

INPUT



A Big Thank You!

In 1990, CIRA Ontario secured Base Grant Funding from the Ministry of Tourism and Recreation. This funding base allowed the organization to hire a part-time employee for 24 hours per week. Sharon Scime was hired in August 1991 and became CIRA's Ontario first paid employee. Sharon's role within the organization changed over the past few years and by the end of her term shared the staffing responsibilities with several individuals.

Sharon has contributed tirelessly to the organization over the past four years developing many friendships within our membership. Her enthusiasm and laughter is not easily forgotten!

Sharon resigned her position in January of this year to allow her to pursue alternate career plans and spend additional time with her expanding family. Sharon is expecting her second child this month.

The CIRA Ontario Executive extends heartfelt thanks to Sharon for her leadership and dedication.



PE Hall of Shame

by Sandra Keeth

There once was a girl named Shirley,
who entered kindergarten quite early.
Her skills and attention were short,
but she still had fun on the court,
even though she wasn't fast, tall, or burly.

But the next year was a complete disaster,
as well as the years that came after.
In her first grade relay race, she fell flat on her face,
while the rest of the students laughed at her.

For years this went on and Shirley played along:

- With musical chairs, she sat on the stairs
- In "Duck, Duck, Goose," she was a recluse.
- Dodgeball in the gym,... her future was dim.
- For arriving late,... jogging laps was her fate.

So may the "Shirleys" across our great nation,
Be given a standing ovation!
For each Shirley you see,
may grow up to be,
A School's Board of Trustee!

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CIRA ONTARIO INTRAMURAL CONFERENCE

January 19 & 20, 1996 in Toronto

Call (905) 575-2083 for Registration Information



CIRA Ontario acknowledges the financial support of the Ministry of Tourism and Recreation

All in a Day's Fun



Students at John Darling Public School in Kitchener prepare for Crazy Hat and Awesome Sweater Day.

Planning a Special Day?
Running out of new and creative ideas? Listed below are a variety of suggestions for special days that could easily be incorporated into any program

Gaudy Garb Day

Anything out of the ordinary goes, the uglier and the tackier the better. Don't forget about gaudy jewellery.

Tacky Tie

Award prizes for the loudest, longest, widest and most conservative ties. Try running a tie tying contest at lunch hour.

"Uncrate the Sun"

Wear that favourite sun hat and show off your best Beach Towel. Incorporate "sun sense" education into the day's activities. Award prizes for the "hottest" hat and towel. Run a guessing contest to see who can pick the temperatures at several exotic locations ie., Hawaii, Tahiti and Bermuda.

Awesome Sweater Day

Raffle off a hand knit sweater possibly in the school's colours.

Terrible Toque Day

Everyone hates wearing winter hats! Incorporate lessons on frost bite and hypothermia.

Fabulously Formal

Have everyone wear their fancy duds. Run an etiquette contest and award the winners a Black Tie Lunch in the cafeteria. Have the principal(s) act as the wait staff.

Be True to Your School

Wear the school's colours for a day!
Hold a trivia contest featuring interesting school facts.

Terrific T-Shirts

Wear your favourite t-shirt. Use donated t-shirts and run a silent auction or a penny sale as a fund raiser. Invite local crafters or parents to display their t-shirts and sweat shirt designs. Collect unwanted t-shirts and donate them to the needy.

Pro Sport Day

Support your favourite professional sports team! Organize a skills competition featuring basketball, football, hockey and baseball. Other possible activities could include sport cards displays and a sport trivia contests. Why not show the 1972 Russian-Canada series or the games of the Blue Jays' winning the World Series during lunch hour.

Say it with Colour

How about Passionate Pink, Groovy Green or Raunchy Red Days!

Mickey Mouse Mania

Plan a day full of activities celebrating everyone's favourite mouse. Activities could include a trivia contest, lunch hour videos and story times. Encourage students to dress up in Mickey Mouse attire and bring their stuffed Mickeys. Mickey Mouse is not just popular with grade schoolers, but also with secondary school students.

