

INPUT ^{CIRA} Ontario

Promoting fun, active participation for all!

December 2009

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New CIRA Ontario
Resource

Play Day May Day

A Guide to Play Days,
Theme Days and
Spirit Days

Author: Chris Wilson



ORDER YOURS TODAY

PLAY DAY MAY DAY



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

Nestlé



Good Food,
Good Life

2



A Message from the President

I just ran my first ever marathon. It was a wonderful experience, despite some debilitating muscle cramps towards the end—I need to talk to someone about reducing those cramps and dealing with them when they come. It is exciting to be in the middle of a pack of bopping heads as far as the eye can see in front and behind me—though I mostly looked ahead. Some friends and family members wished me well before the race and were excited to hear about how I did afterwards (my daughter and three grandchildren encouraged me along two different parts of the route and at the finish line) - some of my friends ran the half marathon and waited two hours for me to come in to congratulate me on my efforts. Different folks, from experts who write about marathon training to folks who run marathons, helped me in my training. During the race different runners offered encouraging words, alerted a fellow runner that her shoelaces were untied, or slowed to help a stumbling runner cross the finish line. It was an amazing experience.

Running an intramural program also ought to be a wonderful experience, despite some painful moments. I think it is important that as a CIRA Ontario community we realize that we are not running alone. This note is to encourage you to be part of the CIRA Ontario listserv and forum, to read and comment. Take time to complete the intramural awards applications in the new year to celebrate your school's achievements. Read what we write in the **INPUTs** and send us your success stories so we can share those with others - we will even send you a free book if we use your story. Encourage each other on the intramural journal and help pick up colleagues who are stumbling. Finally, be amazed and celebrate the amazing experience we offer children in grade schools and high schools, and adults in our post secondary settings. **C**

*John Byl, CIRA Ontario President
Redeemer University College*

ANNOUNCEMENTS

SummerActive and WinterActive have been discontinued. The decision reflects a collective desire by the federal government and the provinces and territories to explore new ways to help Canadians to improve their health through physical activity and related healthy behaviours. This includes exploring initiatives to help young Canadians meet Canada's first-ever Pan-Canadian physical activity targets for children and youth aged 5 to 19. The targets aim to increase by seven percentage points by 2015 the proportion of children and youth who participate in 90 minutes of moderate- to-vigorous physical activity daily.

The application deadline for the 10th Annual CIRA Ontario Intramural Awards is March 13, 2010. Last year 71 awards were presented to schools across Ontario. Programs must offer a varied line up of activities, promote fun, active participation, fair play and involve students in a leadership capacity. Application forms are available on the CIRA Ontario website.

CIRA Ontario popular resource **Everybody Moves** has been recently revised. The book is updated with 20% new material, the CD has over an hour more music including music for a high-school fitness circuit. The DVD has a variety of new dances

including aerobics, boxercise, and Latin mix. It also has over 200 pages of downloadable/printable sheets for circuits, cue sheets for dances, and lots of other information to make implementation of Daily Physical Activity that much easier.

PHE Canada has launched a members-only portal which features a new look for the monthly newsletter - *In Touch*. PHE Canada's new membership structure includes a **FREE** membership that will give interested individuals access to a variety of great resources.

The 7th Annual Western Canada Campus Recreation Conference will be held in Edmonton, January 28-30, 2010. The conference will be hosted by University of Alberta, Grant MacEwan, NAIT and Lakeland College.

CIRA Ontario is pleased to announce the release of two new resource - **Play Day May Day** and **Circle Games**. Authored by Chris Wilson, **Play Day May Day** contains pages full of great ideas to create school spirit and fun, active participation for all. **Circle Games** is the latest contribution by author Andy Raithby. Both books can be order on-line or by contacting the CIRA Ontario office. **C**

LAURIER RESIDENCE ATHLETIC COUNCIL

The Residence Athletic Council (R.A.C.) is an organizational body comprised of residence students whose primary goal is to promote an active lifestyle for the greater Laurier residential community. Initiatives undertaken by the Residence Athletic Council include:

Full Year Competitive Leagues – basketball, volleyball, soccer, inner tube waterpolo

Co-ed Recreational Leagues – Ultimate frisbee, dodgeball

Residence Tournaments – ball hockey, soccer, flag football

Health and Wellness Activities – yoga, hip hop dancing, salsa dancing, nutritional seminars, self defence training

Recreational Trips – Blue Mountain Ski Trip

Professional Sport Trips – Toronto Blue Jays Game, Toronto Raptors Game

Charitable Initiative – Student's vs. Don's Charity Basketball Game, Rez. Rumble

Membership

The Residence Athletic Council is comprised of four Residence Life Dons, one R.L.A.C. Advisor, one Athletic Complex Liaison and 12 Building Representatives.



