



How Were the Books Chosen for this List?

Each book on the list has been reviewed by a committee that included librarians, literacy consultants, public health nurses, physical education consultants, early childhood educators and physical activity specialists.

The committee...

- developed a set of criteria by which books would be measured;
- selected books about physical activity, sports, fitness and recreation for review; and
- screened books to see if they met the specified criteria.


Criteria Checklist for the Booklist

Primary Criteria

Books must...

- have literacy quality appropriate for children in preschool or grades JK-8
- be likely to promote participation in physical activity as a result of reading the book
- promote and demonstrate safe participation in physical activity
- demonstrate a range of activities (individual vs. team, structured vs. unstructured, competitive vs. non-competitive, play vs. sport, cost vs. no cost, or co-operative play)
- be inclusive in illustrations or messages with respect to cultural diversity, gender, ability, and socio-economic status
- promote positive role modeling
- be consistent with the messages in Health Canada's Physical Activity Guides to Healthy Active Living for Children and Youth

Secondary Considerations in Book Selection...

- preference for Canadian authors or subject matter (Canadian books are marked with the symbol )
- lifelong active living messages in content
- provide an assortment of fiction and non-fiction
- provide cost effective choices (e.g. soft cover)

