



Dear School Champion,

This letter is to provide guidance in the use of the Moving and Choosing Daily Physical Activity DVD. The DPA DVD contains six different activities you can implement in a classroom, in a gym or anywhere in the school. Each segment is 10-12min long:

1. Boot Camp
2. Cardio Kick
3. Yoga 1 – seated
4. Yoga 2 – standing
5. Hip Hop 1
6. Hip Hop 2

The DPA DVD is a resource for educator's to deliver physical activity right in the classroom. The DPA DVD also includes a variety of health tips. The DPA DVD quiz tips can be used to support learning of the tips.

Please note: making copies for educational purposes is encouraged. The DPA DVD is not for re-sale.

Please help us track the distribution of this resource by completing a quick survey on-line when you share this resource. Complete the distribution survey at

http://www.movingandchoosing/component/option,com_ckforms/Itemid,57/controller,ckdata/id,f4/layout,data/view,ckformsdata/

The following supporting materials are available to download at

<http://www.movingandchoosing.com/Details/Daily-Physical-Activity-DVD.html>:

- DPA DVD cover sleeve & label
- DPA DVD quiz tips & answer key

Thank you,

Medicine Hat School District 76
Kimberlee Brooks (403) 502-8225
kimberlee.brooks@albertahealthservices.ca

Prairie Rose School Division
Stephanie Hlady (403) 545-5126
stephanie.hlady@albertahealthservices.ca

Grasslands School Division, St. Joseph Collegiate, Holy Family Academy, Assumption, Berry Creek, Youngstown & Newell Christian School
Kerri Murray (403) 793-6654
kerri.a.murray@albertahealthservices.ca

Medicine Hat Catholic Separate Regional Division & CAPE School
Amy Risk Richardson (403) 504-3548
amy.riskrichardson@albertahealthservices.ca