PRIORITIZING YOUR PRIORITIES

Busy People get things done. Why? They have learned that things that must be done require more effort than those things that are "nice to do". Busy people get the work done first and then they focus on those things that are lower on the priority list.

An accomplished person will classify jobs according to a simple priority pyramid. The pyramid begins at the bottom level with the **MUST DO** jobs: these must be done or opportunities will be lost. They take the most work and are often avoided because of this fact.

What Does the Residence Athletic Council Provide?

R.A.C. encourages all students to participate in the wide variety of programming that it offers. Participating in a R.A.C. endeavour promotes a healthy lifestyle, personal wellness as well as residence pride and unity. R.A.C. promises a year filled with activities that will suit everyone's preference. We encourage resident students to suggest activities they would like to see the R.A.C. undertake in order to make the year as fun, successful, and memorable as possible.

Organizational Structure

R.A.C. was created for the students by the students with the help and guidance of Residence Dons and Residence Life Area Coordinators. R.A.C. meets once a week to discuss current issues regarding athletics in residence and plan future activities.

The meetings are chaired by the Residence Life Staff, who facilitate order and discussion during meetings. All Building Representatives are voting members of the Council and act on behalf of their respective residence areas. **C**

IDEAS FOR action

UNIVERSITY OF GUELPH CARDBOARD BOAT RACES



Each team must have four people.

Teams are provided with cardboard boxes, duct tape, scissors and markers.

Teams are given 75 minutes to build their boat.

Teams race against each other.

One person must ride the boat and paddle (hands only) across the length of the pool.

Maximum time given to each team to cross pool 1:45 minutes.

Boats that survive the first round compete in a second race.

The Entry Fee is a box of perishable food items.



SANDBOX DODGEBALL

Consider taking Dodgeball outside to the beach volleyball courts. Students will love it because they can dive and not get hurt. The same rules apply as indoor Dodgeball. It is recommended that pads are put on poles for safety.



NOODLE WATER POLO

Water polo is a fast-paced, intense and often grueling game; but not when you're straddling a 5-foot strand of foam. At Ithaca College, students love hopping in the pool and riding that noodle all the way to victory. Regular water polo rules apply, except that players are not permitted to leave their flotation device at any time - but you can whack people with your noodle, gross!

IDEAS FOR action

FOUR RULES OF EVENT PROMOTION

An event is only as good as its advertising.

The brain loves novelty.

One great product is better than five lame ones.

Advertise x 3 = each person should see or hear a message at least three different ways.



USEFUL TIPS FOR POSTERMAKING

A Poster's Job is to...
Announce • Communicate
• Motivate!

Lettering should be visible from a distance of 30 feet.

Use a computer to design a poster. Make an overhead out of it and then shine it on the wall for tracing.

Keep slogans or phrases simple and easy to read. People read posters in a hurry.

When using paint, use the dull side of butcher paper. The paint sticks better.

Outline the letters in either black paint or felt pen. This extra step helps "lift" the letter off the page and makes the message easier to read.

PCV Pipe can be magic when it comes to hanging poster for display. The pipe can also frame a large poster for "run throughs" during sports events and pep assemblies.

Masking tape in little rings works best. No tape should show.

Source: CASAA



LET IT SNOW - LET IT

Winter Cheer

Each class is given a week to come up with a "winter cheer." The cheer must be no longer than 15-30 seconds. At an assembly, each class is asked to stand and give their cheer. Selected staff members choose the winner based on "winter" content, actions, and enthusiasm.



Snowflake Day

Using the lunchroom, cafeteria, or gym, offer anyone dressed in white for the day have an opportunity to make their most creative snowflake. All that is needed is paper and some simple snowflake making instructions. As an added attraction parent volunteers can offer hot chocolate and marshmallows. Prizes can be awarded to the most creative snowflake.

