 - 12)</a> .	
<b>Active Living Kits: <a href="#">Grades K - 3</a>, <a href="#">Grades 4 - 6</a>, <a href="#">Grades 7 - 9</a>, and <a href="#">Grades 10 - 12</a>.</b>	Medicine Hat Moving and Choosing Collaborative	Kits and displays designed for effortless implementation into classroom curriculum.	
<a href="#">A Hop, Skip and a Jump: Enhancing Physical Literacy (1st Edition)</a>	Mount Royal University	A comprehensive, activity based manual offering transition and extension ideas in the area of fundamental movement skill activities for children 0-6yrs.	
<a href="#">A Hop, Skip and a Jump: Enhancing Physical Literacy (2nd Edition)</a> ,	Mount Royal University	A comprehensive, activity based manual offering transition and extension ideas in the area of fundamental movement skill activities for children 0-6yrs.	
<a href="#">Q4: Family Activation Pack</a>	New South Wales (Australia) Government: Central Coast Local Health District	Active Skills Games to Play with Your Family.	
<a href="#">Daily Physical Activity in Schools</a>	Ontario Education	This resource guide is intended to assist teachers of students in Grades 4 to 6 in implementing the policy on daily physical activity.	
<a href="#">Best Start: Have a ball together</a>	Ontario's Maternal Newborn and Early Child Development Resource Centre	Provincial campaign on physical activity focusing on parents and caregivers of children 2-5 years old.	K to Grade 12
<a href="#">ParticipACTION Teen Challenge</a>	ParticipACTION	Great materials to help those who want to inspire, educate and challenge teens to become more physical active.	
<a href="#">Growing Young Movers</a>	Partners for Physical Literacy	<a href="#">(Saskatchewan) infographics</a>	
<a href="#">PE Universe</a>	PE Universe	A physical educators sharing point.	
<a href="#">P2YP</a>	Policy to Practice in Youth Programs (US)	A variety of OST program curricula and interventions, aimed at improving the health of children. Also site leader and staff training materials.	Grades 4 to 6

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<a href="#">Be Fit For Life K-6 School Programs</a>	Provincial Fitness Unit of Alberta	Provides activities that teach physical literacy.	Ages 2 to 5
<a href="#">Children in Sport</a>	Sask Sport	A program designed to ensure that children receive the most positive experience possible from sport. The focus of this program is on learning the fundamental skills before entering into more competitive sports and on providing an opportunity for children to have positive life-long experiences in sport.	
<a href="#">www.push2Play.ca</a>	Saskatchewan Blue Cross	Over 100 play ideas.	
<a href="#">SPARK</a>	SPARK	Evidence-based physical activity and nutrition programs that provide curriculum, staff development, follow-up support, and equipment to teachers.	
<a href="#">Camps for ages 5 - 8</a>	Sport Manitoba	Dean Kriellaars explains the benefits of physical literacy and what you need in a camp for a child 5-8 years old.	Ages 3 to 12
<a href="#">Active Movement Activity Guides</a>	Sport New Zealand (formerly SPARC)	Active movement activity guides.	Pre-school and Division 1
<a href="#">Physical Literacy video</a>	Sport Wales	2013 Sport Wales video explaining Physical Literacy.	
<a href="#">Fundamental Movement Skills Assessment Package</a>	The Steadward Centre Free2BMe	Evaluation resource.	
<a href="#">Thompson Educational Publishing</a>	Thompson Educational Publishing	Curriculum-approved resources for schools with a focus in health & physical education, business education, family studies, social sciences, and the humanities.	Pre-K to Grade 12
<a href="#">Lesson plan template for PE Teachers</a>	Tracy Lockwood	Program design resource with Albert specific with curriculum links.	Ages 5 to 8
<a href="#">Whole Child Sports</a>	Whole Child Sports	Founded to raise awareness about the many problems in youth sports today and to provide advice and offer solutions to help improve our children's sports experiences.	Children to age 5
<a href="#">Flourish</a>	Windsor-Essex County Health Unit	A physical literacy resource for Early Childhood Educators in Windsor-Essex County	
<a href="#">Physical Literacy Scan template</a>	YMCA of Northern Alberta	Evaluation resource.	
<a href="#">Physical Literacy Report Card</a>	YMCA of Northern Alberta	Evaluation resource.	Students