

Bulletin

"The Voice of Intramurals in Canada"
«La voix des loisirs intra-muros au Canada»

Special Bulletin/Bulletin spéciale April/avril 1995 Vol 20 No. 6

ISBN 1187-0818

Special / Spécial

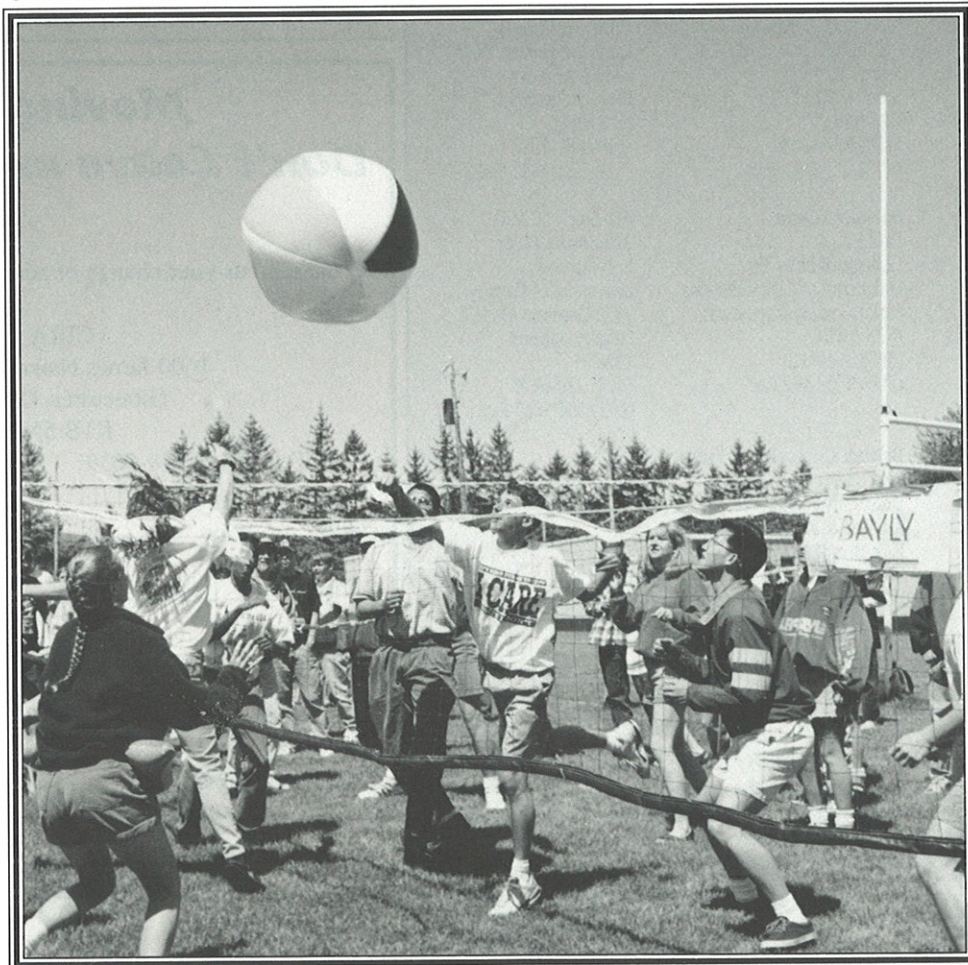



Photo: Ajax High School, École secondaire Ajax.



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Submission of Articles

The CIRA Bulletin is published eight times per year between September and June. CIRA is pleased to consider all written submissions from its members. Articles should be two to three pages long, typewritten, double-spaced and sent to the editor at least eight weeks in advance of the Bulletin publication.

**Moving?
Don't Leave us Behind!**

Please send us your change of address to:

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AIR CANADA

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of the
Canadian Intramural
Recreation Association*

Introduction

Once a year, CIRA produces a special issue of the Bulletin, focusing on a timely topic that has been identified by the CIRA Bulletin Committee. This year's Special Bulletin centers on active living activities. Activities, which can be implemented anywhere, are easy to execute and do not require much equipment are listed in this issue of the Bulletin.

Special thanks to the Active Living Canada, Canadian Cycling Association, Canadian Parks/Recreation, The Heart and Stroke Foundation of Canada, the Canadian Red Cross Association and National Fitness Leadership Advisory Committee for their contributions to this issues.

