

APPENDIX



- Lesson Plans:
Supporting Resources
- Additional Coaching Resources



Appendix

LESSON PLANS: SUPPORTING RESOURCES



Introduction to Healthy Habits

- [Healthy Habit Tracker](#)
- [Healthy Athletes Overview](#)
- [Oral Health and the Body](#)
- [Healthy Minutes with Megan: The Importance of Sleep](#)
- [Healthy Sleep Checklist](#)
- [Healthy Sleeping Tips](#)



Physical Activity and Exercise

- [Sport-Specific Warm-Up and Cool Down Guides](#)
- [Warm-Up and Cool-Down Overview](#)
- [Warm-Up and Cool-Down Videos](#)
- [Fit 5 Guide, Exercise Cards, and Videos](#)
- [School of Strength](#)
- [Escuela de Fuerza](#)



Nutrition and Hydration

- [Lesson 7: Grocery Games – Stationary Activity](#)
- [Better Beverages: Infused Water Recipes](#)
- [Fit 5 Guide](#)
- [School of Strength: Snack Zone](#)




Game Day Minds

- [Strong Minds Tips for Stress: Coaches Playbook](#)
- [Strong Breathing Activity Cards](#)
- [Take 5 Strong Minds: Deep Breathing Video](#)
- [Strong Messages](#)

ADDITIONAL RESOURCES FOR COACHES

- [2023 Coach Webinar Series](#)
- [Coach Webinar Series: Dashboard](#)
- [Fitness and Health Assessments Guidance](#)
- [Fitness Captains Webpage](#)
- [Fitness for the Sport Coach eLearning Module](#)
- [Fitness for Sport Coaches Webpage](#)
- [Minimum Fit Standards](#)
- [Performance Stations Webpage](#)
- [Sport-Specific Coaching Guides](#)
- [Sport: Coaching Level 1 Sport Assistant eLearning Module](#)
- [Sport: Coaching Level 2 Coaching Assistant eLearning Module](#)
- [Sport: Coaching Level 3 Coach eLearning Module](#)
- [Sport: Special Olympics Unified Sports Coaching eLearning Module](#)
- [Sports Nutrition eLearning Module](#)

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Minimum "Fit" Practice Standards define the components that should be included in every sports practice. These can be led by coaches, or other key leaders like Fitness Captains.

- 5-minute warm-up with dynamic stretches
- 5-minute cool-down with static stretches
- Conditioning integrated into practice
- Encouragement to be active and healthy outside of practice
- Focus on active practice
- Water breaks every 15-20 minutes
- Healthy foods encouraged at team functions, including field of play

WEEKLY HABIT TRACKER

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ATHLETE NAME:

WEEK OF: _____

HABIT

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MOTIVATION

REWARDS



SAMPLE WARM-UP! (11 minutes)

Purpose: Try new ways to warm up while focusing on technique.

1. Aerobic Activity (4 minutes)

Athletes walk or jog laps (option to warm up with a partner side by side to keep pace moderate). Continually do laps, coach switches exercises every 45 seconds.

- Skip, side steps, crossovers, butt kicks
Change direction halfway.



Sample Diagram 1

2. Dynamic Stretching (3 minutes)

Athletes stop and face the inside of the circle, arm's length apart. Do 4 exercises for 45 seconds each.

- Arm swings, hip circles, leg swings, high knees



Sample Diagram 2

3. Sport Specific Movements (4 minutes)

Athletes stay in the circle. Place a small cone or marker in front of each athlete. Have athletes do these movements at their cone for 30-45 seconds each.

- Side steps or leaps over or behind the cone
- Forward and back (jump or step over or beside)
- Move in a square around the cone, facing forward
- Twist to the right, centre, left



Sample Diagram 3



GROCERY GAMES ACTIVITY ALTERNATIVE (11 minutes)

Purpose: Increase athlete knowledge and ability to locate healthy foods in their local market.

Directions:

Add the foods below to the correct row in the tables on the next two pages, based on where you would find them in your local market. Cut out the names on pages 72 and glue them or write them in the spaces. Put a line through each food here as you add them to help you keep track.

LIST OF FOODS				
Pita Bread	Milk	Blueberries	Lentils	Broccoli Florets
Vanilla Yogurt	Dried Beans	Frozen Fruit	Fuji Apples	Sorbet
Baby Carrots	Frozen Corn	Whole Wheat Bread	Frozen Dinner	Lamb Chops
Nuts	Salmon	Iceberg Lettuce	Cheddar Cheese	Flour
Ice Cream	Cinnamon Bagel	Margarine	Chicken Breast	Granola Bars
Rice	Sour Cream	Naan Bread	Pork Chop	Croissant
Cookies	Ground Beef	Sparkling Water	Pasta	Crisps

Place the foods from the previous page where you would find them in the market.

The sections of the market may be different where you live. You can change the names of the sections to match where you shop for food or add any that are missing at the bottom.

MARKET SECTION	
LIST OF FOODS	Bakery

MARKET SECTION	
LIST OF FOODS	Produce (Fruits and Vegetables)

MARKET SECTION	
LIST OF FOODS	Dairy

MARKET SECTION	
LIST OF FOODS	Meat

Place the foods from the previous page where you would find them in the market.

The sections of the market may be different where you live. You can change the names of the sections to match where you shop for food or add any that are missing at the bottom.

MARKET SECTION	
Dry Goods	
LIST OF FOODS	

MARKET SECTION	
Snacks	
LIST OF FOODS	

MARKET SECTION	
Frozen Foods	
LIST OF FOODS	



Pita Bread	Whole Wheat Bread	Cinnamon Bagel
Rice	Dried Beans	Lentils
Vanilla Yogurt	Milk	Cheddar Cheese
Ground Beef	Chicken Breast	Salmon
Iceberg Lettuce	Baby Carrots	Broccoli Florets
Cookies	Crisps	Sparkling Water
Naan Bread	Margarine	Fuji Apples
Flour	Pork Chop	Nuts
Frozen Corn	Frozen Fruit	Sorbet
Croissant	Pasta	Sour Cream
Lamb Chops	Blueberries	Granola Bars
Ice Cream	Frozen Dinner	

Dry Goods

Bakery



Cut these cards out
to use as headers
for the activity.

Dairy

Snacks

Produce
(Fruits and Vegetables)

**Frozen
Foods**

Meat

Answer Key

MARKET SECTION	LIST OF FOODS				
Bakery	Pita Bread	Whole Wheat Bread	Cinnamon Bagel	Croissant	Naan Bread
Dry Goods	Rice	Dried Beans	Lentils	Pasta	Flour
Dairy	Vanilla Yogurt	Milk	Cheddar Cheese	Sour Cream	Margarine
Meat	Ground Beef	Chicken Breast	Salmon	Lamb Chops	Pork Chop
Produce	Iceberg Lettuce	Baby Carrots	Broccoli Florets	Blueberries	Fuji Apples
Snacks	Cookies	Crisps	Sparkling Water	Granola Bars	Nuts
Frozen Foods	Ice Cream	Frozen Dinner	Frozen Corn	Frozen Fruit	Sorbet

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