

# INPUT



June 1992

Vol. 12 No. 4

## A SUNsational Day at Galt Collegiate Institute

May 1, 1992

This day was put together by teachers from the Waterloo County Board of Education. The day included displays and games and a highlight event, the Apache Relay, run by the Galt Collegiate Student Leadership Group.



For further information contact  
Dave Schlei at the Waterloo County  
Board of Education



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*CIRA Ontario would like to congratulate Christine Brydges on winning the CIRA Ontario election for the position of Vice President of Publicity.*

## Promotional Grab

**Good ideas are meant to be stolen!!!**

by

**Michelle Harkness**  
Mohawk College

- Posters - weird shapes, weird colours.
- Sidewalk chalk drawings or announcements.
- Snow painting.
- Follow the footprints on the floor or ceiling.
- Flyers on windshields, in lockers.
- Chalkboard crew, write on boards in big classrooms.
- Staple information to potato chip bags in vending machines.
- Fortune cookie announcements.
- Advertising bookmarks in library.
- Advertising placemats in cafeteria.
- Sandwich boards on volunteers.
- Window painting - use water colours.
- Door knob hangers.
- Town criers.
- Roving musicians handing out information.
- Decorate a car and drive around with a bullhorn.
- Use a heavy marker and write on toilet paper rolls.

# A Team by any other name...

*By Matt Carter, University of Western Ontario, Campus Recreation Intramural Sports Program*

They range from the ridiculous to the sublime. There are Biz Knobs and Phys Knobs; Scurvy Dawgs and Salty Dogs; Dekes, Tekes and Really Big Geeks. There are also Ghetto Boyz, White Boys and Ning Bay Boys; Pele's Children, Pele's Brothers and Dancing with Pele; Bellowing Cows, Cows R.R. Friends, and Holy Cow.

Believe it or not, these intramural sports team names are self-inflicted. They sometimes represent different fraternities, clubs and faculties—even various classes within a faculty. The dentistry faculty, for example, has teams representing the class of '93, '94, and '95.

Students, as everyone is aware, are in touch with popular trends and happenings, which are often reflected in creative team names. Throughout the years, this awareness and originality have combined in the selection of team names that revealed an issue or event of that time.

In the late 1970's, for example, team names like "Vader's Raiders," "Force" and "Cosmic Stormers" appeared that reflected the Star Wars craze.

Today, team nicknames appear to have less to do with a current political, social or economic event as they do with sex and beer. It can be argued that today sex and beer are more prevalent in the media and that students are merely reflecting this trend. Long time Campus Recreation secretaries, Joan Taylor and Vivian Laplante, have heard it all when it comes to team nicknames but agree that "the names are getting noticeably more rude."

- Messages on stair steps, read as you climb.
- Elevator posters - captive audience.
- Washroom stall flyers.
- Table tents.
- Make your own t-shirts.
- Faculty/Teacher memo - have them announce in class.

Some of the names are screened by the Intramural Sports Coordinator, Ron Wagler, but with so many teams, a few distasteful names invariably slip through. Risky submissions also get by through foreign language translations, acronyms and medical terms which are difficult even for the crack staff at the Campus Recreation office to detect.

Creative names which reflect other social and political events are still popular however. Recent political events like the Gulf War and the Oka Crisis were topics for team names like "Desert Storm," "Incoming Scuds," and "Oka Raiders." Other names have been take-offs of recent movies. They include "Dancing With Pele," "Hoochiers," and "Sex, Lies and Hockeytape."

Other team names that one way or another reflect the year 1992 include: "Registrar Blues," "Phi Slamma Jamma," and the "Doctors of Dunk," volleyball has the "Block Busters," "Dig This," and "Six Pack," and ice hockey has the "Blades," the "Ice Capades," and the "Habs." Some longstanding teams in intramural sports have used the same name each year to display their longevity and a sense of tradition. The "Fast Fibers" are a group of Kinesiology staff and faculty members who have played intramural softball and football for many years. Waterpolo's "Force 14" started in 1977 as "Force," while ice hockey's "C-Men" and "Sheep That Cook" are other teams that have stood the test of time.