"Take a Hike" for Parks Day '95

Lace up your hiking boots and hit the trails for a good cause! The Canadian Parks Partnership is inviting Canadian students to participate in the first annual "Take a Hike" - a fun hiking event taking place at parks and historic sites across Canada. "Take a Hike" is being held during Park's Day Weekend July 15 and 16th to raise awareness and money for these special places. All the money that's raised will be used for local initiatives.

The event itself will consist of a walk or "hike" in a designated area of a park or historic site, and may include stations along the route that provide information on history, culture and nature specific to that area.

For example, Friends of Fort George are taking a historic hike from Brock's Monument to Fort George at Niagara on the Lake, Ontario; Friends of Prince Albert, Saskatchewan are raising money to support more school



tours in their park; and Kouchibouguac National Park in New Brunswick is hosting the National Boy Scout Jamboree during that time, and will be planning a "Take a Hike" event around the visit of (over 2,000) of these youngsters.

Encourage your students to get involved in "Take a Hike" 1995, either by participating in a local event or organizing their own! If you need more information, contact your local park or historic site, or call the Canadian Parks Partnership at (403) 244-6067.

"Take a Hike" is coordinated by the Canadian Parks Partnership in collaboration with Parks Canada and the Federal Parks Council. □

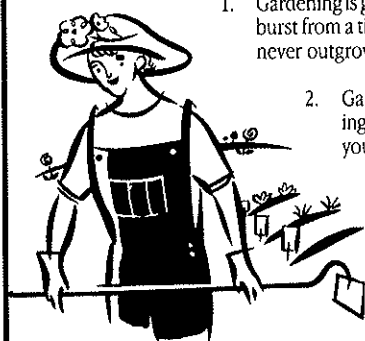
ADDING LIFE TO YOUR YEAR

The Healing Garden



Gardening is adult Canadians' second favourite physical activity, according to the 1988 Campbell's Survey on Well-Being in Canada. And gardening's popularity is (forgive us) continuing to grow. Here's why:

1. Gardening is good for the soul. Watching a seedling burst from a tiny seed gives you a warm feeling you never outgrow.
2. Gardening is good exercise. All that bending, digging, pulling and stretching makes you stronger and more supple.
3. Gardening constantly rewards you. Nothing beats the taste of your own fresh vegetables or the smell of a house decorated with home-grown flowers.



4. A garden is a living work of art, using colour, texture, shape and space to create a visual treat.

All you need to garden is a few square feet in your front or back yard. Or, in most municipalities, you can rent a garden plot for a small fee. Contact your municipal parks department for more information.

A few labour-saving, body-saving tips

- If you're new to gardening, remember - less is more fun. Start with a small plot and work up slowly. Your body and your garden will thank you.
- Protect your back by bending your knees when weeding or leaning over in the garden. Use a knee pad if kneeling for long periods of time.
- Feed your plants by feeding the soil. Compost, composted manure and leaf mould add nutrients and hold water.
- Mulch (grass clippings, wood chips or other material you put around the base of your plants) keeps weeds down and feeds the soil.
- Instead of sprinkling every day, water deeply once or twice a week. This encourages deep root growth and helps your plants weather dry spells.

***Now all you have to do is get going...
and get growing!***



Clean Up your Act

Interaction of the total school curriculum can be achieved by teachers assisting one another. The following activities involve a number of curriculum areas and challenge students to propose and evaluate ways to reduce litter pollution. Discuss what kind of litter could harm living things in your community.

Litter We Know
Subject Area - Science

Equipment: Garbage bags, glue, record sheets, rubber gloves for all participants.



Divide the class into three or four teams. Assign one area near the school for each team to clean up. Remind students not to take things from garbage cans, disturb private property or pick up potentially dangerous objects. Send an adult volunteer or older student with each team. Have teams scour their areas for litter and bring it back in a garbage bag.

When students return, have them organize and display a collage of the litter that the teams collected. Discuss possible harm each type of litter could cause.

Subject Area - Math

Use the record sheets to analyze the types of litter collected. Assign a numerical value to each kind of litter. The item potentially most harmful to wildlife or the environment has the highest score; the least harmful, the lowest. Have students figure out the total score for the collage based on the numerical value of each piece of litter.

Be A Tree
Subject Area - Natural Science

Equipment: Sketch pads, pencils, pencil crayons, cameras (optional)



Take students on a nature hike. Divide students into groups. Each group will be responsible for a part of a tree. i.e., roots, trunk, branches, twigs, leaves/flowers or needles cones, depending on the tree selected. Have the group examine the tree's parts closely, feel the texture smell, etc., but not taste or damage any part of the tree. Then have students draw or photograph the various parts of the tree that they have been examining.

