"How To Use the DPA Toolkit"

Video Transcript

My name is Barbara Fenesi and I'm an assistant professor in the Faculty of Education at Western University. I'm part of a team of researchers who have put together a bank of resources with the aim of helping you feel better supported when it comes to implementing DPA (Daily Physical Activity) in your classroom.

Let me walk you through how to use the toolkit.

The first thing you'll find when you enter the toolkit is a short welcome video that highlights the purpose and the contents of the toolkit. After watching this video you'll scroll down to find three grade level groupings. When you select the grade level that you teach, it will open up a matrix of resources including videos activities and poster sheets for you to select from. There are three content categories you can select from: history and language, general movement, and math and science. If you select from history and language or from math and science, the DPA activities under those categories will be related to those content areas. So, there will be some math learning or language learning tied into the physical activities. If you select from general movement, this category offers DPA not directly linked to an academic domain. They're more flexible, in the sense that students perform general movements not tied to specific content learning. Regardless of which content category you choose, you have the same structure of options to choose from. Let's say you decide to engage in some general movement. Now you get to decide whether you want your students to engage in low or moderate intensity physical activity. Low intensity involves more stretching, yoga type activities that don't necessarily elevate your heart rate but get you moving nonetheless. Moderate intensity tends to pick up your heart rate more and may even begin to break students out in a sweat. After selecting the intensity level, you can select the duration you want for that bout of DPA. Do you want to keep it between one and five minutes or do you want something a bit longer and over five minutes? Let's say you select between one and five minutes. By clicking on that tab, it

will open up a curated list of videos for you to select from. At the bottom of the page you'll also find a description of how these exercises can be adapted for students with diverse levels of accessibility. There's also a PDF you can download and print out for your classroom so that students can refer to them if you want alternative options. You can navigate back to the previous page by clicking on the page's title. The poster tab offers a selection of posters that display DPA activities you can print out and offer to students during DPA. Or you can print these out and display them in your classroom all year round. And lastly, the activity tab offers interactive group-based DP activities to do with your students. You can click on an activity and uncover the activity instructions as well as print it out for your students and for your classroom.

When you scroll to the bottom of any page you'll see links to research and info, and contacts. By clicking on research and info you'll be directed to a wonderful collection of evidence-based resources that offer information about what DPA is what the research says are facilitators of and barriers to DPA, and evidence supporting the benefits of DPA and physical activity in general. There are also research articles provided for further reading a review of exercise adaptations, and a list of additional YouTube channels and websites containing DPA friendly resources.

The contact page has my email address if you'd like to contact me directly with any questions or feedback, as well as a contact form if you'd prefer to go through a more general contact route. There are also links to our lab website, and to my faculty profile page.

At any point you can navigate to the top right hand menu bar to be taken to any part of the website.

We're in the process of refining and optimizing the toolkit with your help and feedback. The ultimate goal is to reduce the guesswork when it comes to DPA and provide you and your students with effective and fun DPA options. We hope you find the toolkit helpful and we look forward to hearing your thoughts.