



KRC LET'S MOVE TOOLKIT



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WELCOME

Everything you need to know to help kids move more at school.

The KRC Let's Move toolkit was made possible with support from the
Nova Scotia Department of Education and Early Childhood
Development, MD Financial and Doctors Nova Scotia.

**"Play gives children a chance to
practice what they are learning."**

Fred Rogers



INTRODUCTION

KRC Let's Move has been developed by the Healthy Tomorrow Foundation (HTF), a charitable organization dedicated to creating a happy and healthy tomorrow for all Nova Scotians through movement. Our marquee program is Kids Run Club (KRC), a free, school-based recreational running program offered to children and youth in schools across Nova Scotia. Since its beginning in 2004, KRC has partnered with teachers at over 200 schools annually to help 16,000 kids embrace active, healthy living.

WHY WE DEVELOPED KRC LET'S MOVE

The goal of KRC Let's Move is to provide a fun, simple and effective bilingual resource to support primary to Grade 6 classroom teachers in facilitating movement during class time for their students.

KRC Let's Move was developed at a time when Nova Scotians are living with the impacts of the COVID-19 pandemic. Inside, you will find simple instructions to help students move more during their day, while taking into consideration the restrictions of COVID-19. Because the pandemic has limited many opportunities for physical activity, movement is more important than ever.

It's no secret that daily physical activity, along with healthy nutrition and adequate sleep, are important ingredients for achieving optimal health. Adding movement throughout the day is something everyone can

benefit from, regardless of their age. When it comes to kids, movement is a critical part of a happy, healthy and productive day. There is considerable [research](#) demonstrating that including movement during the school day has a positive impact on classroom behaviour, cognitive function and academic outcomes.

HOW WE DEVELOPED KRC LET'S MOVE

Kids Run Club surveyed more than 60 classroom teachers to gather their input regarding the challenges they experience when including movement breaks for their students and what type of videos would be suitable for the classroom setting. This data, along with existing research and an environmental scan, informed the development of KRC Let's Move. All KRC Let's Move resources take into account factors such as time constraints and limited space, as well as ensuring options are suitable for all elementary students.

KRC Let's Move has several options for increasing activity, ranging from five-minute movement breaks in the classroom (KRC Let's Move videos) to outdoor activities (relay races and scavenger hunts) and more vigorous activities that can be done outside or in the gymnasium (Alphabet Activity Challenge or KRC Running Program). Incorporating a variety of activities can keep things interesting for the students and allow teachers to select the resources that are appropriate for their circumstances.

TOOLKIT CONTENTS

- A series of five-minute movement break videos
- Ideas for outdoor activities
- Alphabet Activity Challenge for outside or gymnasium time
- Kids Run Club modified running program



REGISTER YOUR CLASS

Register your Class Online

As with Kids Run Club, all KRC Let's Move resources are available for download from our [website](#) and no registration or fee is required. However, for those who wish to access additional support and prizes for students or to be eligible to win a teacher's incentive prize, a two-minute [online registration](#) will be required. Once a class is registered, our team is available to provide more details and suggestions on how to use the toolkit. Our team can also schedule a visit to provide a healthy living presentation and/or running clinic for classes who are also participating in our KRC classroom running program.

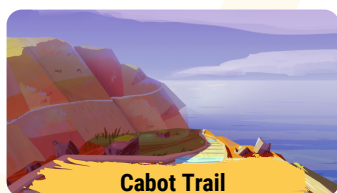


KRC LET'S MOVE VIDEOS

About the Videos

[KRC Let's Move videos](#) are designed to give students an opportunity to move within the confines of the classroom. All the movements can be performed by students from primary to Grade 6 while standing beside their desks and while wearing their masks. Increasing the intensity of the movement breaks for students not wearing masks can be as easy as doing a march or run on the spot during the five-second rest or adding a bounce to the movements demonstrated in the videos.