Later, in the classroom or gym, students should arrange drawings of the tree parts to make one giant wall tree. The parts will be of various shapes and sizes, but that is what makes the tree so special. Follow-up activities should include creating an active game, perhaps with the tree as home base. □

Thinking Smoke Free

Equipment: Chalkboard, Chalk



NO SMOKING

Divide the class into small groups of three or four for an alphabet relay. For each group, write the letters of the alphabet, one underneath another, on the chalkboard. Using the relay format, have each member of the team run, trot, or skip to the board and write one health benefit related to smoking next to the letter of the alphabet, beginning with "A" i.e., air is not

polluted with chemicals. Then the next person will run, trot, or skip to the board and write a health effect related to smoking "B" i.e., bad breath.

The winning team can lead the class in a physical activity session that would benefit one's health. Have all teams discuss how and why this activity would benefit a person's health. □

Source: Christine Forbes, Lambton Health Unit, Lambton, Ontario.


Are You At Risk?



MYTH: People rarely fall overboard when standing up in a small boat.

FACTS: More than half of all boating accidents result from standing up. Alcohol affects your balance, increasing the risk of falling overboard.

Consuming alcohol while boating increases the need to stand for relief.

The Canadian Red Cross Society 

Just Golf It!

N

ot only can golf develop into a lifelong activity, but walking outdoors is a great way to keep fit. This golf theme serves to introduce students to the game as well as provide a foundation for future golfing activities.

Fairway Fairplay

Equipment: Flying discs, hula-hoops, cones

Space: Playground or gymnasium

Students, each with a disc, start at the tee (cone) and toss the disc towards the hole (hoop) located a distance away. The object is to have the flying-disc land in the hoop, count the number of tosses. Create a golf course with as many holes as you desire.

Adaption - In teams of four, run a texas scramble or best toss type event. Each student tosses the disc towards the hole. Students then decide on which was the best toss. Teammates retrieve their disc, go to where the best toss landed and the second "stroke" is taken from there. Count the number of strokes.

Mini Putt

Equipment: Gym mats, hockey sticks, ball (golf or wiffle), indoor golf hole or target

Space: Gymnasium

Using gym mats as the green, place hockey sticks along the sides to keep the ball on the green. Students putt the ball using a hockey stick to the hole. Be creative, use other pieces of equipment to strike the ball and/or place objects along the green as obstacles. Count the number of strokes taken.

Water Hazard

Equipment: Cones, paper cups, water, soccer balls

Space: Playground

Set up a maze course using cones. Place cups filled with water on top of each cone. The object is to dribble the ball through the maze without knocking off the cups of water. This could be a timed event with hazard points given for any water lost from the cups. Play as an individual or relay type activity.

Adaptation - With the cup balanced on the cone, students attempt to knock over the cup of water by either kicking the ball, bowling or throwing the ball from a distance.

In The Trap

Equipment: Cardboard box, bean bags, table or desk

Space: Playground or gymnasium, classroom

Student stands in the box a distance away from the target (table or desk) and tosses the beanbag attempting to have it land on the flat surface of the desk. A target could be placed on the table and the students could aim for it or knock it over/off the table. □

Get Up and Go Relay

- Organize a special events day with a "GET UP AND GO RELAY" theme.
 - Stations:
1. **ROLLING ALONG** - One student gets inside of a large innertube, barrel or gym mat and is rolled to a designated spot. Repeat in relay fashion
 2. **HOT AIR** - One at a time, each team member blows up a balloon, runs to a chair and sits on the balloon to break it.
 3. **SATELLITE RACE** - Take three hoops and three people, form a connection by placing each hoop around two of the people in the group. The group must move in a rotating fashion to the designated spot.
 4. **SKATEBOARD SCOUT** - One person sits on a skateboard and is pushed to a designated point. Both hands and feet of the rider must be off of the floor.
 5. **STAYING IN ORBIT** - Each team must keep a large beachball (42") off the ground while moving from one to another.
 6. **HULK'S HEXAGON** - One person at a time runs through Hulk's course doing strength activities at designated points. For example: 1. sit-ups; 2. push-ups; 3. tuck jumps; 4. pull-ups; 5. arm curls; 6. leg squats against a wall.
 7. **CENTIPEDE WALK** - All the players in one team form a straight line. The first person in the line puts one hand back between his legs. The person behind him holds the first person's hand and puts his other hand back between his own legs, etc... On the cue, the object is to walk the designated distance without breaking the connection.
 8. **SKIPPING TRIADS** - Using a single rope, two people turn the rope for one jumper. When the jumper makes a mistake, a turner becomes a jumper. The object is for each group to try to do the most jumps within a designated time limit. □

DON'T DELAY, ENTER TODAY!



