

SIGN UP TO...



FOR MORE DETAILS OR TO FIND A
SOFTBALL ASSOCIATION NEAR YOU,
CONTACT SOFTBALL ONTARIO AT
INFO@SOFTBALLONTARIO.CA OR
CALL 416-426-7150



SOFTBALL ONTARIO
301-85 SCARSDALE ROAD
TORONTO, ON M3B 2R2
P: 416-426-7150 F: 416-426-7150
WWW.SOFTBALLONTARIO.CA

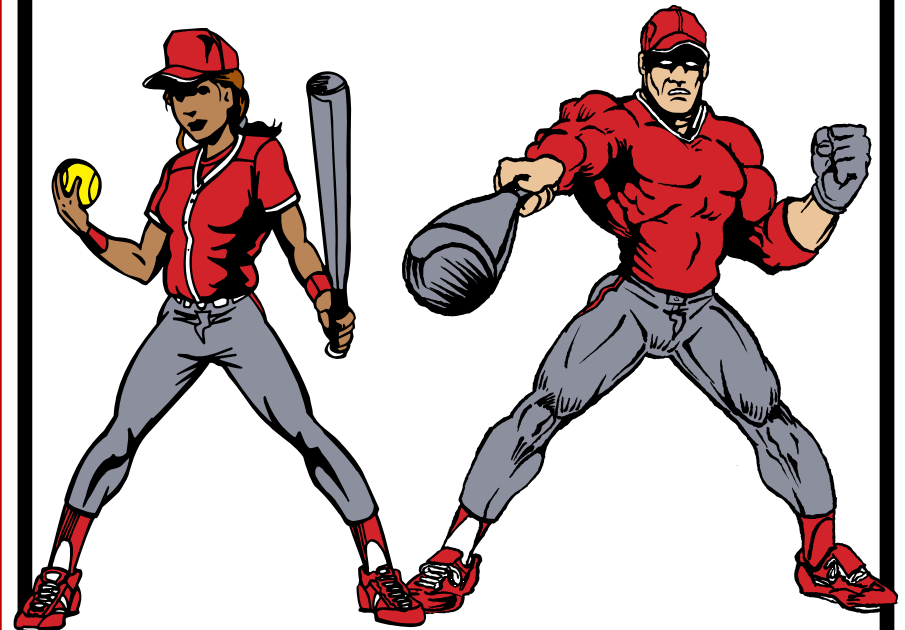


THE LEARN SOFTBALL PROGRAM IS SUPPORTED BY:



*This material represents the views of Softball Ontario, and do not necessarily reflect those of
Canada or the Province of Ontario*

SOFTBALL ONTARIO'S DAILY PHYSICAL ACTIVITY TRACKER



LET'S GET READY TO...



INTRODUCING...

SOFTBALL ONTARIO'S DAILY PHYSICAL ACTIVITY TRACKER

USE THE TRACKER TO TRACK FIVE (5) DAYS OF YOUR PHYSICAL ACTIVITY.

MAKE SURE TO INCLUDE EACH OF THE FOLLOWING ITEMS IN YOUR TRACKING:

- ★ THE START TIME
- ★ THE FINISH TIME
- ★ THE TYPE OF THE ACTIVITY
- ★ THE INTENSITY OF THE ACTIVITY
 - LIGHT INTENSITY - WALKING, STRETCHING
 - MODERATE INTENSITY - SOFTBALL, SWIMMING, DANCING
 - VIGOROUS INTENSITY - JOGGING, CROSS COUNTRY SKIING

BEFORE YOU START...

PREDICT WHAT YOUR LEVEL OF ACTIVITY WILL BE! ONCE YOU'VE FINISHED TRACKING, YOU WILL SEE IF YOUR LEVEL OF ACTIVITY MEETS WITH THE RECOMMENDATIONS OF CANADA'S PHYSICAL ACTIVITY GUIDELINES FOR CHILDREN AND YOUTH:



**HOW MANY MINUTES OF
PHYSICAL ACTIVITY WILL YOU
COMPLETE THIS WEEK?**

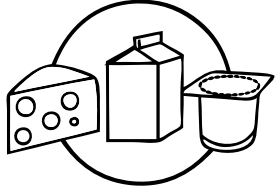

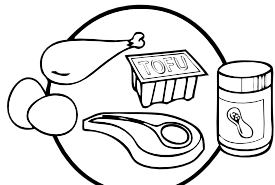
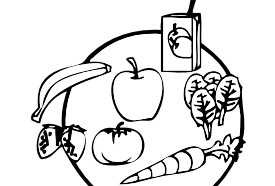
- MORE THAN 120 MINUTES
- 75 - 120 MINUTES
- 25 - 75 MINUTES

**LET'S GET
STARTED!**

HEALTHY EATING

IT TAKES MORE THAN ACTIVE LIVING TO LIVE A HEALTHY LIFESTYLE! ACCORDING TO EatRight Ontario, YOU ALSO NEED TO FOCUS ON IMPROVING YOUR DIET THROUGH HEALTHY, NUTRITIOUS EATING!

