

Alberta Active After School e news



January 2019: Supporting Winter Activities

Activity Ideas to Support Your Program: Winter Activity Mix



Be sure to check out the ActiveAfterSchool.ca Activity Bank for some great winter activity ideas. Their *Winter Is Coming Activity Mix* has step by step instructions for a Winter Aerobic Olympics, Winter Soccer, a Wild Winter Mission

About this e-Newsletter

Alberta Active After School
e news



This electronic newsletter is disseminated 4 times a year (January, March, June and September) and is designed to help navigate and identify resources available for after-school programs in Alberta.

Interested in viewing previous editions? [Click here.](#)

Know of someone else who may benefit from receiving this newsletter? Please have them [sign up here](#) to receive future editions of the Alberta Active After School e-News.

*Our e-Newsletter has a new look this year, representing the NEW AB Active After School brand. Be

Impossible and more!

Check out this activity mix, and more, [here](#).

Ski, Skate and Slide Resource



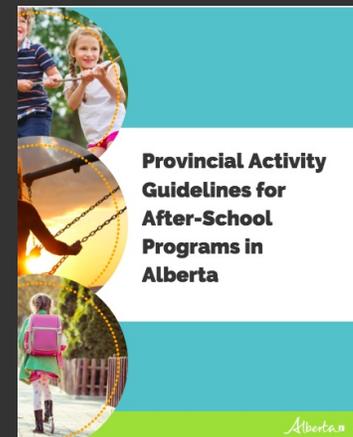
"Freestyle Snowshoeing": At the recent Ever Active Schools Resiliency Summit, students from across Alberta participated in a "Ski, Skate and Slide" session on snowshoes. The "Ski, Skate and Slide" resource cards feature a few examples of group activities that can be done on snowshoes - relay races, tag games and a snowshoe bingo - but really, any game or activity that you can do in boots or runners, you can adapt in deep snow on snowshoes. In this session, using just a few cones, we "bumped it up a notch" with freestyle snowshoeing. Jumping, running, twisting, spinning and landing are all movement skills that can be applied and practiced on snowshoes. The cones were set-up similar to features in a ski or snowboard terrain park.

For more information on this resource check out this [YouTube video](#)!

AMA Youth Run Club

sure to look for a special edition of this e-newsletter in the coming months with some exciting information regarding the AB Active After School Community of Practice, a new website and the supports that are available for your after-school program.

Provincial Activity Guidelines for After-School Programs in Alberta



After-school programs play an important role in supporting the health and well-being of children and youth. One component of this is helping Albertan children and youth reach the [Canadian Physical Activity Guidelines for Children and Youth](#). Alberta is officially launching the new Provincial Activity Guidelines for After School Programs in 2019.

Interested in checking these guidelines out? Visit everactive.org/aaas

Shaping the Future 2019



It's not too late to register for Shaping the Future 2019! Check out the Draft Agenda and register for this professional development opportunity [here](#).

Alberta Medical Association Youth Run Club

PRACTICE PLAN BUILDER



Looking for ways to get outside this winter? Interested in a free, fun and flexible way to get your participants active? Check out the Alberta Medical Association (AMA) Youth Run Club!

The AMA Youth Run Club has created a [practice plan builder](#) for you to use when you're in a pinch and need an activity. Quickly look through the warm-up section of the resource for great games that can be enjoyed outside all winter long. If you're looking for something more structured, you can build a whole practice with a warm-up, main running activity, cool down and a talking tip.

[Click here to join the club!](#)



Supporting Healthy School
Communities in Alberta



Stay Connected