ATTENTION SECONDARY SCHOOLS:

CIRA ONTARIO is accepting entries for your best
Theme Day, Special Event,
Mass Participation Activity or Game Idea.
Enter Today, and you could be a winner!

For more information, contact:
CIRA-ONTARIO (905) 575-2083
Fax (905) 575-2264



Schools and Institutions *Go for Green!*

There is no better way to teach an appreciation for the natural environment than to encourage students to be physically active through outdoor school intramural, club and class activities. Teachers and students alike are concerned about the environment and are ready advocates of any action aimed at its care and improvement.

Active Living - *Go For Green!* encourages community based action which links active living and care for the environment, the objective to motivate Canadians to choose people-powered transportation, organic gardening and the wise and friendly use of recreational land and waterways. Active Living- *Go For Green!* has helped kick start more than 1000

community projects that address outdoor physical activity and its relationship to the natural environment. Many of these exciting initiatives show that schools have played a lead role and participated in initiatives with other community groups. Schools are providing choices of activities that positively affect the environment. If your school has a *Go For Green!* idea or a success story, we want to hear from you and share it with others.

Across the country school curricula, programs and resources are reflecting new strategies and ideas to teach appreciation and respectful use of the environment while being active within it. Teaching tips and ideas about safety, outdoor skills, organizing and planning outdoor activities and leadership training are available from a number of sources across the country. To get you started, note the following suggestions.

WHERE'S THE ACTION?

To wet your whistle, listed below are some school related projects from across the country that were assisted by Active Living - *Go For Green!*

Spawn & Run Competition
river & stream appreciation

Go For Green! Enviro Fair
active living and environmental stations & displays

Growing Up Green
gardening

Summer Outdoors Reachout Program
participation & education

Trail/Path Use & Safety
Adopt-a-Trail program

Global Change Game
bicycle tour

Stay on the Streets
bike education

Think Clean - Go For Green!
poster competition & clean up

For details about these projects and others, call
Active Living - *Go For Green!* at
(613)748-5787 or fax (613) 748-5734.

Check Out...

- ✓ The Canadian Active Living Challenge. Contact Carl Clements at: 1-800-663-8708.
- ✓ Leap for Frogs! - The Metro Toronto Zoo's Adopt-A-Pond Program. Try it at your school! Contact Bob Johnson at (416) 392-5968 for information.
- ✓ The Montague Junior High School in P.E.I. has no on-site facilities for activities. No problem! The school integrated Active Living, creating off-site regular activities as well as seasonal, school-wide special events. Examples include an Active Living Learning Walk in a Provincial Park and encouraging safe walking to/from school. The Math, Science and English Departments have joined in by planning co-curricular active living lessons. Contacts are Rick MacKinnon, Montague Junior High (902) 838-2951, or Dale McIssac, Montague Regional High (902) 838-2473.

Go For Green! Intramural Ideas... *The sky's the limit!*

Teachers and students have been real troopers in helping with clean ups, planting and restoring recreational sites. We know there are hundreds of imaginative, good fun ideas underway. Intramural programs can be greatly enhanced by adding people - powered locomotion with the outdoors as the venue. The sky's the limit for ideas! At the same time students learn to appreciate the value of the environment and a healthy lifestyle. How about a Derby or Scavenger Hunt - mix and match rollerblading, skiing, skating, etc. with scavenger hunts that teach tips on safety, health, and skills.

YOUR SCHOOL COULD QUALIFY FOR THE

Elaine Burke Award

This national community-based award will recognise outstanding achievement in active living and environmental citizenship completed at the local level. Many schools have taken the lead in projects that have involved other community groups to create a legacy in the community. If you have a success story that may qualify, you are encouraged to submit a nomination. For more information please call **Active Living - Go For Green!** at (613) 748-5787.

Don't delay, fill out the nomination form on the next page. The nomination deadline is March 31st in most provinces and territories, however, we will forward all nominations for consideration.

The Elaine Burke Award

Recognizing Community Achievement in Active Living and Environmental Citizenship

PROJECT CRITERIA – The award honours those community projects that:

- have demonstrated a commitment to supporting and encouraging outdoor physical activity that is safe, healthy, responsible and respectful of the environment;
- involved the cooperative efforts of varying community groups in the planning, delivery, promotion and fund-raising of the project;
- were a catalyst to obtain resources, cultivated new or non-traditional partnerships, involved volunteers and other community services, linked with long-term plans;
- helped create or sustain community sites or opportunities for outdoor physical activity;
- created awareness of health and safety risks related to outdoor physical activity and how to deal with them (such as: exposure to the Sun's rays, use of chemicals in gardening, or traffic risks when walking or cycling).
- continue to benefit the community or have created a lasting resource.

