



Nova Scotia Active Smarter Kids Pilot Project (Phase 2)

Project Lead: Britt Vegsund, Municipality of the District of Lunenburg,
| britt.vegsund@modl.ca 902-541.1336

Project Collaborator: Anna Haanstra, Regional Physical Activity Consultant
| anna.haanstra@novascotia.ca 902.634.7504

Project Collaborator: Sarah Murphy, School Health Promoter
| sarah.murphy@nshealth.ca 902.521.7363

What is Active Smarter Kids (ASK)?

ASK is a model for curriculum delivery developed in Norway that involves the incorporation of simple physical activities into the delivery of academic lessons. Physically Active Lessons (PALs) activities are delivered by educators in 20-30 minutes and are well suited for math, language and geography classes. Other subjects can use PALs with simple adaptation. PAL activities are usually delivered outdoors but are adaptable to any setting.

The ASK model is low-cost and simple and has been shown to contribute to students' attachment to curriculum as well as in classroom cooperation and students' sense of belonging and enjoyment at school and in class.

PAL activities are designed to engage all students and encourage collaborative and cooperative learning. Most activities occur in small groups and offer a balance between the challenge of the lesson content and of the physical activity. Activities are adapted to meet different needs of students and class dynamics.

A public database of PALs is available (www.activesmarterkids.com) and educators can add their own activities for others to use.

Why Physically Active Lessons (PALS)?

Imagine a teaching and learning method that allows kids to be kids! PALS encourage students to collaborate and be physically active while engaging in a meaningful way with their academic lessons!

Schools that incorporate PALS into their teaching have reported increases in student academic achievement, collaboration and communication amongst their students, and the overall mood and sense of belonging at their school. Over "brain breaks", PALS have a greater positive impact on academic achievement.

Where is this happening?

Pilot sites: Newcombville Elementary School
Bluenose Academy, West Northfield
Elementary School, Chester and Area
Middle School, North Queens Community
School, Petite Riviere Elementary School

What is the pilot timeline?

2019-2020 school year to train, implement and evaluate the pilot.

During the pilot phase there will be on-site support for implementation.

What happens after the pilot?

Upon review of process and outcome evaluations we will adapt and plan for next steps. If successful we will make recommendations for provincial expansion. Results and learnings will be shared.

Sources:

Education on the Move – Ideas and Inspiration for School-Based Physical Activity from Norway | Britt Vegsund
<http://southshoreconnect.ca/wp-content/uploads/2018/05/Education-on-the-Move.pdf>

Donnelly JE, et al. (2016) Physical Activity, Fitness, Cognitive Function, and Academic Achievement in Children: A Systematic Review. Med Sci Sports Exerc. 48(6):1197-222. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4874515/>