



Prince Edward Island

# *An Island Experience*

*Experience the history of Prince Edward Island  
while you experience the joys and benefits  
of physical activity.*

Name: \_\_\_\_\_



## *An Island Experience*

Experience PEI while you increase your level of physical activity. Learn about the many Heritage Roads, the lighthouses from long ago, historical villages, and museums that share our interesting culture with visitors.

This physical activity initiative is designed to take you through 8 different areas of PEI. Each checkpoint has many interesting historical locations, and while you take part in physical activity and earn the points necessary to travel from one checkpoint to another, the uniqueness and history of Prince Edward Island will come alive for you.

## *The Benefits of Physical Activity*

There are many benefits of leading a physically active life, some of which include:

- An increased quality of life through stronger, healthier bodies
- A key to balanced human development (great for children)
- It helps build strong families and healthy communities
- It is fun and can be done in a group or by yourself

The importance of leading a physically active lifestyle has never been more important than it is today. There are many opportunities to be entertained while sitting, whether it is in front of a television, computer, or video game, but it is important to balance these activities with time spent being physically active. Naturally, if we are focusing on improving our health through physical activity it is important to eat good foods to give us the energy to do that activity.

Ultimately, any physical activity is better than none. However it is recommended that children and youth attempt to get 90 minutes of physical activity per day. If you are not getting this much physical activity each day, then start slowly by adding 5 or 10 minutes of physical activity on top of what you are already getting until you have built up to 90 minutes per day. This can be done by playing outside, by walking, or participating on a team or in a club.

**Remember**.....every step you take is a step closer to completing a checkpoint in the Island Experience, and a step toward improving your personal health.

## *An Island Experience*

Congratulations on choosing to participate in An Island Experience. It is our hope that you enjoy learning about Prince Edward Island's unique history while you reap the many benefits of incorporating some extra physical activity in your day.

### **What counts as physical activity?**

With this experience physical activity is seen as any physical movement (non-motorized) which you participate in for a period of at least five minutes. Physical activity may involve cardiovascular activity, strength activities, or stretching/flexibility activities. This could include playing outside for recess, going for a walk, involvement with team sports or participating in exercises classes.

### **How do I chart my physical activity?**

You will be asked every day to complete a form where you record how much physical activity you have participated in that day. Physical activity will be monitored in 5-minute sessions. For example if you are running around and playing at recess for 10 minutes, then those 10 minutes count towards your amount of physical activity for the day. If you walk from the bus to the school and it only takes a minute, you can't count that because it must be a minimum of 5 minutes long before you can count it. When you are at practice, don't count the whole practice, just the time you are active.

### *Tips for increasing your level of physical activity*

- Start slowly, set realistic and attainable goals. Take your time and start by doing a little bit. Once you are comfortable with that initial level of activity, then you can start to add some more.
- Find an activity that you enjoy. Physical activity should be fun and something that you look forward to doing. Experiment with different activities until you find some that you truly enjoy.
- Make it a social activity. Though some people enjoy being active alone, it can be much more enjoyable by being active with others. Ask a family member, friend, or classmate to participate in an activity with you; not only does it act as a form of motivation, it also gets someone you care about moving as well.



# An Island Experience

## Checkpoint # 5 – Going West to Anne’s Land-

While you’re here, check out The Canadian Centre For Home Children, one of the first cooperative banks of Canada, Kensington Train Station, or Fanning School.

## Checkpoint # 6 – Borden, Bedeque and Beyond

Can you imagine crossing the straight in an ice boat? Learn About our world famous bridge, the 1<sup>st</sup>. Premier of PEI, and a School in Albany restored to it’s 1898 condition. Do you want to know what a submarine telegraph is?

## Checkpoint # 7 – Your in East Prince Now!

You are so physically active now that you are ready for more of what the Island’s history has to offer. Discover the life of Georgia Fane Pope, learn about some of our famous athletes, read about the rich Acadian history, and visit a house made of glass bottles. Visit Lennox Island and learn about the Mi’kmaq.

## Checkpoint # 8 – Go West Young Traveler, Go West.

For your last checkpoint on PEI, you will visit another Acadian Region, as well as learn about shipbuilding, the discovery of PEI by Jacques Cartier who landed here in 1534, and read about the John Joe Road.



180 pts.



192 pts.



222 pts.



252 pts.

## Checkpoint #1 – Wading in Wood Islands

Start your journey in the southern region of PEI as you learn about Orwell Corner Historic Village, Roma at Three Rivers, an Island road built in 1731, the oldest wooden lighthouse on PEI, or a heritage road used by rumrunners.



66 pts.

## Checkpoint #2 – Visit East Point and the North Shore

Heading east will take you to the tip of the Island and the a “first generation” lighthouse, a miniature Railway, Greenwich National Park, the famous St. Andrews Chapel, and a wonderful old house called Dalway.



96 pts.

## Checkpoint #3 – Canoe into Charlottetown

Stroll around the city of Charlottetown and Uncover the history of the Brighton Compound, The Bog school, Province House, and a chapel built In 1884.



120 pts.

## Checkpoint #4 – Shore to Shore in Queen’s County

After leaving the Capital City, you can travel the rest of Queen’s County and check out the first European settlement of 1720, heritage roads, a car Museum, and the second oldest lighthouse on PEI.



150 pts.

# An Island Experience

# Record Your Progress

Use this page to help you keep track of your total activity minutes each week

Week 1 \_\_\_\_\_ Week 5 \_\_\_\_\_

Week 2 \_\_\_\_\_ Week 6 \_\_\_\_\_

Week 3 \_\_\_\_\_ Week 7 \_\_\_\_\_

Week 4 \_\_\_\_\_ Week 8 \_\_\_\_\_



|        | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Total<br>Min/pts |
|--------|--------|--------|---------|-----------|----------|--------|----------|------------------|
| Week 1 |        |        |         |           |          |        |          |                  |
| Week 2 |        |        |         |           |          |        |          |                  |
| Week 3 |        |        |         |           |          |        |          |                  |
| Week 4 |        |        |         |           |          |        |          |                  |
| Week 5 |        |        |         |           |          |        |          |                  |
| Week 6 |        |        |         |           |          |        |          |                  |
| Week 7 |        |        |         |           |          |        |          |                  |
| Week 8 |        |        |         |           |          |        |          |                  |