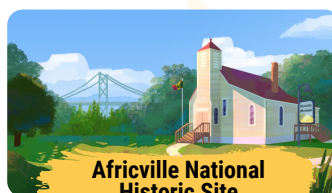
There are 12 five-minute movement break videos available on the KRC website in both English and French. They can be played individually or combined to provide a longer movement break. Each video profiles a well-known Nova Scotia location or cultural landmark, which can be used to provide a teaching opportunity to students. The locations are:



Cabot Trail



The Bluenose in
Lunenburg Harbour



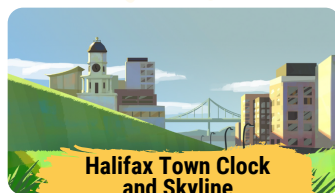
Africville National
Historic Site



Fortress Louisbourg



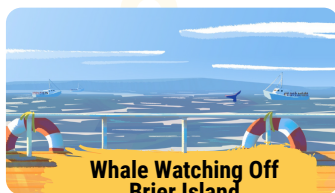
Peggy's Cove



Halifax Town Clock
and Skyline



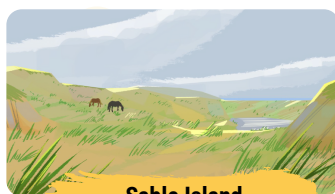
Joggins Fossil Cliffs



Whale Watching Off
Brier Island



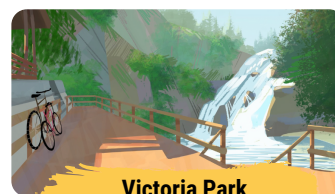
Grand-Pré National
Historic Site



Sable Island



Kejimikujik National
Park and Historic Site



Victoria Park

How it Works

All videos start and end with a series of deep breaths. These breaths help students transition from sitting at their desks to being active and then back to a calmer state at the end of the video, which helps them transition back to classroom learning.

The main part of the video includes students being led through a variety of movements, each of which is performed for 25 seconds then followed by a five second rest. Students will complete four movements and then do a second round of activity in which they will repeat the movements. This repetition helps students become familiar with each move and improve their technique as they go.



Tips for Success:

The KRC Let's Move videos were designed as an easy tool for teachers to provide movement breaks for their students during the school day. As easy as it is to simply go to the KRC website, press play and let the students follow along, there are opportunities for teachers to enhance the experience and maximize the impact of the KRC Let's Move videos. Here's how:

- Explain the purpose of the videos and the potential benefits they can provide: Movement breaks can improve students' ability to learn by helping them concentrate, understand and remember more effectively; help them feel more relaxed yet energized; and improve their overall sense of well-being. Movement can make them feel good.
- Check in with students at the end of a video and ask them to reflect on and possibly share whether they feel differently. If you've joined the students in doing the video, you can share with them how you feel. For example, "Wow, I feel more relaxed after that. Anyone else feeling that way?"
- Encourage student "buy-in" and enthusiasm for the videos by giving them some choice of which video to do.
- Use movement breaks as a motivator to encourage students to complete work.
- Offer students encouragement during the five-second rest time.
- Set up a class challenge to see how many movement breaks students can complete in one week and see if they can do more the next week.



OUTDOOR ACTIVITIES

When time and weather permit, having a movement break outside can provide an opportunity for longer and more varied movement. Students generally love getting outside and the fresh air and change of scenery can add to the fun factor of the break.

An outdoor activity can be as simple as allowing students free-play time, providing skipping ropes, playing balloon/beachball volleyball or organizing a scavenger hunt. Regardless of the activity, it will require more time than a KRC Let's Move video activity. That means these outdoor movement breaks will be less frequent, may involve more planning and can be used as a reward for good behaviour or hard work done by the class.

Including students in selecting and planning the activity can increase their enthusiasm and motivation and thus is recommended. To ease the transition from inside to outside and back again, make sure students know what the activity is and the expectation for when and how to return to class before heading outside. The following are a few options for outdoor activities, including a few winter-themed options:



RELAY RACES

Randomly assign students to teams of four to six. Be creative with the types of movements used, such as forward, backward or sideways running; hopping, skipping, crawling or cartwheeling; running, leapfrog or wheelbarrows in pairs; carrying silly items; and so on. Incorporate actions like sit-ups, push-ups or jumping jacks at the turnaround spot.

SCAVENGER HUNTS

Search items will depend on your outdoor space as well as the season. Pick items that are fairly abundant and divide the class into teams of two or three. Outdoor items might be leaves, sticks, rocks, pinecones, small stones, dandelions, something of a certain colour, and so on. Another option is to give each team a map of your school grounds and ask them to find a list of items, such as swings, big rocks, mounds of dirt, benches or garbage cans, and mark their locations on the map.

TAG

There are many variations of tag that will get students moving including frozen tag, toilet tag, Band-Aid tag and others that can be created by the class. Having more than one student assigned as the tagger will make the game go faster and be less frustrating. Have the students decide which version of the game will be played before heading outdoors.