Whether they reflect a time period or represent a faculty or group of friends, team names are often creative and amusing and add to the intramural sports program.

- Co-sponsoring an event with someone else.
- Run a contest related to your event.
- Offer a special food day in the cafeteria.
- Use an animal to publicize your event.
- Make paper hats to publicize your event.

*To be continued in our next issue*

# Intramural Ideas: A Mini Series

## Part 1 - "That's All Right"

### Cross Curriculum Mass Marketing

by Joyce Hopkins

We're to teach kids to say NO to drugs, sex, etc. in all subject areas. For one day let's have *every* subject area teach our potential participants to say "yes" to intramurals and to regular activity through *their* subject area.  
ie/Latin class - lesson on ancient olympics and recreational activities - "Toga Olympics"

#### Instructions:

1. Divide your group into 3 groups.
2. List subject areas and divide between the three groups. Cover *all* areas of the school—don't worry about level. Record on newsprint—Be sure to indicate the subject areas (How about the school staff? ie. secretaries, etc.)
3. *Brainstorm* ideas that can be used either in a classroom setting (ie. typing) or outdoors or a physical activity. Keep in mind these will be led by the regular classroom teacher as part of their subject area.

#### Intramurals in Subject Areas

##### SCIENCES

**Insects:** how they co-operate—busy bee syndrome

**Reproductive system:** equated to how Intramural programs form (begins with egg, end results look different)

**Studying weather:** determine the location of activity so one can plan for changes in weather (make it appropriate for indoor or outdoor)

**Water cycle:** similar pattern to some Intramural activity (cyclical)

**Heartrate:** respiration activity (record)

**Walk:** collect leaves - nature walk

**Garbage:** environment walk across Canada (20 minute walk equals 1000 km)

**Gravity:** parachute games demonstrate gravity force—make rockets, fly kites

**Design:** Go-Karts and Chariots—Race!

##### LANGUAGE ARTS

**Design a game (creative writing):**

- state purpose (ie/ physical, mental, social)
- set rules of how to play
- number of players (skill of sequence and organization)
- time limit

Now you get to play the game!

#### Intramural Newspaper:

- reporters attend games and write up articles

#### Drama (Radio Show):

- interview players, referees, convenors

#### Design posters/flyers

##### GEOGRAPHY

#### Choose teams by country

- research teams-flags, shirts, etc.

#### Different lifestyles of people from different countries.

#### Scavenger Hunt:

- using orienteering and mapping skills

#### Mini-olympics:

- every group is a country
- play games (sports) from various countries

#### Transportation:

- walking, bicycles, etc. (what does each country use?)

#### Climate:

Why are certain sports played in certain countries? How does climate affect? ie/ Canada has hockey and skiing.

#### Dance:

 folk, religious, traditional

##### HISTORY

#### How has sport changed through the years?

**Past and present Olympics:** events, people, records

#### Recreational activities of different eras:

- hoola hoop, frisbee

#### Women and Blacks in Sports

##### LANGUAGES

#### Modern languages (French, German,...):

- traditional dances, games

#### Adaptations:

- Tour du France - France
- Volks March - Germany
- Lopets - Scandinavian

**Assign letters** to kids then have them organize words, phrases, sentences

#### Scrabble - tennis balls

#### Shakespearean plays

- activities - breathing exercises
- bayonette fighting

#### Latin: Ancient Olympic Games

#### Collection of words that move:

- have a charade (ie/hop, walk, skate..)
- then generate synonyms for these words

#### Spell words with their bodies: make shapes

#### Alphabet lines:

- A, B, C—first names and last names

#### Prepositions (high, low, in between...):

position themselves relative to the proper word

#### Spelling bees: use sport words; act out!

#### A/L: Dictionary of Active Living words

##### MATH

#### Percentage activities:

- of participants

#### Problem solving:

- How do you fit 500 kids into the gym for lunch intramurals?
- How many km does each student have to travel from class to gym every year?

