Our Vision
Albertans are knowledgeable, confident, motivated & have the skills they need to engage in physical activity for life.

Our Mission
To work collectively to inspire, educate & support Albertans to lead healthy, physically active lifestyles.

How can we work together to inspire, educate and support Albertans to lead healthy, physically active lifestyles?

Our 9 Centres are working with local community champions and provincial partners to advance physical literacy in Alberta.

Over the next few pages, see how we’re working towards a vision of Albertans being knowledgeable, confident, motivated and having the skills they need to engage in physical activity for life!
Did you know there are 14 PLAY groups listed on playconnect.ca?

There are over 251 Alberta based Physical Literacy Champions registered as members.

bFFL Network continues to act as a backbone in communities to this collective impact initiative.

This year, the Network developed the following educational resources with many partners.

All of these resources are available for free download at www.befitforlife.ca/resources

After many years of sharing the Move & Play through Traditional Games resource with students across Alberta, the Edmonton Centre worked to create a Traditional Games Social Studies Cross Curricular Lesson Plan. This plan is left with the teachers and class that participate in the workshop, so that they can continue to use this interactive experience with future classes.

The Traditional Games resources and sharing of the games creates a unique learning opportunity as the participants are invited to craft the equipment used to play the games. This opportunity fosters learning and sharing in an interactive experience while creating relationships in the workshop. This partnership with the Alberta Native Friendship Centres has been very valuable to the bFFL Network.

In an Edmonton school, there was a very diverse Grade 6 class with several new students having immigrated to Canada that year. After sharing the Traditional Games, some of the new students shared the games of their home countries. The students were interested in how similar some of the games that were played in other countries.

Each Be Fit For Life Centre values their relationship with their local host University or College. We continue to work to support each Post-Secondary host based on the needs of the local community.

One aspect of the Calgary Be Fit For Life Centre’s partnership with the University of Calgary is to help connect Kinesiology students with the community. This program, referred to as “The Squad,” links students wanting real-life experience in health promotion to practical opportunities leading a program with bFFL. Members of “The Squad” are mentored through professional development, experience a bFFL program as a participant, and work towards leading health promotion programs in the community on behalf of bFFL and the U of C.
Active Programs and Events

41,308 participants across 3390 programs & events
- 17,538 adults
- 23,770 children and youth

Presentations and Workshops Delivered

414
- with 8635 participants to support practitioners leading physical activity

Network Communication

Network Communication

@bflnetwork

Facebook

- Unique users of BFFL content: 57,604
- Page views: 102,108

www.befitforlife.ca

- Page Views: 30,100
- Unique Users: 8,811

Twitter

- Tweet Impressions: 32,700
- Profile Views: 15,109

Instagram

- Post Impressions: 2,318

Meetings Developing New and Existing Partnerships

826

Professional Development Sessions Attended by Staff

129

Communities Reached Across Alberta

112

Network Resources Distributed to Physical Activity Leaders

1295
- Lucky 7s
- As Big as the Sky Book
- Zen Me
- Move & Play Cards

5364

Thank you for another great year supporting Alberta communities.

www.befitforlife.ca
Playful Paws & Playful Pups

Playful Paws and Playful Pups are physical literacy based programs that encourage children to move together with their parents through a series of both structured and free play activities. The programs follow the Sport for Life Long Term Development Framework, and are designed to increase physical competence, confidence, and motivation. Playful Paws is designed for children ages 18 to 36 months, while Pups is for ages 3-6 years old. Parents are required to stay and are encouraged to participate in the activities.

Over 800 grade 5 girls and boys attended the Girl Power & Mega Boyz events from 23 different elementary schools in the region.

Girl Power & Mega Boyz 2018

The intent of the Girl Power and Mega Boyz events is to introduce boys and girls to activities that will empower them to become the leaders of tomorrow by taking care of their body, mind and health. We hope to spark lifelong habits by devoting a day targeted towards the health of Grade 5 Girls and Grade 5 Boys. Throughout the day, we provide students with the opportunity to try various activities such as Sports, Dance, Martial Arts and various types of Fitness Classes, along with sessions on Nutrition, Life Skills and Self Esteem with an emphasis on issues specific to that age group.

Schools participated from all four school districts in the Regional Municipality of Wood Buffalo and nearly all sessions this year were run by local organizations. This allowed us to provide the students and teachers with information about sports and activities happening right here in our own community.
### Stories from the Year

#### Odyssey House – Healing through PLAY

We had the honor of working closely with the Grande Prairie Odyssey House this year thanks to a ChooseWell grant received through the Grande Prairie Get Active Network. The Odyssey House provides safe, secure, and supportive accommodation for women and their children, who are victims of domestic violence, are in crisis, or in need of a housing alternative. We provided training for the children and youth staff to help enhance their ability to deliver physical literacy enriched environments focusing on building confidence and safe spaces to explore activity and play.