ROCK, PAPER, SCISSORS

Played like the hand game except students are in teams and act out the action. Break the class into two teams and place them on two lines, about 15 feet apart, facing each other. Each team goes into a huddle to choose rock, paper or scissors. They return to face each other and on a count of three, display their choice with their bodies (rock by squatting, paper by reaching to the sky and scissors with arms scissoring). The "winning" team chases the other team to try to tag players before they reach an out-of-bounds line. Those tagged join the other team. The team with the most members at the end wins.

OBSTACLE COURSE

Include as many actions as possible, such as going over, under or around items, crawling, dangling, hopping, skipping and so on. Students can do this individually, one after another or in a relay format. Include some calisthenics like push-ups, sit-ups or lunges somewhere in the obstacle course to add some variety.

STORMY SEAS

Divide students into two groups, fish and whales, and place each at different ends of the field. Choose one or more “sharks” to stand in the middle of the field. The sharks yell out either fish or whales and the corresponding group must try to run to the other side of the field without being tagged by a shark. If tagged, they become seaweed and must stand on the spot and try to touch others as they cross the field. If the sharks yell “stormy seas” members from both groups run across the field. The last person to be caught starts off the next game as the shark.

SNOW ANGELS

Have students stand in single file in untouched snow, facing in the same direction and then sit in the snow all at once to make their snow angels. If desired, the students can make their angels more colourful by using spray bottles with a small amount of food colouring in them.

SIMON SAYS

One student is Simon and stands approximately 20 metres in front of the other students, calling out commands starting with “Simon says.” Examples of movements can be hop three times, somersault forward, walk like a duck, do five lunges, squat and jump forward twice and so on. If Simon doesn’t say “Simon says,” before the command, students who move must return to the start line. The first player to reach Simon wins and becomes Simon for the next round.

SNOWBALLS

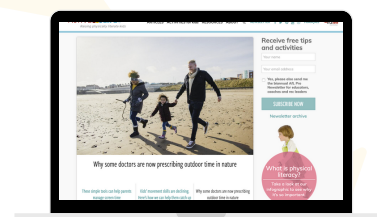
Snowballs on spoons relay races: Divide the class into teams of four to six students and give each team a large spoon and a snowball. Set up a course with pylons. Students take turns running through the course without letting the snowball fall off their spoon. If it does, they need to return to the start line and begin again. Get creative with how the students hold the spoons (for example, holding their arm out straight, lifting the spoon over their heads or having a spoon in each hand).

ANIMAL FRIENDS

Pick various animals to symbolize different movements, for example, walking slowly like a turtle, running fast like a cheetah, hopping like a rabbit or flapping wings like a bird. Call out the different animals and have participants do the appropriate movements. Add animal sounds for more fun! There is no winner in this game.



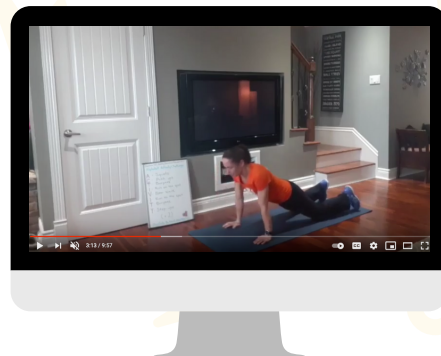
Check out the **KRC Coach's Handbook** and **Active for Life** for more active outdoor play ideas.



ALPHABET ACTIVITY CHALLENGE

The Alphabet Activity Challenge (AAC) was initially created when schools were closed due to COVID-19 and parents were searching for ways to get their kids active while stuck at home. More than 52 English and French videos were produced using the high energy Alphabet Activity Guide. All the videos can be found on the [Kids Run Club YouTube Channel](#).

In schools, the AAC can be used when the gymnasium or outside space is accessible. Since the movements are more vigorous than those in the Let's Move classroom videos, the AAC is best for situations where students have more space and are not required to wear masks.



There are two options for the AAC: using the existing videos or having students create their own challenges by coming up with words or phrases using the AAC guide. As some of the movements on the videos may be difficult for younger students, they may be most appropriate for students in Grades 3 to 6. Creating your own challenge using the AAC list of movements will allow you to select the movements most suitable for younger students.

Begin with a short warm-up such as marching or jogging on the spot, skipping, climbing stairs or dancing to get muscles warm and hearts pumping. Have a timer ready: do each movement for 30 seconds with 15 seconds rest between movements. Add more rest if necessary. Having a student or teacher show the upcoming move before the rest period ends will help keep the flow of the activity. If time permits and the students are energized after doing the workout, repeat it a second time or pick another word/phrase to keep moving! Don't forget to cool down after the workout with some slow marching on the spot and stretching.