#### Math cooperative games

#### Activity cards - Rotate

#### Divide class into groups - Division

#### Walk across Canada:

- calculate how far
- graphs

#### Pace length of football field

#### Measure lengths and weights of sports equipment

#### Ice sculpt out math formula

#### Play sports games - scoring system

#### Round the world math game

These ideas were taken from Joyce Hopkins' keynote presentation at the 1992 CIRA Ontario "50's & 60's Rock & Roll Fever" conference held at Geneva Park, Orillia. This is only one area covered in her presentation. This article is the first part of our mini series which will be written up in following Input newsletters.

# Intramural Extravaganza

## Aquarobic Relay

**Aim:** To complete a series of pre-assigned exercises in water, in a team relay race.

**People and Space:** Two or more teams made up of an equal but unlimited number of players in the shallow end of a pool. To maximize participation and fun, make more teams with fewer participants per team.

### Things You'll Need:

• Flip chart, pen, and masking tape.

### Before You Begin:

• Hold a group brainstorming session to come up with a series of exercises which can be done in the shallow end of the pool (jumping jacks, one-foot hops, etc.).

List these on a large sheet of paper and post on a wall for all to see.

Try out each exercise to ensure everyone knows how to do them.

Assign all team members a position number.

Designate areas of the pool for each team to use for (a) exercise, (b) swimming or running back to start area.

### Playing The Game:

Teams line up side-by-side at one side of the pool. On the "Go!" command, Player 1 from each team slides into the pool and races across the width of the pool doing the first exercise on the list.

As soon as Player 1 is halfway across, Player 2 slides in and follows suit, and so on for all team members.

Players on the same team can't overtake one another.

After completing one width doing the first exercise, Player 1 swims or runs back to the starting line and waits for the last member of the team to finish.

Then they start again, crossing the pool doing the second exercise on the list, and so on.

### Added To The Fun:

Have players do one of the exercises wearing flippers, snorkels, masks.

Use flutterboards and other props.

### Variation: (For strong swimmers only)

Participate in a Retriever Relay. Throw

something that will sink (ie. a rubber ring) into the deep end of the pool; each player has to dive in and get it and swim to the other side. The player then throws the ring back into the deep end for the next player to retrieve.

*Allison Christie  
Notre Dame College School  
Fort Erie, Ontario*

## Banana Split Triathlon

**Aim:** To be the first team to complete a series of three events, while carrying a banana.

**People and Space:** Any number of teams of three players each, and a large outdoor area.

### Things You'll Need:

- Three spoons.
- Ingredients to make a banana split and a plastic dish to put it in.
- Enough equipment for participants to complete the three events.
- One banana per team.

### Before You Begin:

• Decide on the three events and set up the course. Make use of natural resources close by (eg. lakes, hills, parks). Events could include cycling, running, mountain climbing, canoeing, cross-country skiing, skateboarding, skating, swimming, etc. The distances and events chosen depend on fitness and skill levels of participants and time available.

• Gather necessary equipment together and place at the "change points" on the course.

### Playing The Game:

- All participants complete all three events. One player on each team starts with a fresh, undamaged banana.
- On the "Go!" command, all participants start the first event.
- At the "change points," participants switch to the next event and also pass the banana to a new player from their team who will carry it to the next change point.
- The first team to successfully complete the three events and carry the banana through the course is declared the winner.

- The winning team then makes themselves a banana split and eats it!
- Other teams may share their banana... or what's left of it.

### Safety:

- Ensure the events are appropriate for the fitness and skill levels of participants.
- Wear appropriate protective gear (eg. helmets and pads for skateboarding).
- Place route marshalls around the course to direct traffic, provide help, etc.

*Kara Boehner  
Henry Jansen School  
Regina, Saskatchewan*

## Bull's Eye

**Aim:** To earn more points than the other players.

**People and Space:** Groups of three players each, and a play area with a wall.

### Things You'll Need:

- Two soccer balls for each group of three players.
- Stopwatch or clock.
- Three pylons or other markers for each group.
- Masking tape to mark the floor if there are no appropriate lines on it. (Flour to mark the ground if you're outside.)

### Before You Begin:

- Each group designates one player to start as goalie, and sets up two pylons in front of the wall, about three metres apart to make a goal.
- Use masking tape or flour to mark a shooting line on the floor or ground about six metres away from the goal.
- Set up the third pylon about six metres behind the shooting line.
- Decide on the length of time for each Round (eg. three to five minutes).