In addition to providing staff training, we were able to help Odyssey house purchase resources to continue physical literacy enriched lesson planning and program development, as well as appropriate equipment to encourage creative play. Furthermore, we built a sustainable in-house training model to ensure that any new staff will also feel confident supporting the children and youth programing in the same capacity as the leaders who went through the BFFL Centre training.

#### Physical Literacy for ALL at Mother Teresa School

This past year Mother Teresa School focused on introducing physical literacy to all their staff and students! The Grande Prairie Be Fit For Life Center had a wonderful time working with every single class in the K-8 school multiple times throughout the year. Staff and students were introduced to physical literacy and FUNdamental movements skills though lots of games and activities focused on having FUN, skill development and movement creativity. Throughout the year we witnessed a growth in the students confidence to try new activities and move in their own creative way, plus their capacity to work hard on skills they wanted to improve.

We are very proud of Mother Teresa School and the administration team that made this shift happen!

---

**Active Programs and Events**

<table>
<thead>
<tr>
<th>2017</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>6359 participants across 162 programs &amp; events</td>
<td></td>
</tr>
</tbody>
</table>

**Presentations and Workshops Delivered**

- 21 with 596 participants leading physical activity

**Meetings Developing Partnerships**

- 157

**Professional Development Sessions Attended by Staff**

- 8 including:
  - Physical Literacy Workshops
  - Ever Active Schools Live Active Summit

**Communities Reached**

- 16
Stories from the Year

Move & Play through Traditional Games

Popular this year was teaching the Move & Play through Traditional Games workshop with students at regional schools, at the Healthy Active Schools Symposium (EAS HASS), as well as with educators at the North East Teacher’s Convention (NETCA) and the Health & Physical Education Council Convention (HPEC). By presenting both the traditional and modern game materials, teachers were able to use this hands-on knowledge to create or acquire their own game pieces. Games taught included: Kickball, Slingball, Doubleball, Run & Scream, Make the Stick Jump, Hoop & Arrow, Ring the Stick, Rock in Fist, Tie Up, Drop Sticks, and more. By bringing together traditional culture, education and basic physical activity games, students and school professionals were able to appreciate the value of teaching games for relationships based on teamwork, respecting your competitors, and survival skills. Teaching these games is an excellent way of bridging the gap towards truth, reconciliation, and understanding of the traditional indigenous way of life and the value that it brings to all people.

Move & Play at Recess and Playground Tarmac Stencil Projects

The momentum has been steadily building with the loaning of the ‘Move & Play at Recess’ playground tarmac stencils to regional schools, including Bonnyville, St. Paul, Glendon, Plamondon, and Lac La Biche. Some schools opted to do this project with their students doing the work – a great way to generate excitement for the games! Workshops were held at schools and teachers’ conventions (HPEC, NETCA) to teach these tarmac games including: Four Square, Rob the Nest, Footsies, Left Right Out, Spot On, Hopscotch, Bull’s Eye Toss, Target Jump, Balance Tag, and more! This resource has made outdoor physical activity more accessible for schools with limited budgets. The recess games are an excellent way to teach fundamental movement skills and develop physical literacy.

This resource has made outdoor physical activity more accessible for schools with limited budgets.
Edmonton Highlights 2017 2018

Stories from the Year

Social-Emotional Learning + Physical Literacy

Connecting the province in conversations about quality physical activity and sport.

Thursday, February 22 10:00 - 10:45 AM
- 200 sessions to occur in 2018

Dr. Vicki Harber’s webinar is one of many partners in the province’s conversation about quality physical literacy and sport. This webinar kicks off the process and will be shared with all organizations involved in the conversation.

PLAY GREAT - What’s Next?

What is the next step for the PLAY GREAT committee? This is a question that the leadership team has been asking themselves over the past year. When a collaborative group of organizations and individuals have been working together for a few years, it is great to take time to review the purpose and functions of the collective. Over the 2018-2019 year, PLAY GREAT hopes to extend the local physical literacy conversation beyond Edmonton and area by hosting four webinars by local expert Dr. Vicki Harber. The focus of the four sessions will be on connecting Social Emotional Learning and Physical Literacy. Participants will have the option of attending the session live in Edmonton or watching the presentation online after the session. The first session had over 130 views and we hope to continue this discussion with the last two sessions in the fall of 2019.