ALPHABET ACTIVITY CHALLENGE

Pick a word/phrase. Do each movement for 30 seconds & rest 15 seconds between movements.

- | | |
|---------------------------------|--------------------------|
| A - Squats | N - Crunches |
| B - Bicycle | O - Crab walk |
| C - Push-ups | P - Climb the ladder |
| D - Air punches | Q - Shoulder shrugs |
| E - Jumping Jacks | R - Butt kicks |
| F - Hop in place | S - Squat jumps |
| G - Plank | T - Burpees |
| H - Superperson holds | U - Side plank |
| I - Run on the spot | V - Bear walk |
| J - Mountain climber | W - One leg airplane |
| K - Lunges | X - Arm circles |
| L - V-ups | Y - Reach high-reach low |
| M - Basketball dribbles & shots | Z - Lateral ski hops |



DÉFI ACTION ALPHABET

Choisissez un mot ou une phrase et exécutez les mouvements qui correspondent aux lettres pendant 30 secondes, reposez-vous 15 secondes entre les mouvements.

- | | |
|-------------------------------|-------------------------------------|
| A - Les Squats | N - Redressements assis |
| B - Vélo | O - Pas de crabe |
| C - Pompes | P - Montez une échelle |
| D - Poing en l'air | Q - Haussez les épaules |
| E - Sauts en étoile | R - Planche oblique |
| F - Sauter sur place | S - Talons fesses |
| G - Planche | T - Les Burpees |
| H - Fentes | U - La torsion |
| I - Course sur place | V - Pas d'ours |
| J - Escalade | W - Squats sautés |
| K - Extension lombaires | X - Cercle des bras |
| L - Abdos en V | Y - Atteindre haut - toucher le sol |
| M - Dribbler et tir au panier | Z - Sauts latéraux |



ALPHABET ACTIVITY CHALLENGE

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V - Bear walk

W - One leg airplane

X - Arm circles

Y - Reach high-reach low

Z - Lateral ski hops



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KRC CLASSROOM RUNNING PROGRAM

The traditional KRC program has been implemented as an extracurricular program but there is a modified version that can be done by classroom teachers. This version combines shorter runs done during class time with longer “homework” (i.e., at home) runs. This modified program includes the traditional KRC resources: handbooks, runner’s logs, finisher’s prizes and visits from program representatives who can facilitate running clinics or healthy living presentations.

Tips for Success:

Just as with the traditional KRC, the modified version is built on the foundation of getting kids active in a fun and safe way. The [KRC Coach’s Handbook](#) provides detailed information about implementing and enhancing your program. Below are some tips specific to the modified version based on shorter group runs:

- Visit kidsrunclub.ca to register and see our program resources (English and French)
- Pick a safe route around the school grounds where kids can run laps. Find a fun way to help students count their laps, such as using popsicle sticks or elastics.
- Track distances run as a fun way to motivate students and help them see their progress. Individual tracking can be done in the [KRC Running Log](#) or on a piece of Bristol board posted somewhere for easy access.
- Track the cumulative distance run by the group and work toward a goal, such as running the circumference of Nova Scotia or reaching a milestone such as 100 laps or 50 km. Working toward a common goal provides extra motivation and gives everyone a chance to contribute, regardless of their running proficiency.



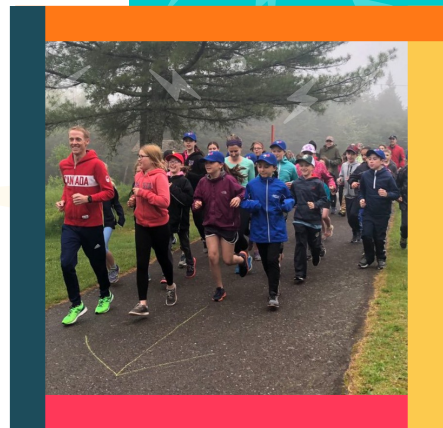
Tips for Success Continued:

- Encourage students to follow the training program for their homework runs to ensure they increase their distances gradually.
- Run outdoors when possible but also explore the use of the gym for bad-weather days.
- Aim to run twice a week, if possible, and assign at least one homework run.
- As time will not allow for a formal warm-up or cool-down, encourage students to start and end with slow jogging or brisk walking.
- If it's safe to do so, incorporate obstacles in your route, whether in the gym or outdoors, to keep it fun (jumping over, climbing under, running around).
- Incorporate stations on the running route where students complete exercises such as jumping jacks, push-ups, butt kicks and sit-ups.
- Work toward a final run to motivate students and give them an opportunity to celebrate all their training. This can be a special run your class does with healthy treats and presentation of their KRC finisher's prizes or a community-based fun run.
- Consider using participation awards for distance milestones, good effort, improvement and supporting peers. Stickers on the Bristol board tracking poster, certificates, toe tokens or random prizes are easy to provide and can create lots of motivation.
- Invite a KRC representative to provide a mini running clinic or healthy living presentation to your class.