NOMINATION FORM (use a separate sheet if necessary)

Project/Group Nominated: _____ Contact: _____ Address: _____ _____ Postal Code: _____ Tel.: _____ Fax: _____	Nominated by: _____ _____ Address: _____ _____ Postal Code: _____ Tel.: _____ Fax: _____
Please provide a contact who has some expertise with, and who will be responsible for the planting and care of seedlings and other living gifts.	
Name: _____ Tel.: _____ Fax: _____	

Description of Project: _____

Who Helped and how? (for example: list groups or individuals who helped with planning, delivery, promotion and funding)

Activities Undertaken:

How did the project benefit the community in lasting ways?

This information may be used by Active Living - *Go For Green!* for promotional purposes.

The Elaine Burke Award is a partnership of the provinces and territories, is coordinated by Active Living - *Go For Green!* and supported by Tree Plan Canada and McKenzie Seeds.

Fax or mail this form to Active Living – *Go For Green!* at:
(613) 748-5734

or, Suite 601, 1600 James Naismith Drive, Gloucester ON K1B 5N4



McKENZIE

Tree Canada Reboisiers le Canada



Go Outdoors

Objective: To use the outdoors as a vehicle for encouraging physical activity.

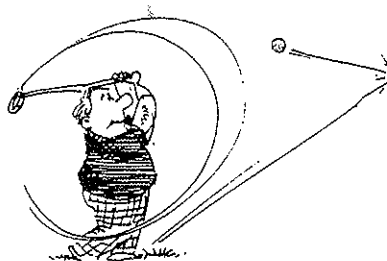
Ideas:

- Organize a camp-out and feature outdoor activities.
- Hike along a river or in the country; have a wiener roast and a hayride to return.
- Use Saturday for a day long clinic or activity such as sailing or windsurfing, using your community's resources.
- "GET UP AND GO WISELY" – have a look at the safe use of outdoor recreational vehicles (bicycles, boards).
- Host an activity for students, friends and parents such as orienteering, a cross country run or a tennis tournament.
- Host a lawn bowling event and invite senior citizens to be involved.
- Host a golf tournament for students, teachers, friends and relatives using a variety of golf activities.

For example:

Monkey Golf – Each player must choose one golf club to use through the entire course.

Two Ball – Each of two partners takes a turn hitting one golf ball.



No Strings Attached

– Each person or two-ball team is given 3-6 meters of string which can be used at anytime during the game to improve a ball position or to move closer to the hole. The whole string may be used at once or portions of it.

Get Up and Go For an Afternoon

Objective: Mass participation for an afternoon.

Get Up and Go Cycle

- Bike Rally
- Remember safety. Helmets are mandatory.
- Stations:

1. **SLOW BIKE RACE**
– the slowest rider over a distance wins. If a rider's foot touches the ground he/she is out.
2. **ESTIMATED TIME RACE** – the person coming closest to his/her estimated time wins.
3. **SHUTTLE RELAY** – one bicycle is driven back and forth between two lines of students. After each crossing, the team changes riders. Score one point per crossing.



4. **OBSTACLE COURSE** – let your imagination "GET UP AND GO WILD".
5. **SPEED RACE** – the first rider reaching a designated spot wins.
6. **CROSS COUNTRY RACE** – go for a variety of terrain in your course.
7. **SAFETY RULES COURSE** – cyclists go through a course of turns and stops during which they must make the proper signals and obey traffic rules.
8. Score one point per team member who rides a bicycle to school.

You may want to have a bike decorating contest or a trick riding display to culminate your rally or as a fill-in while totalling scores. □

Source: Canadian Cycling Association, Gloucester, Ontario.