BELOW ARE THE FOUR (4) FOOD GROUPS AND THE SERVING SIZES RECOMMENDED BY THE CANADA FOOD GUIDE. GIVE THREE (3) EXAMPLES OF FOOD IN EACH FOOD GROUP.

FOOD GROUP	RECOMMENDED # OF SERVINGS (AGE 9-13)	EXAMPLES FROM THIS FOOD GROUP
 MILK AND ALTERNATIVES	3-4 SERVINGS	
 GRAIN PRODUCTS	6 SERVINGS	
 MEAT AND ALTERNATIVES	3-4 SERVINGS	
 FRUITS AND VEGETABLES	6 SERVINGS	

FOR MORE INFORMATION ON HEALTHY EATING, VISIT WWW.EATRIGHONTARIO.CA

ACTIVITY TRACKER - DAY 1

DATE: _____

DURATION	ACTIVITY	INTENSITY
----------	----------	-----------

ACTIVITY TRACKER - DAY 2

DATE: _____

DURATION	ACTIVITY	INTENSITY
----------	----------	-----------

ACTIVITY TRACKER - DAY 3

DATE: _____

DURATION	ACTIVITY	INTENSITY
----------	----------	-----------

ACTIVITY TRACKER - DAY 4

DATE: _____

DURATION	ACTIVITY	INTENSITY
----------	----------	-----------

ACTIVITY TRACKER - DAY 5

DATE: _____

DURATION	ACTIVITY	INTENSITY
----------	----------	-----------

YOU'RE DONE TRACKING!

NOW THAT YOU HAVE COMPLETED TRACKING YOUR FIVE (5) DAYS, LET'S FIND OUT HOW ACTIVE YOU WERE BY ADDING UP YOUR RESULTS:

DAY 1 - _____ DAY 2 - _____
DAY 3 - _____ DAY 4 - _____
DAY 5 - _____ TOTAL - _____

DOES YOUR TOTAL PHYSICAL ACTIVITY ADD UP TO 120 MINUTES OR MORE?

- YES, I DID AT LEAST 120 MINUTES OF PHYSICAL ACTIVITY THIS WEEK
 NO, I DID LESS THAN 120 MINUTES OF PHYSICAL ACTIVITY THIS WEEK

IF YOU WERE ABLE TO REACH AT LEAST 120 MINUTES OF PHYSICAL ACTIVITY THIS WEEK, YOU HAVE REACHED THE MINIMUM RECOMMENDATIONS OF CANADA'S PHYSICAL ACTIVITY GUIDELINES FOR CHILDREN AND YOUTH.

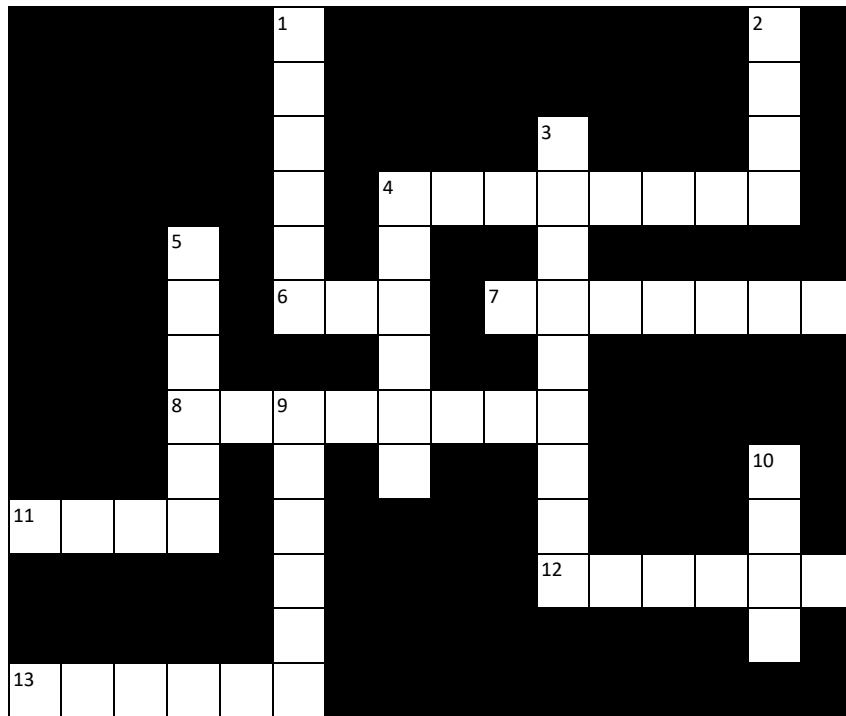
WHAT PERCENTAGE OF YOUR PHYSICAL ACTIVITY WAS SOFTBALL RELATED?