Making Connections through Partnerships

The continued stability of the Alberta Future Leaders program has supported a strong partnership that continues to develop over time. Each spring, Be Fit For Life is introduced as a partner to the new Future Leaders and their host community liaisons at their training sessions. This year, as part of a connection made with a past Future Leader staff, we were able to support the sharing of Traditional Games at the Bissell Centre’s family camps that occur at Wabamun Lake. The Bissell Centre’s Moonlight Bay Camp is open to families that are clients of the Bissell Centre programs. Many families have not had a camping or nature experience before and Moonlight Bay removes some of the barriers for families to access an opportunity like this. The Edmonton BFFL provided two sessions for families to harvest, craft and learn two traditional games at the camp in the summer of 2017. The setting was ideal for this workshop and the families were keen to learn more about how to play and make the games.

When a collaborative group of organizations and individuals have been working together for a few years, it is great to take time to review the purpose and functions of the collective.
Storied from the Year

**Physical Literacy School Programming for Kids**

The Vermilion Be Fit For Life Centre provided an exciting four week experience developing physical literacy for a small school in Kitscoty, Alberta. Kitscoty is a small town with a population of approximately 925 people. The students and staff were very excited to have BFLL-Vermilion come in and provide them an experience that they would not otherwise have gotten. 55 students in grades 1-3 were targeted with fun games and skills pertaining to stability, locomotion, and object manipulation.

**Healthy Active Schools Symposium (HASS)**

For the first time in several years, the HASS event was hosted within BFLL-Vermilion’s East Central Region. The Vermilion Be Fit For Life Centre assisted with the organization of the event, provided a Fundamental Movement Skill based energizer activity, and brought along 2 Emergency Services Technologist (EST) student mentors to help inspire the youth attending.

It was a great day with a total of 16 schools, 83 students and 23 adults were in attendance!
Red Deer Highlights 2017 2018

Stories from the Year

The Hub for Fitness Testing in Central Alberta

If you build the facilities, will they come? With the infrastructure developments occurring in Red Deer to support the Canada Winter Games in 2019, the Red Deer BFFL has been looking to expand their fitness testing opportunities. This year we expanded our reach to include new opportunities and partnerships as we look to become Central Alberta’s fitness testing training destination! Services include:

- PARE testing for CBSA, local Police and Parks Canada
- RCMP Orientation Sessions for RCMP candidates
- Expanded offerings to include FARE (Functional Abilities Recruitment Evaluation for AHS)
- Quarterly PARE workshops for clients

Receiving the Gift of Play in Central Alberta

Who knew that a little paint and volunteer time was all that it would take to bring some excitement back to school tarmacs and sidewalks! Red Deer, Ponoka, and Lacombe are three of the communities that have been engaged through the Gift of Play project this year. Thanks to our partners at Alberta Health Services, local school divisions and municipal recreation staff, we were able to stencil several playgrounds this year. We are excited to continue this work with our sponsorship from Blue Cross next year.

Impact 2017 2018

Active Programs and Events

- 1866 participants across 140 programs & events

Presentations and Workshops Delivered

- 126 with 1057 participants to support practitioners leading physical activity

Meetings Developing Partnerships

- 66

Professional Development Sessions Attended by Staff

- 8

Including:

- Be Fit For Life Network Annual Retreat & PD
- Alberta School Employee Benefits Plan
- Body Composition Training
- Traditional Games Training

Communities Reached

- 14
Stories from the Year

The Gift of Play Gets Provincial Sponsorship

In 2016, Be Fit For Life partnered with the Faculty of Kinesiology to give the “gift of play” to 50 Calgary schools in celebration of the University of Calgary’s 50th anniversary. The project involved painting colorful playground stencils on school tarmac surfaces and the development of a resource to support traditional and non-traditional ways to use the stenciled games to help develop fundamental movement skills and increase physical activity levels. The project was very well received and has resulted in a sponsorship with Alberta Blue Cross to implement the Gift of Play across Alberta through the Be Fit For Life Network over the next 4 years. We are incredibly grateful to Alberta Blue Cross for this opportunity and look forward to sharing this gift in the years ahead!

Get Fit & Rock Your Research!

