



EXERCISE IN DISGUISE

Elementary School
Grades JK - 8



Exercise In Disguise 1 & 2

Dynamic Resources for Safe Daily Vigorous Physical Activity

... are safe, easy and fun resources for teachers and students as they work toward the goal of *daily* vigorous activity.

... together with formal physical education lessons that focus on skill development in the areas of fundamental movement and active participation, can contribute to the daily exercise required for a healthy, active lifestyle.

... supports the *Ontario Curriculum: Grades 1-8: Health & Physical Education* and the *Ontario Curriculum: The Kindergarten Program*.

... are easy to follow with simple, clear, instructions.

Exercise In Disguise 1 provides a variety of games and activities designed for use in alternate spaces—classrooms, hallways and playgrounds with minimal equipment requirements.

Exercise In Disguise 2, building on *Exercise In Disguise 1*, integrates daily vigorous activity into all curriculum areas, offers activities for all divisions and includes great assessment strategies.

View sample at www.wcdsb.edu.on.ca/cr/cr.html

How To Order Exercise In Disguise 1 & 2 for your school..

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Cost

Individual Pricing – Edition 1 or 2

1 – 20 units = \$9.99
21 – 49 units = \$8.99(includes 10% discount)
50+ units = \$8.49 (includes 15% discount)
Applicable Taxes & Shipping - Extra

Special Pricing Offer—Combination of 1 & 2

1 – 20 units 1 & 2 = \$17.99
21 – 49 units 1 & 2 = \$15.99
50+ units 1 & 2 = \$14.99
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