Bicycling is fun for everyone

Here are some great cycling ideas that have worked for other groups:

1. **Bicycle Maintenance Clinic:** Contact your local bicycle club for a qualified instructor to host an information session on bicycle maintenance to be held over lunch hour or after school/work. Learn all about the components of a bicycle, and how it operates as a whole. A thorough check of your bicycle should be done on a regular basis.
2. **Wire your station bike for power/stage a pedal media challenge:** To show how efficient and environmentally sound bicycling is, wire a stationary bike to generate electricity, power a light bulb or a small computer. Invite the media.
3. **Bike Rodeo:** The great Kinsmen of Bowmanville, Ontario held a bike-a-thon and rodeo at Clarke School to promote bicycle safety. The event included a bike inspection and a handling skill course. A number of stations were set up in the parking lot. Each station related to real-life bicycle situations which cyclists need to be aware of: mock road situations, traffic signs, and props built for cars and trucks. Riders practices stopping, turning, signaling and riding down the right side of the road.
4. **Wheels of all kinds:** Tandems bicycles, two-wheelers, wheel chairs, stroller, skateboards can come together in this activity to show off their wheels. Encourage participants to decorate their bicycles and dress up in costumes. All wheels are welcome! □

Toss and Turn

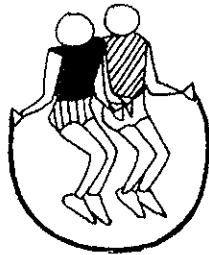
Frisbee Balloon-Minton

Equipment: Balloons, discs

Divide the class into groups of four or five. Give each student a balloon and a disc. Using the disc as a racquet, have the students play a cooperative game of "Balloon-Minton" (like badminton). See how many continuous volleys the group can make.

TWOSOME

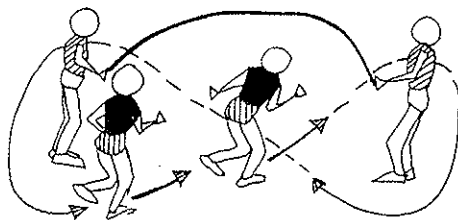
Equipment: One long jump rope for every two students
Space: Gymnasium, any flat area with high ceiling, paved outdoor area



Jumping rope is a great way to work cooperation into an activity! Have students work in partners, turning the rope together as shown in the diagram to the left. Remind students to start with the rope behind them and to hold the rope in their outside hands.

WINDOW TAG

Equipment: One long jump rope for every four students
Space: Gymnasium, any flat area with high ceiling, paved outdoor area



Have two students turn a long rope down and away from the jumpers, as shown in the diagram above. The jumpers stand one behind the other near the shoulder of the first turner. As the rope passes the jumper's nose, he/she runs through the open "window" and exits without jumping the rope. Remind students to exit near the shoulder of the second turner. The second jumper chases the first, entering the rope after the first jumper has exited. Once the first jumper is tagged, the jumpers switch places.

Rope Jumping Songs

- Two little blackbirds - Two jumpers, regular full turns sitting on the wall.
 One named Peter - "Peter" puts up hand
 the other named Paul. - "Paul" puts up hand
 Fly away Peter, - "Peter" jumps out
 Fly away Paul. - "Paul" jumps out

- Come back Peter, - "Peter" jumps in
- Come back Paul. - "Paul" jumps in
- Fly away, fly away, - Both jump out
- fly away all. - Both jump out

- Spanish dancers do the splits. - Regular full turns, jumpers
 Spanish dancers give a high kick. - perform the action in the song
 Spanish dancers run around.
 Spanish dancers touch the ground.
 Spanish dancers get out of town. - Jumpers jump out

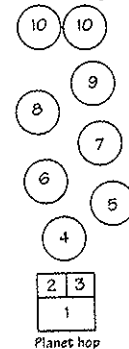
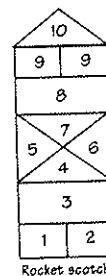
Source: *Adapt, Adopt and Improve* available through the CIRA National Office.

HOPSCOTCH

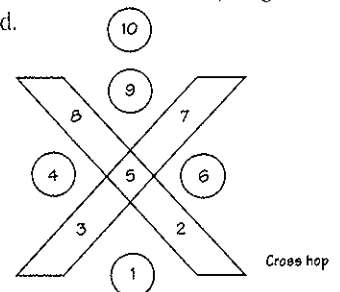
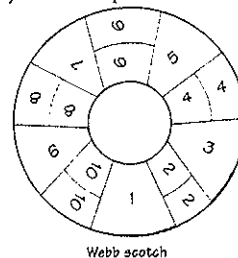
Equipment: Any rubber playground ball, chalk
Space: Any outside paved area

Hopscotch has been played in many countries for years. The variety of hopscotch activities provides students with wholesome physical activity.

The object of the game is to bounce the ball from square to square in numerical order. Divide the class into small groups of three to five players and have the groups draw hopscotch diagrams on the pavement. For ideas, please refer to the diagram below:



Have players "number off" to determine a playing order. Each player tries to bounce the ball into square 1 and, on the rebound, direct it into square 2, and progress to the last square. Each square is worth one point. Bounce the ball only once per square and hit the squares in order, without any intervening bounces in or out of the court. If the ball hits a line, it is good. Players can step in the court as needed.



