

Kindergarten
Exercise with Coach Hooper



You can choose your favourite character to exercise with. Then, choose the type of exercise you would like to do.

Grade 1
Dance Party



Join the PBS Dance Party. Choose a friend to dance with. You can choose the song and some cool dance moves.

Grade 2
BBC: Health and Growth



Give Ben food, water, sleep and exercise to keep him healthy.

Grade 3
Five Finger Alert!



Join the Scrub Club to play the game and fight the flu villain, Enzo.

Grade 4
Benefits of Exercise



Here's a short animation describing the benefits of exercise. Use the headings on the left side to explore types of exercise and then take the exercise quiz.

Grade 5
Fitness Challenge



This online activity tests how quickly you can perform ten different activities. Learn how to be more active, even while working at your computer.

Grade 6
Buffet Busters



Have fun using your problem solving and scientific analysis skills as you explore the school to find the cause of the viral outbreak.

Grade 7 Guided Tour of the Canada Food Guide



Take some time to explore Canada's Food Guide with this interactive tool. You'll learn the benefits of following the guide, how to count your servings, and tips for incorporating healthy food into each day.

Grade 8 Dynamic Stretching



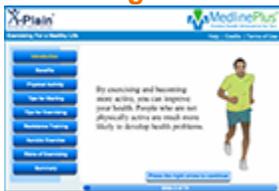
This page describes dynamic stretching and its benefits. Watch three videos demonstrating some examples.

Grade 9 Exercise Quiz



What does regular exercise do for your health? What kinds of activities should you do? How much is enough?

Grade 10 Exercising for a Healthy Life



This multimedia presentation describes how exercise can be used to improve and sustain the health of your heart.

Grade 11 Rules and History of Basketball



Take this quiz to see how well you know the rules and history of basketball.

Grade 12 Portion Distortion I



How have portion sizes changed in the past 20 years? Take a guess for each of the items displayed.