Homework Runs

Before assigning homework runs, share safety tips for running from home with students. Encourage them to read the safety section of the [KRC Runner's Handbook](#) online and to invite their parents to run with them. Some tips to keep in mind regarding homework runs:

- Send a note home to parents telling them about the students' participation in KRC and provide information and suggestions for homework runs. Share the [KRC website](#) with parents and encourage them to review the [KRC Runner's Handbook](#).
- Talk to students about some running route options in their neighbourhoods. The safest routes might be as simple as running around the block or running small loops in a local park. Using a route of 2 km or more may not be safe for young runners, especially those running alone.
- Encourage students to keep their KRC Running Log at school and use it to track all their runs. This allows coaches to monitor, encourage and reward homework runs.
- Make a point of celebrating homework runs.
- Students who are unable or unwilling to run can still participate fully by walking and setting their own goals for improvement.



KRC and Curriculum

Kids Run Club can support a number of learning outcomes in various subjects, including language arts, math, health and social studies. Here are some ways to incorporate the KRC experience with learning outcomes:

- **Language arts:** Have students write or draw about their experiences running: how they feel when/after they run, if they notice improvements, what they like or don't like, or how their homework runs are going. They can also read the Runner's Handbook online.
- **Math:** Track individual or group distances on a map or in a running log.
- **Health:** Discuss the health benefits of physical activity and healthy eating. Pick a week for students to complete the [Healthy Living Challenge](#) to track their physical activity, healthy eating and sedentary behaviour.
- **Social studies:** Use a map of Nova Scotia to track the students' accumulated distance run around the circumference of the province.

HEALTHY LIVING CHALLENGE

Leading a healthy life isn't as hard as you think. Here's a chance to give it a try.

Your goal is to get 90 minutes of physical activity, replace an unhealthy food or drink with something healthy and spend at least 1 hour less in front of a screen everyday for five days.

Encourage your family to take on the Challenge with you. Plan a fun family event like going bowling or for a hike to celebrate having completed the Challenge.

1 PHYSICAL ACTIVITY
Spend one hour for every 30 minutes of activity you do.

2 HEALTHY EATING
Choose healthy food and drinks. Swap out unhealthy food and drinks for healthier options.

3 SCREEN TIME ALTERNATIVES
Spend one hour for every 30 minutes of screen time. Swap out screen time for other activities.

KIDS RUN CLUB

VISIT KIDSRUNCLUB.CA FOR MORE INFO ABOUT HEALTHY LIVING

14-Week Training Program

The KRC modified training program takes into account that runs done during the school day will be limited by time constraints. Homework runs will provide an opportunity for students to gradually work on their endurance. The following training plan can be used to help students plan and achieve a progressive running goal and possibly participate in a local fun run.

Week	Class Run Time	Homework Run Distance
1	5-15 minutes	2 km
2	5-15 minutes	2 km
3	5-15 minutes	2.5 km
4	5-15 minutes	2.5 km
5	5-15 minutes	2.5 km
6	5-15 minutes	3 km
7	5-15 minutes	3 km
8	5-15 minutes	3 km
9	5-15 minutes	3.5 km
10	5-15 minutes	3.5 km
11	5-15 minutes	3.5 km
12	5-15 minutes	4 km
13	5-15 minutes	4 km
14	A good time 😊	Fun run!



OUR COMMITMENT

As we continue to deal with challenges related to the COVID-19 pandemic, the Healthy Tomorrow Foundation has a renewed commitment to help Nova Scotians experience the benefits of movement. We recognize that teachers and students face new and unique challenges including safety protocols, restricted movement and interactions within the school, and cancellation of extracurricular programs that can enhance the educational experience for all. We have expanded the support we offer to schools and teachers beyond our run club and created a toolkit for classroom teachers to assist them in incorporating movement for students within the school day.

For more information about the Healthy Tomorrow Foundation, visit: healthytomorrow.ca

For more information about Kids Run Club, visit: kidsrunclub.ca



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KRC LET'S MOVE