Winter Activity Photo Shoot

Purchase a disposable camera or use a digital one if you feel safe enough. During a winter week allow each class to sign up to have the camera for half an hour. During that time the class is given the camera and they must go outside and take one winter "activity" photo that includes all the members of the class. The next week pictures are posted in a central location and a panel of judges chooses the winner.

Great Olympic Ring Search

This activity would tie in nicely in an Olympic Year. Hide in the snow several hundred coloured washer rings in a designated area. Give the participants time to collect their own set of Olympic rings.

Bobsled Relay

Numbers on these relay teams may vary but be sure you have enough pulling power for each team. You might have three team members sitting and five pulling. Using toboggans that can fit more than one person, determine how many will ride on each run and how many will pull. Once that is determined the relay can begin. The only restriction is that each player involved gets to ride the toboggan at least one time and that number of runs made is equal to the number of players on the team.

Capture the Snowball

Divide participants into two teams. Divide playing field in half with a line to show the halfway mark. Each team builds a snowman and a snowball is placed on top. Members of each team try to cross the half line in order to get the other team's snowball, without getting tagged by the other team. If tagged they must go to a temporary jail at the half way line until a team mate sets them free by touching them. The game is over when a team successfully takes the other team's snowball over the half line.

SNOW – LET IT SNOW



Snowball Weigh-In

Take your class on a winter walk around the playground with the only task being to create their very own snowball by the end of the walk. Back in the classroom, students will weigh and measure their snowballs and record this information. Next, place each snowball in its own dish in various areas of the classroom (e.g. under the radiator, by the window or on the teacher's desk) and have students

monitor the time it takes for the snowballs to melt in each location and record how much water each produces.

Team Activities

Arrange the students into groups of 5 or 6 and have them perform the following activities:

Snow Pile – Each team has five minutes to build the highest snow pile.

Spoon Balls – Each team is given a spoon and a snowball. One at a time, each member puts the snowball on the spoon and runs around a marker.

Variation: Students continue taking turns for a specified amount of time instead of stopping after each student has gone once.

Fill it Up – Teams fill a bucket full of snow using a scoop. See which team can fill the bucket the fastest or see which team has the most snow in their bucket after a certain period of time. **C**

R-P-S Snow Train

Since participants are outside with gloves or mittens on their hands, some adaptation is in order. Players begin each RPS game by facing each other and jumping up in the air, only to land in one of the three positions. A rock has the player crouched down with their arms around their knees. Paper has the player standing straight with arms at their sides. The scissors has a player standing with one foot and arm forward and the other foot and arm back.

The game begins with each player partnered off with another. They play PRS. The loser stands behind the winner and places their hands on the winner's shoulders. The winner begins to move their train until they meet another train. The two winners play RPS with the losing train hitching onto the winning train. This pattern continues with the group until the final two trains meet.

A Great Winter Resource

WINTER PLAY

by Pat Doyle

Order Yours Today

IDEAS FOR action

SMART SPOTS

In a classroom, look for the best hot spots where people tend to look during the school day. Promotion near the clock can be the best places for high "eye" traffic. Other places may be near the pencil sharpener, garbage cans, book turn in, and grade posting area.



BATHROOM FLIERS

Bathrooms are a great place for people to read publicity fliers if placed in the backs of stalls and near mirrors.



CUP MESSAGES IN A CHAIN LINK FENCE

Push cups into the holes of a chain link fence to write out a simple message. Be sure to clean it up when finished. Plastic cups can work as well and add colour.



PORTABLE MIC OR MEGAPHONE

A portable mic or megaphone can be carried by students willing to "shout out" a promotional message in student areas.



POWERPOINT ON A TV SCREEN

Stick a simple PowerPoint presentation by the lunch line so people can see it while they are passing by or waiting to get school lunch or breakfast. Arrange for it to be a few key screens that repeat.

Source: CASAA



IDEAS FOR action

Trenton Christian School adds fun to their programs by using beach balls, covering the net for volleyball, adding balls to soccer and Indiana basketball.



Credit Valley Public School in Mississauga offers an Intramural Scooter Football league. Students play touch-football while seated on scooters. The game teaches throwing, catching and teamwork skills.



Last year a Grade 4 class at **Esker Lake Public School** in Brampton (K-6) ran a Snow Carnival – Eskerville. The school's field was divided into stations (target practice, foot hockey, snow creations etc.) and the students enjoyed outdoor winter activities during recess.