The Calgary Be Fit For Life Centre has been housed at the University of Calgary since the early 90’s but has been predominantly working in the surrounding community off campus. Over the past couple of years, the Centre has been working more closely with the Faculty of Kinesiology and working to strengthen this partnership. As a result, more people in the Faculty are aware of BFFL and the work that we do. Last summer, the Computer Science Graduate Society reached out to the faculty for help with getting the students more fit and healthy, which led to the beginning of a brand new program called “Get Fit and Rock your Research”.

This program ran the entire academic year and offered a variety of educational and active opportunities to the graduate students – most of whom are international students. Topics covered included: Healthy Eating in Canada, Mental Health, Functional Strength Training, Orienteering, Connecting to Nature, Learn to Run and the most popular of all – Learn to Skate!

Calgary Highlights 2017 2018

Active Programs and Events

1087 participants across 196 programs & events

Presentations and Workshops Delivered

50 with 2275 participants leading physical activity

Meetings Developing Partnerships

62

Professional Development Sessions Attended by Staff

7 Including:

• Indigenizing of Training
• SO PLAY
• Ever Active Schools
  Shaping the Future
• International Play Association Conference
• International Physical Literacy Conference
• Ever Active Schools
  Live Active Summit

Communities Reached

9

Calgary Coordinator, Leah Yardley leading a Gift of Play Session at the SHAPE America Conference in Nashville, TN (March 2018)
Yoga Adventure


This was something that Landon had to think very hard about for 6 months during his recovery from a life changing accident. His days were spent in hospitals and rehabilitation centres relearning how to breathe, to eat, to sit and slowly stand. A guy who was used to mending fences and branding cattle in southeastern Alberta was now relearning all the things he once took for granted.

One day, Landon came across a yoga class that was open to individuals of all physical abilities. As a rough and tough kind of guy, Landon was a little bit hesitant to join an exercise class that wouldn’t typically be marketed to male ranchers. However, Landon knew he had control over one thing above all else…his attitude. He heard yoga would be great for his breathing, his posture, and help with his goal of being able to walk again. So, every Thursday, Landon would head to the Be Fit For Life Centre and just like before…Breathe in. Breathe out. Breathe in. Breathe out.

With the support of the teacher and volunteers, Landon started to get into poses he did not even think his body was capable of, even before his accident! Not only that, Landon started telling other people he had met in rehab about the program and word spread. He was not only helping himself become stronger but created opportunities for others to reach their own personal goals.

Yoga was an important part of Landon’s journey and we are happy to say that not only has Landon started to walk…he is now tackling stairs!

Physical Literacy Mentorship Project

Engaging community partners, student leaders, parents, post-secondary students, teachers, and school & jurisdiction administrators, the Physical Literacy Mentorship project impacted students in 6 elementary schools in Medicine Hat Catholic. The project included several components to reach the various target groups: a school health champion day, school-wide professional learning, in-class mentorship sessions, peer mentoring sessions, take-home activities and small piece equipment, and community family nights.

“Thank you for investing time, energy, and money into this city’s kids and our family’s health.” - A parent at the community family night.
Lethbridge Highlights 2017 2018

Stories from the Year

Marie-Luce & Exploring Without Limits

Marie-Luce is studying education in Quebec with the aspiration of teaching high school students post graduation. She came to Lethbridge College for the Explore without Limits program to expand English vocabulary and culture. During the program, students work with Be Fit for Life (BFFL) to experience health and wellness activities that improve individual strength, teamwork, and communication.

Marie-Luce described herself as “grateful to learn the importance of being fit (for life)” At BFFL, we strive to make each session impactful for all individuals to be inspired and confident to continue their fitness journey.

Marie-Luce looked forward to participating in the activities as it expanded her ideas of how to creatively coordinate the summer camps she leads and future students she will teach. She explained this by stating “many people will be positively impacted from things I learned with BFFL. First, there are all of the children I will be the counselor for summer camp where I work in Quebec. Second, I will also apply the games I learned from BFFL to my high school students. I have developed a passion for leading a healthy-lifestyle and I know my students will benefit from my self-confidence, leadership and ability to connect with people.”

“No matter the age, fitness level, or motivation level, you will gain from BFFL programs.” - Marie-Luce Carrier

When asked about what she learned from the activities, she explained, “The things I learned during my five weeks with BFFL are endless, I was introduced to new forms of exercise, such as TRX, and was educated on muscular training for achieving fitness goals. Additionally, the team work and communication games taught are transferable to daily skills. The skills I developed are essential to have in the workplace. I feel more empowered and motivated to give advice and lead others. I can help anybody become more mindful about their lifestyle when it comes to exercise, and my friends and family are also going to be positively influenced by me.”

We look forward to positively impacting individuals as we know others benefiting too.