



Nova Scotia Active Smarter Kids Project

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Visit us @ www.nsaskproject.ca

What is NS Active Smarter Kids (ASK)?

ASK is a model for curriculum delivery developed in Norway that involves the incorporation of simple physical activities into the delivery of academic lessons. Physically Active Learning (PAL) activities are delivered by teachers in 20-30 minutes and are well suited for math and language arts classes. Other subjects can use PAL with simple adaptation. PAL activities are usually delivered outdoors but are adaptable to any setting.

The ASK model is low-cost and simple and has been shown to contribute to students' engagement with curriculum as well as in-class cooperation and students' sense of belonging and enjoyment at school.

PAL activities are designed to engage all students and encourage collaborative and cooperative learning. Most activities occur in small groups and offer a balance between the challenge of the lesson content and of the physical activity. Activities are adapted to meet different needs of students and class dynamics. Activities are well-suited to support outdoor learning during the Covid-19 Pandemic.

For more information on the NS ASK Project and to see some examples of NS ASK lessons please visit:
<https://www.youtube.com/channel/UCAhng1dWOARBWCAceWPM9KA/about>

Why Physically Active Learning (PAL)?

Imagine a teaching and learning method that allows kids to be kids! PAL encourages students to collaborate and be physically active while engaging in a meaningful way with their academic lessons!

Schools that incorporate PAL into their teaching have reported increases in student academic achievement, collaboration and communication amongst their students, and the overall mood and sense of belonging at their school. Over "brain breaks", PAL has a greater positive impact on academic achievement.

Where is this happening?

Now in its 6th year, the NS ASK Project is expanding to support all interested schools located within Nova Scotia. This includes the Conseil scolaire acadien provincial, Mi'kmaw Kina'matnewey Schools, and the Regional Centres for Education.

Professional Development

To get in touch to schedule a professional learning seminar for your school please contact Mary Fahey, or fill out our welcome form (in the green box).

[NS ASK Welcome Form](#)