Teddy Bear's Picnic

Bring your favourite teddy bear or stuffed animal to school for a day. Offer prizes for the biggest, oldest, cutest and most original Teddy Bear. Ask students and teachers to donate unwanted stuffed animals to a local Women's Shelter.

Dealing with Aggression

- Constant eye contact may not be viewed as positive. Some nationalities find eye contact disrespectful. Gauge the reaction of the person involved.
- Everyone has a different comfort zone regarding personal space. A general rule of thumb is to allow 1 1/2-3 ft between you and the individual. Gender environment may affect an individual's comfort zone.
- When dealing with an angry individual, isolate the situation. Anger and violence loves a crowd.
- Avoid sarcastic authoritative tones when dealing with aggressive individuals. If someone is using a loud voice don't compete. Try to keep your voice supportive, warm and inviting.
- Don't put words in anyone's mouth. Make use of silences and encourage them to communicate.
- Use reflective statements "What I hear you saying or Is this what you need help with!"
- Don't overact and remain calm!
- Give logical consequences, but don't set ultimatums.

CAMPUS CONNECTION

Attention all post-secondary personnel...this is YOUR page! We want your ideas and your feedback on a regular basis. Please forward all ideas, articles, suggestions to CIRA Ontario, c/o Michelle Harkness, Mohawk College, PO Box 2034, Hamilton, ON L8N 3T2 or send by fax (905) 575-2264.

IDEA FILE

Members are encouraged to share successful program ideas in the IDEA File. Copy can be typed or written, and is limited to 250 words. Send appropriate information, along with photos if available.

Dirt Cheap Fun

Our annual "Mudfest" provides a great, low-cost recreational activity that's as much fun for the spectators as it is for the participants. All you need are an area of dirt approximately 30 feet by 75 feet, a scorekeeper, judge, two timekeepers, prizes, and some fun-loving, adventurous students. Teams consisting of one male and one female compete in a variety of events through the slippery sludge.

To prepare the plot of dirt for the competition, we first dig it up using a tractor, rakes, and hoes, making certain it is completely clear of rocks, glass, and other dangerous objects. Then, our local fire department sends a truck to wet the area down. The firemen have been kind enough to stay around and spray off the competitors between events and at the conclusion - before our mud-covered contestants head back to the residence halls!

Twenty teams competed, two at a time, in a number of events, including piggy back (female carries partner one way; he carries her back to the finish line); three-legged race; leap frog; and an obstacle course. Anything goes, so use your imagination and come up with your own favourite events.

Timers reported each team's individual time to scorekeeper after each event, and the team with the lowest overall time at the conclusion of the five events was declared the Mudfest Champion.

We awarded all participants a well-deserved t-shirt and the Mudfest Champs each received a trophy topped with a figure of a pig. For the past two years, the female member of the winning team has also been our Homecoming Queen!

If you are the instigator of the mudfest, watch out! You need to come prepared to join the contestants wallowing in the mud.

*Dorothy Phifer
Director of Student Activities
North Carolina Wesleyan College*

A New Twist On An Old Classic

A new twist on an old movie provided the perfect break during a recent student retreat.

We took the film classic "The Wizard of OZ" and combined it with the audience participation concept behind the cult film "The Rocky Horror Picture Show" and created our own group happening! The planning was easy. We had seen the "Wizard of OZ" so many times that all we had to do was think about the story

and see where we could have the audience participate. Then we put together a "video-aid" kit which consisted of a lunch bag filled with props. Included in our kits were words to all the songs, home-made fans, straw, oreo cookies and balloons.

The song lyrics allowed the audience to sing along with the characters throughout the movie. The first props were used at the beginning of the movie when Dorothy

CIRA Ontario Finds a Home on the Information Highway

Universities and colleges can now communicate through the information highway. CIRA Ontario has formulated an E Mail Discussion Group to encourage information sharing and networking amongst Campus Recreation professionals across Canada.