TOTAL PHYSICAL ACTIVITY _____ ÷ TOTAL SOFTBALL ACTIVITY _____
× 100
= _____ % OF MY PHYSICAL ACTIVITY WAS SOFTBALL RELATED!



PLAY BALL!

USE YOUR KNOWLEDGE OF SOFTBALL TERMS TO COMPLETE THIS CROSSWORD

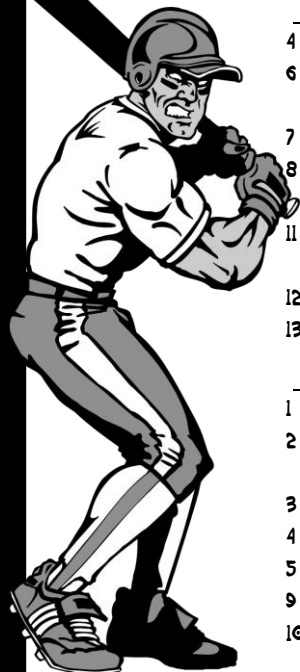


ACROSS

- 4 PLAY _____
- 6 THE POINT SCORED WHEN A BATTER OR BASE RUNNER ADVANCES TO HOME PLATE
- 7 THE PLAYER WHO THROWS THE BALL TO THE BATTER
- 8 THE AREA BETWEEN EACH BASE ALONG WHICH THE BASE RUNNER MUST GENERALLY RUN
- 11 ONE OF FOUR POINTS ON THE INFIELD THAT MUST BE TOUCHED BY A RUNNER IN ORDER TO SCORE A RUN
- 12 RUN THREE BASES
- 13 OFFICIAL

DOWN

- 1 ALSO KNOWN AS "HITTER"
- 2 AS CALLED BY THE UMPIRE, A PITCH THAT DOES NOT ENTER THE STRIKE ZONE IN FLIGHT AND IS NOT STRUCK AT BY THE BATTER
- 3 WHEN A BATTER IS PUT OUT BY A THIRD STRIKE CAUGHT BY THE CATCHER
- 4 A HIT THAT ALLOWS A BATTER TO REACH FIRST BASE SAFELY
- 5 RUN TWO BASES
- 9 YOU ONLY GET 3
- 10 ALSO CALLED BASE ON BALLS



PHYSICAL ACTIVITY IDEAS

NOW THAT YOU ARE READY TO START TRACKING YOUR PHYSICAL ACTIVITY, HERE ARE SOME GREAT IDEAS YOU CAN USE TO GET ACTIVE!

★ PLAY CATCH

GRAB A COUPLE OF FRIENDS, YOUR GLOVES, AND A SOFTBALL AND START THROWING THE BALL! TO INCREASE THE FUN, PLAY 'PEPPER' - MAKE A CIRCLE AND THROW THE BALL AROUND THE CIRCLE; EACH TIME A PLAYER DROPS THE BALL THEY GET ONE LETTER OF THE WORD P-E-P-P-E-R. THE LAST PERSON TO SPELL PEPPER WINS!

★ RUN THE BASES

TIME YOURSELF RUNNING THE BASES! IF YOU DON'T HAVE A SET OF BASES AVAILABLE, JUST GO TO YOUR LOCAL SOFTBALL DIAMOND AND DRAW BASES IN THE SAND! BASE RUNNING IS A GREAT WAY TO GET SOME VIGOROUS PHYSICAL ACTIVITY!



★ PLAY SOFTBALL

THIS IS AN EASY ONE! GRAB A BUNCH OF FRIENDS AND GO OUT TO YOUR LOCAL SOFTBALL DIAMOND AND PLAY A GAME OF PICK-UP SOFTBALL. IF YOU DON'T HAVE BASES, JUST DRAW THEM IN THE SAND!

TRACKING YOUR ACTIVITY

NOW THAT YOU HAVE SOME ACTIVITY IDEAS, HOW CAN YOU TRACK THEM? HERE IS AN EXAMPLE OF A COMPLETED DAY IN YOUR ACTIVITY TRACKER...

ACTIVITY TRACKER - SAMPLE

DATE: September 1, 2016

DURATION	ACTIVITY	INTENSITY
10 Minutes	Stretching	Light
10 Minutes	Running the Bases	Vigorous
60 Minutes	Softball Game	Moderate
Total - 80 minutes		

ONCE YOU'VE FINISHED EACH DAY, MAKE SURE THAT YOU TOTAL THE NUMBER OF MINUTES THAT YOU WERE ACTIVE! THAT WILL MAKE IT EASIER TO FIGURE OUT THE GRAND TOTAL WHEN YOU HAVE FINISHED ALL FIVE DAYS OF TRACKING.