### Playing The Game:

- Start the stopwatch or check the clock.
- Within each group, two players take turns shooting their soccer ball at the goalie until time is up for that Round. Shots are

After shooting and retrieving the ball, players dribble the ball with their feet around the third pylon.

Players earn one point for each goal scored, and goalies earn five points for every save. Players keep track of their own points.

### Changing Roles:

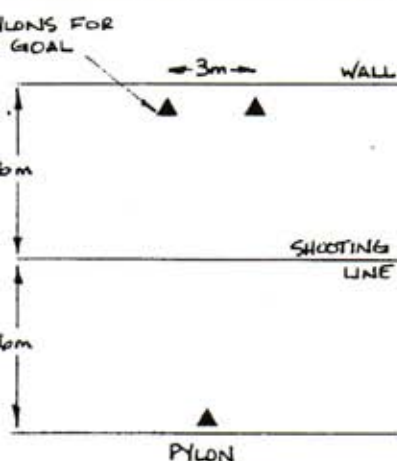
When time is up, a new player plays in goal and the next Round starts.

The player with the most points at the end of three Rounds of play is declared the champion.

Make new groups of three and start a new game.

### Variation:

Vary the size of the goal and distances for the shooting line and third pylon.



Dave Grebstad  
Dryden, Ontario

## Human Pinball

**Aim:** To successfully manoeuvre a soccer ball through a human pinball machine.

**People and Space:** Three teams with ten or more players each, a timer, and a large space.

### Things You'll Need:

One hula-hoop per player for two teams.

A sound system and tapes.

A soccer ball.

Masking tape - if playing indoors.

Stopwatch or clock.

A floor hockey net.

Pinnies to identify the teams.

### Before You Begin:

- Two teams set themselves up as bumpers in the human pinball machine. No particular pattern is necessary. Hoops are placed on the floor, or ground with spaces between them. If playing indoors tape the hoops down to prevent them from moving around.

### Playing The Game:

- Start the music.
- The timer calls out "Go!" and times the Round for three minutes.

### Bumpers (Two teams)

- One foot must be inside your hoop at all times.
- Use the other foot to direct the ball away from the team that is trying to score a goal. Handle the ball with feet, legs, head - not arms!
- Bumpers must remain active on-the-spot at all times and must not move their hoops around.

### Scorers (One team)

- Using feet, legs, and head, but not arms, attempt to dribble the soccer ball between the bumpers and score a goal on net.
- If the ball goes outside the human pinball machine area, you must quickly retrieve it and put it back into play.
- Attempt to score as many goals as possible within the three minutes.

### Changing Roles:

- After each Round a new team becomes the "scorers."
- Each team should have an equal number of chances to be the "scorers."
- The timer keeps a running total of goals for each team.

Kristan Oakes  
Newhiskeard Secondary School  
Newhiskeard, Ontario

## Bounce and Bop

**Aim:** To obtain possession of the ball and bounce it into other players, while avoiding being hit with the ball yourself.

**People and Space:** Five or more players and a play area with a smooth surface marked with outside boundaries.

### Things You'll Need:

- A medium-size rubber ball.
- A set of pinnies.

### Before You Begin:

- Decide on the length of time for each Round.
- Decide what the "penalties" will be for being hit ("bopped") by the bouncing ball (eg. after one "bop" - you must hop on one foot; two bops - hop on two feet; three bops - hop on two feet with one arm behind your back; four bops - hop on two feet with both arms behind your back; five bops - put on a pinnie).

### Playing The Game:

- All players start by running around within the play area boundaries.
- The ball is thrown into the play area and the first player to retrieve it yells "stop," and everyone freezes on-the-spot. The player with the ball then quickly tries to "bop" any other player by bouncing the ball off the ground to hit the player.

- No player can move until after the ball has bounced once.
- If a player is "bopped", they move around in the manner assigned by the penalties (set up before the game started).
- Anyone can retrieve the ball; even if they have been "bopped."
- After being bopped five times, players put on a pinnie. They continue to play but are immune to future bops.
- When time is up for Round One, the players with the fewest number of bops are declared the winners.
- Continue with Round Two; all players start with no penalties.