Individuals can send information to one central address—housed at the University of Western Ontario—which in turn will forward the information to all subscribers. Currently seventeen universities and colleges have joined the discussion group.

To have your name added as a subscriber contact Ron Wagler at the University of Western Ontario, Ron.wagler@uwoadmin.uwo.ca or simply type CIRAON--request@julian.uwo.ca at the TO: prompt.

was still in Kansas and the storm came. As the wind began to blow, we used our fans, and when the twister hit, we stopped the movie, played "Twist and Shout" by the Beatles, and everyone got up and danced.

As the film continued, we used the straw and pulled apart the scarecrow along with the flying monkeys. When the scarecrow, tin-man, and lion are trying to get into the witch's castle, the oreo cookies fit into the "O-re-o" song that the witch's guards sing as they march. Finally, the balloons are released as the wizard leaves in the hot air balloon.

People had fun, got involved, and enjoyed a break together as a group. It just takes some creative thinking to see when and how you'd want the audience to participate. It's a great idea for giving some new fun to old movies.

*Stacey B. Miller and
Sheila M. McDermott
Graduate Interns, Student Centre
Central Connecticut State University*

"IT'S A SMALL WORLD" PLAY DAY

In preparation for the event each class selects a country to represent and then researches that country and their customs. The multicultural theme can easily be incorporated into a history lesson, art class or geography project making it both a fun and educational experience. Students are encouraged to investigate the countries leisure interests and the status of active living in the country.

Ethnic groups can be invited into the school during the weeks leading up to the event to promote the theme. Even an international food festival could be organized.

Prior to the Play Day hold an assembly to further promote the event and generate enthusiasm. The assembly could include skits, a flag ceremony as well as songs and dances from around the world. Don't forget to use the "It's a Small World" music . . .

On the day of the actual event students rotate through different stations performing various activities that represent the different countries. Each class is divided into 2 co-ed groups of 12-15 students. Groups are assigned one of the stations to start the Play Day. There may be more than one team at each station depending of the number of groups participating. In a large school the play day could be divided into two sections i.e., K-2 or 3-6 having one group in the morning and one group in the afternoon.

Teams spend 10 minutes at each station. A score card is carried with each group and points are awarded at each station, (optional). Present each team that scores more than 250 points with a certificate. Of course, every group gets at least that amount of points!! A winner can also be determined by a magic score. The team that scores closest to the magic number is declared the winner.

Parents and volunteer student helpers serve as leaders at each station. Each class should be responsible for finding at least two parent volunteers.

* If more than one team is at each station additional equipment will be required.



Station One—Mexico

✓ Mexican Yo-Yo

Equipment: A tin can attached to an 1" x 2' dowel stick and a rope attached to a small ball. The rope is attached to the end of the stick.

Objective: Each player is given three chances to get the ball in the can. One point is scored for each successful attempt. Once finished, the player goes to the end of the line.

Station Two—Austria

✓ Skier's Delight

Equipment: Four-Person Skis made of 2" x 4"s and old shoes. Cut the back out of 4 pairs of shoes, bolt the shoes to the 2" x 4"s.

Objective: One at a time groups of four ski to a marker and back again. Five points are scored for each successful completion of the race. Feet must remain in the skis at all times.

Station Three—England

✓ Polo Race

Equipment: 2 croquet mallets, 2 croquet balls and 2 cone markers. The markers can be dressed up with cardboard horse cut outs.

Objective: Using the croquet mallets and balls players compete in a short relay

race around a series of markers. Each player scores 1 point for participating in the race. *Safety note: Have students stand away from the starting line.*

Station Four—Spain

Matador and the Bull

Equipment: One cardboard "Bull", a chair and 3 tossing rings. Draw a large picture of a bull on cardboard or plywood. Cut 2 holes for the tips of the horns. Place the picture over the 2 legs of an up-turned chair.

