



# Children and Youth

## Implementation Guide Highlights

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- ❑ The Implementation Manual will take you through the successful implementation process used in Saskatoon, Saskatchewan, Canada.

## Resource Guide Highlights

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- ❑ The characteristics of *in motion*, including the strategy's vision and a history of the pilot project that the development of the Resource Guide is based on.
- ❑ Facts and findings that form a conclusive argument for the need and benefits of physical activity for children and youth.
- ❑ A description of the process that any school can use to start the *in motion* initiative and a clear summary of the roles and responsibilities of those individuals who will "Champion" the initiative.
- ❑ Outlines of key initiatives, which have proven successful in *in motion* schools, that can be used to increase physical activity levels of any school's students. These specific program ideas, walking ideas, and activities and games are a comprehensive resource for anyone planning *in motion* initiatives. The involved task of developing quality activities has already been done. Other specific content includes activities designed for small spaces, activity buckets, and monthly challenges.
- ❑ A Healthy Eating section that states the benefits of including Healthy Eating as a key component of the *in motion* initiative, and includes Healthy Eating tips, resources, and specific activities that can be implemented.
- ❑ A description of common challenges to implementing the *in motion* initiative, which have been experienced by *in motion* schools, and the successful solutions that have been used to overcome these challenges.
- ❑ Resources to support the success of an *in motion* initiative, including motivational strategies, internet resources for both leaders and students, and actual program tools.

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## Implementation Guide Table of Contents

### Section 1: Introduction

- About this Resource
- What is *in motion*?
- Why *in motion* Schools?

### Section 2: The Process

- Building Support
- Developing an Action Plan
- Recruitment
- Retention
- Support Resources
- Challenges and Solutions

### Section 3: Evaluation Process

## Resource Guide Table of Contents

### Section 1: Introduction

- What is *in motion*?
- What is an *in motion* school?
- How *in motion* started in the schools

### Section 2: Benefits of Physical Activity

- Benefits of physical activity for children and youth
- Benefits of being an *in motion* school
- Fit Facts

### Section 3: Process for Getting Started

- How to get started

### Section 4: Roles and Responsibilities

- *In motion* Champion Roles and Responsibilities
- *In motion* Leaders

### Section 5: Initiatives and Ideas

- Key Initiatives
- Program Ideas
- Walking Ideas

### Section 6: Activity and Games

### Section 7: Small Space Activities

### Section 8: Activity Buckets

- What to do
- Guidelines and Responsibilities
- Sample letter and forms

### Section 9: Monthly Challenges

### Section 10: Healthy Eating

- Benefits of healthy eating for children and youth
- Healthy Eating Tips
- Healthy Eating Resources

### Section 11: Healthy Eating Activities

### Section 12: Challenges and Solutions

### Section 13: Motivation and Incentives

### Section 14: Resources

- *In motion* resources
- Teacher Resources
- Student Resources

### Appendix:

Sample Presentation Agenda  
Walking Chart  
Evaluation Tool