Challenge your students with simple and complex hopscotch patterns. You can vary the size of the squares so that every student can be successful. □

Beach Day

“Fitness Fun at the Beach”

Morning

1. Announce the theme, phrase “Fitness fun at the Beach” and activities of the day.
2. Beach Dance.



Have Student Leaders take care of music, food and drinks, decorations, and clean up. Encourage students to bring beach clothes, a paper surfboard (art class project), and/or lawn furniture.

Expand upon these ideas for your beach day:

- a) Beach ball volleyball;
- b) Pyramid building;
- c) Social area; and
- d) Dance/surfing section.

Noon

1. Community pool visit.
Book the local swimming pool and arrange to have part (or all) of your school go swimming. Plan games and activities for everyone.
2. B.Y.O.P. (Bring your own pool)
* We recommend the use of blow up pools in order to assure a level of safety.

Students are asked to bring their own inflatable pools and appropriate clothing. Have Student Leaders get involved in the planning of the following activities:

- a) Pool blow up contest;
- b) Water relays;
- c) Tag games with pools as safe spots;
- d) Volleyball with pools as player positions;
- e) Target toss - with pools as targets.

After School

1. Closing ceremonies.
Give students evaluation form to see if they enjoyed themselves.

Class Instruction

1. Disc Distance Throw
As many discs as possible, four cones, one skipping rope. A starting line is marked on the field by a skipping rope. Cones are placed 10, 20, 30 and 40 meters from the skipping rope. Students line up and each have three throws. When all available discs have been thrown, get the students to collect their discs.

2. Frisbee Accuracy Throw
Discs, skipping ropes, hoops. Suspend hula hoops from the soccer cross bar on the field or from the hoop and try to throw the frisbee through the hoop. Adjust the distance for the appropriate age of the students involved. Appoint a student to retrieve the discs.
3. Frishockey
Disc, pinnies, cones to mark goal area, skipping ropes tied together to mark goal crease. Students are divided into two teams. Each team has a goalie. To score a point, the disc must be thrown between goalposts and be below the goalie's shoulders. No player can hold the disc for more than 40 seconds. Five steps may be taken before the disc is passed. No players are allowed in the goal crease area except the goalie. The goal area is a five meter semicircle in front of the net which is marked by skipping ropes tied together.



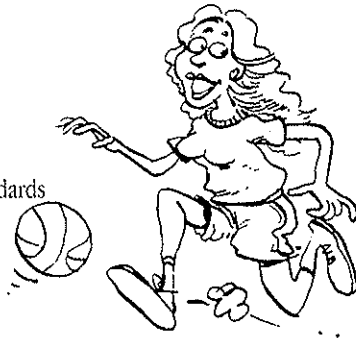
excerpted from Fair Play-It's Your Call Fair Play Canada

The Active Living Circuit

Objective: This activity teaches your students about the components of fitness and reminds them that any activity can help improve their fitness level. Use it as a gym class or incorporate it into your Jump Rope for Heart event.

Equipment and Time:

- Two basketballs
 - Two skipping ropes
 - Two mats
 - Two high jump pole and standards
 - Garbage cans
-
- 25 minutes of gym time



Directions:

1. Begin by talking about the different components of fitness: flexibility, strength, skills and endurance. Flexibility makes you more agile and helps you avoid injury. Activities that promote flexibility include gymnastics, yoga and stretching exercises. Activities that build strong muscles include push-ups, curl-ups and chin-ups. Skills like skipping and throwing, catching and kicking a ball are developed by practising your favorite sports. Endurance activities make you heart and lungs stronger. They include any vigorous activity that's continuous for at least 15 minutes. Remind your students that they should be able to talk while doing the activity.
2. Set up your circuit in advance.
3. Put your students into teams of four. Let each team decide which station to begin at. Give the students four to five minutes to complete each station.
4. This game is co-operative effort: each team member helps the others to complete the fitness activities in the allotted time. If you prefer a more competitive game, have the players keep track of their scores on each activity (number of curl-ups, push-ups, baskets, height of limbo pole). The winning team gets to challenge the teacher to its favorite stations! Everyone else can cheer them on.

Station 1: Flexibility

Use your high jump pole for the "limbo". Set the pole high enough that each student can pass easily under it by bending backwards. Now start to lower the pole. See "how low you can go!"