Objective: Each student receives 3 throws. Score one point for every ringer!!

Station Five—Ireland

✓ "Potato Relay"

Equipment: One bucket, one large spoon, one empty bucket and a 10 lb bag of potatoes.

Objective: Players put a potato on the spoon and quickly move to the empty bucket. Score one point for each potato placed in the bucket.

Station Six—China

✓ "Dragon Fire"

Equipment: Two water guns, one bucket of water and a dragon. Make a "dragon" from plywood and cut a hole at the mouth and hang a ping-pong ball in the mouth as a target.

Objective: To hit the ping-pong ball with the water gun. Each player is allowed 10 "shots". One point is scored for every hit.

Station Seven—France

✓ "Tour De France Race"

Equipment: Tricycles, Cones and a course. Use the natural obstacles of the school yard or playground to create the obstacle course.

Objective: Each player must complete the designed "race course" on tricycles.

One point is scored for every time a person completes the course!

Station Eight—Australia

“Kangaroo Race”

Equipment: A small ball (slightly deflated), cone markers

Objective: The player places the ball between his/her knees and jumps to the marker and back again. One point is scored for each successful completion of the race.

Station Nine—Peru

“Run Thru”

Equipment: Cone markers, ropes, cardboard boxes or hula hoops.

Objective: Players complete an obstacle course in a relay format using cones, ropes and cardboard boxes as obstacles. At the end of the race have the players jump rope. One point is scored for each player who completes the race.

Station Ten—Bolivia

“Bolivian Tin Mining”

Equipment: 5 blindfolds and 10 tin cans.

Objective: The tin cans are placed in a grassy circular area about 15' in diameter. One player is blindfolded and placed in the centre of the circle. The player tries to find the tin cans while blindfolded. The other team members may provide directions. Award one point per tin can found.

Station Eleven—Watering Hole

Take a Break

Swiss Cheese Count—Guess the number of cheese snacks in a jar. One guess per student. The winning student gets the cheese snacks for the entire class.

Swiss Clock—Try to guess when 30 seconds are up.

Bobbing for Apples—Give everyone an apple during the break.

Jan-Ken-po—Played like “rock, paper, scissors”

Hana Kuchi—Played like “Simon says”
- Hana = nose, Kuchi = mouth, mimi = ear, me = eye.

Jumbled Countries—ie Landeng = England

Heart-Smart All-Stars



What's it all about?

A terrific resource kit full of practical, easy-to-do activities that reinforce what is taught in the classroom. There's something for everyone - including teacher wellness information and tried and true whole school and student led activities. Each year, two more supplements are added to the resource kit.

Why Join?

Heart Smart All-Stars is an elementary school program whose goal is to promote the health of students and school communities by building on instruction and supporting through a whole-school approach: Active Living, Being Tobacco-free and Healthy Eating.

An ADDED Bonus:

All schools participating in the Heart and Stroke Foundation's *Jump Rope for Heart program* will also get a terrific looking plaque that recognizes schools for their heart healthy efforts to date. All materials are available in English and French.

What's it cost?

It's **FREE** to all elementary schools in the province! All that's needed is the interest in helping children get a healthy start to their lives.

To register or find out more about this great program, contact your nearest Heart and Stroke Foundation office.

Dates to Remember...

June 3-11, 1995

National Safe Boating Week

June 5-11, 1995

National Sun Awareness Week

June 4-10, 1995

National Water Safety Week

June 12-19, 1995

Canadian Occupational Health and Safety Week

RESOURCE FILE

Schoolyards Can Be Outdoor Classrooms

In 1991 The Evergreen Foundation initiated a program called School Ground Naturalization (SGN) with the mandate to support projects and to provide schools with the information they need to naturalize their school grounds and connect these efforts with the school curriculum in areas such as science, health and physical education. The project is an ideal outdoor active living experience for kids and their parents. For more info and resources contact: Geoff Cape Tel (416) 596-1495 FAX (416) 596-1443.