### Add To The Fun:

- Use two or more balls.

Lisa Braun  
Carl Frederickson School  
Govan, Saskatchewan

### Great Ideas

The above games/activities were reprinted from the book *Great Ideas - Games and Activities for Youth*, by Youth. For more information contact: CIRA, 1600 James Naismith Dr., Suite 601, Gloucester, Ontario. K1B 5N4

## Calendar Project?

It's a school fundraiser. It's also a chance to involve teachers and students in a national celebration of Active Living and the environment.

Up until June 12th, 1992, students across Canada were invited to draw or write about an experience of being active in the outdoors, and were encouraged to illustrate how they can respect and protect the environment while enjoying the experience. Selections from their drawings and stories are being used to create the "Active Kids for Canada" Calendar — a unique educational calendar for households in your community.

## How does my school benefit?

- Your school will benefit financially. For every calendar sold, your school earns \$1.00! That's one half of the \$2.00 selling price! In addition, for every 500 calendars you order, your school will receive a bonus of 50 free calendars.

(For example, if your school has 250 students and each student sells two calendars, your school gets \$500! Plus, your school keeps the entire earnings of sales from the additional 50 free calendars - that's a \$100 bonus!)

- We will provide you with a special "Active Kids for Canada" Classroom Calendar for each teacher in your school. This colourful educational tool will be chalk full of simple ideas for Active Living/Active Learning experiences - in step with the environment. Best of all, they're FREE!

- Individual classes or school clubs can generate their own project funds.

- This can be the first step on your way to becoming an Active Living School.

- Teachers can take advantage of great ideas for Active Living/environment experiences for students.

## What is Active Living?

Active Living is a way of life in which physical activity is an important part of daily living. It's getting back to basics, romping in the park, walking the dog, dancing, gardening, cycling to school - enjoying active times alone and with friends. Active Living improves our well-being and quality of life.

Schools can play an important part in promoting Active Living. An Active Living School is one where staff, students and parents

## Active Living - in step with our environment

Students who enjoy active times in the outdoors come to know respect and care for their environment. Understanding that simply getting around on your own steam - walking, bicycling, wheeling, or roller-skating - can help the environment, is an important lesson in itself.

Your students can help keep existing Active Living environments safe, clean and green. They can also help to improve, restore or even create new environments for Active Living.

## Here's how to begin:

1. Ask each teacher, student leader or parent volunteer what number of calendars they would like to receive for sales in the fall of 1992.
2. Total the number of cartons (250 calendars per carton) that your school will be ordering and call our convenient toll-free line at 1-800-361-2756. Note: Calendars will be delivered to your school no later than September 15, 1992.
3. Order IMMEDIATELY!! Call 1-800-361-2756.



## No Matter how Large or Small; Simple or Complicated; Old or New...

To commemorate our 15 years of leadership in the field of intramural and recreation programming, CIRA will be mounting an historical display at our October 23-25, 1992 National Conference in Calgary. If you have CIRA artifacts, memorabilia, photos or any other items which would help us take our trip down memory lane ... PLEASE send these to: Don Williams, President, CIRA, 316 Edgemont Place NW, Calgary Alberta, T3A 2K2

*(Please indicate if you wish to have these items returned)*

# 101 Games to Play in a New Way

The following games are taken from the manual, "101 Games to Play in a New Way", incorporating games of the past and games of the future. The CIRA Publications Committee feels the manual is a valuable resource to the educational community. The Ministry believes that skilled recreation leaders and teachers have an important role to play in facilitating games which are open, warm, fun, safe, appropriate, fair, democratic, participative, challenging, imaginative, creative, spontaneous, and innovative. The manual is dedicated to advancing these basic principles of play and in celebrating together the child in all of us.

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## Skin the Snake

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- Moderate to high activity
- Twelve or more players
- No equipment
- Indoors or outdoors (cushioned surface preferable)
- Line formation

Skin the Snake is an unusual game. Although it can be played either cooperatively or competitively it always demands of players a high level of togetherness and cooperation.