Station 2: Strength

Put exercise mats on the floor. Have each player do 20 curl-ups and as many modified push-ups as he or she can in 30 seconds or one minute. The students should work in pairs, with one student doing the exercise and the other spotting to ensure it is done safely. Review the right way of doing curl-ups and push-ups before beginning the circuit.

Station 3: Skill Development

Have the students shoot baskets for two minutes. For younger students, use an adjustable backboard basketball net or create your own with a large garbage can or box or shoot at a target on the wall.

Station 4: Endurance

Put your skipping posters on the wall near this station and set up a tape player. Have each student skip for one minute (or one song). Keep going until each member of the team has skipped. □

National Fitness Leadership Advisory Committee (NFLAC)

What is NFLAC?

NFLAC is a Canadian collective dedicated to collaboratively developing and promoting the use of national standards and guidelines for fitness leadership training and certification.

NFLAC represents a partnership among three main groups:

- Provincial governments (through the Interprovincial Sport and Recreation Council [ISRC]).
- The Federal government (Fitness Directorate, Health Canada).
- Seven national organizations either directly involved with or having a strong interest in the field of fitness leadership training.

What is the role of NFLAC?

Fitness Directorate and the ISRC co-chair NFLAC. NFLAC meets twice a year:

- To identify initiatives that meet Canadian fitness leadership development needs for standards and guidelines within an active living framework.
- To develop standards, guidelines and associated resources for fitness leadership training and certification.
- To evaluate NFLAC standards, guidelines and resources.
- To promote the use of NFLAC standards, guidelines by fitness leadership and certifying agencies.

NFLAC is primarily an advisory group and is not involved in the delivery of fitness leadership programs or services.

NFLAC also has a series of resources for the training of fitness leaders. For an order form, please contact:

NFLAC

1600 James Naismith Drive, Suite 203

Gloucester, Ontario

K1B 5N4

Tel.: (613) 748-5866

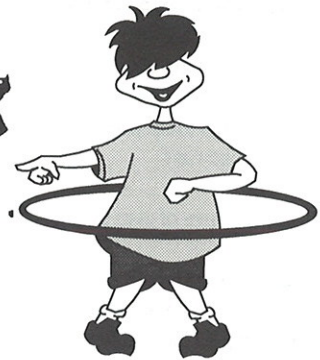
Fax: (613) 748-5711 □

Provincial/Territorial and National Conferences

Date	Topic	Contact	Location
May 4-6, 1995	HPEC/CIRA National Conference "Alive in '95"	Mo Antoniuk (403) 254-5446	Calgary, AB
May 10-13, 1995	CAHPERD/SPEA Conference '95 Bridging the Gap...Activity for All!	Barry Graham (306) 656-4423	Saskatoon, MB

MOGA MADNESS

The National Youth
Active Living Challenge for the
Most Outrageous Group Activity



May 15 - June 9, 1995

MOGA Madness needs you to participate and make this year the best MOGA ever! MOGA Madness involves entire secondary school populations participating in positively outrageous and original physical activity for a minimum of 20 minutes!

MOGA Madness is organized for youth by youth. Student leaders are challenged to develop and use their leadership skills to create a MOGA event at their school that spreads the message that "to be physically active is smart...as well as cool!"

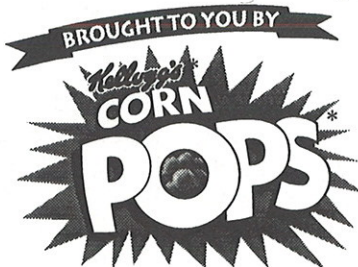
MOGA FACTS: Last year, over 263,000 students and 12,250 volunteers in 570 schools across Canada went wild for mass participation in fun physical activities!

There are two opportunities in the **MOGA Madness Challenge** for a school; the **National MOGA Contest** and the **National MOGA Draw**. If a school wants its MOGA event to be judged, it will be entered in the National MOGA Contest and vie for great prizes and the coveted Giant Pink Sneaker Trophy. If a school does not want its event judged, it will still be eligible for the National MOGA Draw.

When a school registers, it will receive a **FREE** MOGA Madness Event Kit. The Event Kit contains examples of activities previously held which can be used "as is" or as a basis from which you can design your own outrageous event. The Event Kit also contains many valuable media tips and great MOGA posters which will help you organize, design, implement and promote a MOGA event within the school and throughout the community.

If you have any questions about MOGA Madness, or would like to register a school, please contact:

MOGA Madness Headquarters
c/o CIRA
1600 James Naismith Drive
Gloucester, Ontario
K1B 5N4
Tel: (613) 748-5639
Fax: (613) 748-5737



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