"Green Games" Resource

"Green Games" looks at environmental issues affecting sport and recreation and the existence of unhealthy conditions. "Greening Our Games" can be ordered through: Active Living - Go for Green!; 1600 James Naismith Dr., Gloucester, ON K1B 5N4. Cost: \$37 including \$2.10 GST + \$4.95 shipping.

Ideas Unlimited for Canadian Editors

Ideas Unlimited provides ready-to-use story ideas, graphic designs and layouts to add variety and depth to newsletters and publications. For a yearly fee, Ideas Unlimited will send to you six weeks prior to the start of each month a package full of new materials...short feature articles, cartoons, humour and seasonal features - 16 pages in all. Call 800-345-2611 for more information.

Hip Hop Happy

A preschool handbook with a difference! A creative, new, fun way of participating in physical activity, using little to no equipment. Over 100 enjoyable warm up activities, active games and cool down ideas including ten prepared lesson plans, each covering a special theme. Call Serious Fun Enterprises (613) 730-5986 to order. \$9.25 + shipping & taxes

The Great Activities Newspaper

The Great Activities Newspaper is published by the Great Activities Publishing Company in Durham, North Carolina. The Newspaper is published 5 times each school year in September, November, January, March and May. Activities are appropriate for ages kindergarten to grade six and include fun fitness ideas, alternative indoor and outdoor games, cooperative activities and resources. Subscription Rates: \$18.00 US-\$22.00 CDN To order call (919) 493-6977.

Royal Commission on Learning

CIRA Ontario commends the Royal Commission on Learning for recognizing the value of daily physical exercise and comprehensive school health.

CIRA Ontario encourages all members to write to David Cooke, Minister of Education and Training advocating a balanced physical education and health programs for all elementary and secondary students.

*Honourable David Cooke
Minister of Education and Training, Ministry of Education and Training
Mowat Block 22 Floor
900 Bay Street
Toronto, ON M7A 1L2*



Summer Active '95

CIRA along with ParticipACTION and over 20 national partners, is pleased to be part of SummerActive'95.

For 12 years, Canada's Fitweek was a major force in motivating all Canadians to adopt a healthy lifestyle. Based on extensive consultations, it was concluded that Fitweek needed to be expanded into a more flexible community-based program. The focus will be on local events and activities that promote the benefits of regular physical activity and encourage a personal commitment to an active, healthy lifestyle.

The promotion period for 1995 will be from May 15 to July 15. We invite you to organize new activities or refine existing events during this period. The duration of these events can be as long as you like—a day, a week a month or more.

CIRA will continue to sponsor "DO IT DAILY FOR LIFE" and MOGA MADNESS.



PUT IT IN WATER

—Intramural Pool Games—

Mercury Ball

Equipment: One swimming pool, 6 innertubes, 5 balls

Set-up: Place 3 innertubes on top of each other on opposite sides of the pool. Use the shallow or deep end depending on the swimming abilities of the participants. Divide the players into two even teams.

Object: Earn a point by being the first team to get 3 balls into the team's tubes.

Rules: Cannot shoot from within the 1st lane line. The defense may be inside that line. Players may take only 3 steps with the ball.

Start-up: At beginning of game and after a point is scored the officials throw all 5 balls into the middle of the playing area.



Officials: Have one person on the deck monitoring each goal and assisting in retrieving balls that go on the deck but not in the goal. The official also blows the whistle to stop play when 3 balls are in the goal.

Push-Me Pull-You

Equipment: One swimming pool, 2 basketball hoops, one innertube for every 2 students, one ball

Set-up: Divide the participants into 2 even teams and have each player find a

partner of similar in size on the opposing team. Both opponents stand in the tube facing opposite directions.