Large teams create an exciting game. Twenty or thirty players line up, one behind the other. Direct players to reach between their legs with their *left* hand and grab the *right* hand of the person behind them. The end result should be a chain of linked bodies, left hands grasping right hands.

At a signal, the last person in the line lies down on her back. Still holding the hand of the last player who is lying down, the second from the last participant slowly backs up straddling the body of the last player. He/she lies down on his/her back right behind him/her. This sequence of waddling actions continues, all players still holding hands, until the last person to lie down touches his/her head to the ground. There's no rest in this game, so the last person to lie down now gets up and starts moving players up as he/she moves along. The group has successfully skinned the snake when all layers are again standing in an unbroken line. Together the entire snake now runs to the point where the tail passes where the head started. Hands must be held while running.

Team vs Team Skin the Snake is two teams competing with one another for the fastest skin of the Snake. Perhaps some pointers before you get into Team vs Team.

Remove shoes...You'll be less likely to trip over your team-mate, as you back up.

When you're down, lie as close as possible to the player in front of you.

Keep your toes pointed into the sides of the player in front. The transition from backwards to forwards is easier if it is continuous. To keep the line moving, the ends of your lines should be agile and strong.

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## Hungry Animals

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- Moderate to high activity
- More than ten players
- Biodegradable, edible treasure eg/peanuts in shells
- Indoors or outdoors
- Scatter or free formation

Sharp eyes and loud voices are real assets in Hungry Animals

To get started ask players to imagine each of the following:

1. A pink pig galloping through the forest.
2. A purple cow swimming the sidestroke.
3. A striped frog hanging from a tree branch.

Players regroup according to the image for which they have the greatest affinity. Each separate group now meets to decide upon its own definitive and reproducible animal sound. While huddled together,

groups will also choose a representative runner. The total group reforms, each animal group performing its cheer as a final check that all cheers are dissimilar.

The game is a modified treasure hunt. Freely distributed across the playing area is hidden treasure, the location of which is each and every animal's lot to determine. Animals identify the presence of treasure by calling out their animal cheer. Animals, however, cannot collect treasure. Only representative runners can. Furthermore, a runner can only pick up treasure if one or more of his or her animal group is present.

It is not uncommon for runners to approach a treasure surrounded by the squawking, baying and screaming of six or seven animals representing anything from dogs to camels. The first runner to the treasure picks it up. Of course, animals are not permitted to impede the collection of the target by the runner especially in the interest of giving their runner more time in which to arrive. The game ends quite naturally when all of the treasure seems to have been found. With everyone sitting around and munching, it might be a good time to start up a game of Pleasant Memories.

*Comments:* For the sake of the local animals and the environment, if you're playing outside, it's a good idea to use a biodegradable treasure like shelled peanuts.

It is not important that animal groups be of identical size. You might suggest that each divided group think up its own identity instead of using the images created here for the purpose of group division.

### 101 Games to Play in a New Way

The "101 Games to Play In a New Way" manual can be purchased through the CIRA Ontario office. Contact Sharon Scime at the CIRA Ontario office at (416)575-2083 for inquiries and purchases.

# It's

## CIRA XIV

Canadian  
Intramural  
Recreation  
Association

### National Conference



October 22 - 25, 1992  
Calgary, Alberta

### Calling all Intramural Enthusiasts

Ideas, activities, & articles are needed for future *Input* issues. If you have any ideas, suggestions, special events, etc. please send them to the CIRA Ontario office.

Your submissions can be in rough and can be kept anonymous if you wish. If you don't think your activity, game, special event is a good one, send it anyway and let me be the judge! You'll be surprised how many good ideas you have and you should share them with the membership. Send your submissions to:

Sharon Scime, CIRA Ontario Office, Mohawk College, P.O. Box 2034, Hamilton, Ontario, L8N 3T2.

Ryerson Polytechnical Institute presents...

### Intramurals are Cool "the sequel"

The 14th Annual  
Secondary School Workshop

Friday & Saturday,  
November 8 & 9, 1992

\$30.00 per person includes  
Pizza Party, Saturday's Lunch, T-shirt

For details contact  
Jean Kennedy at (416) 979-5096



Edited by Sharon Scime - P.O. Box 2034, Hamilton, Ontario. L8N 3T2



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