Object: To score a basket (exactly like basketball). However, the 2 people in the tube are each shooting for a different basket.

Rules: Only 3 steps may be taken with the ball and no holding onto other tubes. Start the game with a throw-in to the middle of the pool. After a basket is scored, the opponents get a throw-in from the endline near the basket.

The rest speaks for itself!!! Have a hoot!

Submitted by Carolyn Nixon, Region Five Advisor

INTRAMURALS

—A Promise for the Future—

At a recent student leadership workshop at Althouse College in London, I was pleased to see the enthusiasm for intramurals and student leadership amongst our future educators.

Thirty-two education students spent two hours in active learning designing plans for their own future student leadership groups. They also participated in a variety of exciting alternative intramural activities such as *Ultimate Chicken* and *Asteroid Basketball* while finding out about the many benefits of being a CIRA Ontario member. In reading the evaluations all students enjoyed the sharing of information and their new found knowledge about CIRA Ontario.

Pat Andrews
Student Leadership Trainer

Just a Thought...

Speak Up

Form a Speakers Bureau of your best speakers to talk to service clubs. They love to hear young people and most want to hear what youth have to say.

Say it with a Ribbon

Instead of using paper to compile a petition consider delivering your petition on Ribbon.

Meet & Greet

During the first week of classes send out a Meet & Greet Team into the halls to welcome new students.

Brady Bunch Nite

Holding an event! Offer free or reduced admission to anyone that has the names Mike, Carol, Greg, Marcia, Peter, Jan, Cindy, Bobby, Alice or Brady!

Active Schools are Safe Schools

Don't Delay—Enter Today!!

CIRA Ontario is still accepting entries for the "Active Schools are Safe Schools" Contest!

Send in your best Theme Day, Special Event, Mass Participation Activity or Game Idea.

\$500 in prize money available.

Entries will be accepted until Friday May 19th. The winning entry will be notified the week of June 5, 1995.

CIRA Ontario reserves the right to publish any entries.

CIRA Ontario Annual General Meeting



June 10 & 11, 1995

at
Cedar Glen Conference Centre
Bolton Ontario

For more information
Call the CIRA Ontario office at
(905)575-2083

INPUT is a quarterly publication produced by the Canadian Intramural Recreation Association of Ontario (CIRA Ontario).

Ideas, activities and articles are needed for future *INPUT* issues. If you have any ideas, suggestions, special events, etc., (no matter how crazy they may seem!) please send them to the CIRA Ontario office at P.O. Box 2034, Hamilton, Ontario. L8N 3T2 Fax: (905) 575-2264 E-Mail: harkem@operatns.mohawkc.on.ca Edited by Michelle Harkness Layout by Lesley Scime

1995 CIRA Ontario Membership Services Survey

Thanks to all CIRA ON members who sent in their survey responses. The office received over 100 responses! Membership Survey Winners were:

Sue Spears of Agincourt
— *Not Just Another Games Book*

Jeannine MacIsaac of Hamilton
— Free Membership.

Some interesting facts from the results:

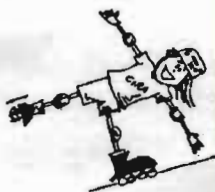
- 19% of all CIRA ON members have been members for over 10 years
- 36% of all CIRA ON members pay their own membership fees and 72% belong to other organizations

- 44% of members do NOT know who their Regional Advisor is and 20% are UNSURE!
- 59% of all CIRA ON members are interested in attending the Intramural Conference in Toronto in January, 1996
- 91% of present members will renew their membership

We will be further analysing the results to better service our membership. So keep sending in articles for the *INPUT* and mark your calendar for the next Intramural Conference in Toronto in January of 1996. We look forward to seeing you there!



NOT JUST ANOTHER GAMES BOOK



WANT TO JOIN IN THE FUN!



ORDER YOUR COPY TODAY!

Call CIRA Ontario at (905) 575-2083 for more information