At **H.B. Beal Secondary School** in London, students in Broadcasting assist in advertising Intramurals. Public Service announcements are presented live every morning and throughout the day on televisions located throughout the school.



During March and April at **Hazel McCallion Senior Public School** in Mississauga runs "Spring into Action". Each day after school students sign up to participate in different activities. On Racquet night, students can play badminton, racquetball or ping pong. Other activities include 4-on-4 floor hockey, 5-on-5 indoor soccer and 3-on-3 basketball.



Hazel McCallion Senior Public School in Mississauga holds an inter-class track and field meet - "McCallion Olympic Week". The meet takes place after school for 5 days and finishes with a huge relay and trophies.

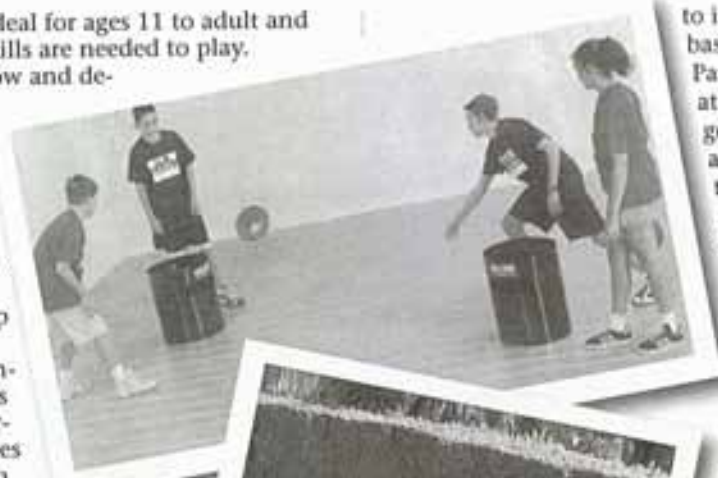


KAN-JAM

Kan-Jam is ideal for ages 11 to adult and no special skills are needed to play.

You just throw and deflect the disc. This interactive, quick paced game is easy to learn, fun to watch and can be set-up or stored in seconds. Kan-Jam provides healthy exercise, improves coordination skills and encourages friendly competition without physical contact. The "Instant Win" feature adds excitement to the game by providing the opportunity for either team to win right up to the very last throw.

Kan-Jam is very portable and can be played almost anywhere.



to innings in baseball. Partners stand at opposite goals, alternating throwing and deflecting. One partner throws the flying disc and, when necessary, the other partner redirects it towards or into the goal.

After both partners complete one throw each, the flying disc is passed to the opposing team. The thrower can score points with a

direct hit or by entering the goal. Deflectors cannot double hit, catch, or carry the disc. Deflectors can move anywhere within the playing area to redirect the disc, while throwers must stand behind the goal area to throw. Kan-Jam is fast-paced and play is continuous.

Point Scoring

Dinger (1 point) – A redirected hit – Deflector redirects thrown disc and hits any part of the goal.

Deuce (2 points) – Direct hit – Thrower hits the side of the goal unassisted by partner.

Bucket (3 points) – Slam dunk – Deflector redirects the thrown disc and it lands inside the goal. This will almost always occur through the top of the goal, but may also occur if the disc enters through the slot opening.

Instant Win – Direct Entry – Thrower lands the disc inside the goal unassisted by partner. The Disc can enter through the slot opening on the front or through the top of the goal. When an "Instant Win" occurs, the throwing team is declared the winner and the opposing team does not receive a "Last Toss" option. **C**

Playing Area

The standard distance between the goals is 50 feet. However this distance can be altered to accommodate different ages and skill levels.

Indoors: Perfect in the school gymnasium and other indoor recreation facilities, will not mark gym floors.

Outdoors: Great for nearly all outdoor playing surfaces.

Play

The object of the game is to score points by throwing/deflecting the flying disc and hitting or entering the goal. The game ends when a team scores exactly 21 points or an "Instant Win" is scored.

Four players divided into teams of two are required to play the game. Members of the same team (partners) stand at opposite goals. Partners work together to score points, alternating as thrower and deflector.

A coin toss or similar method can be used to determine which team throws first. An equal number of turns are played, similar

THE FAR SIDE OF INTRAMURALS

Top It Up

Equipment – empty tennis cans, a load of bean bags and gator skin balls

Each player or team of 2 players needs one can to protect. Players will throw gator skin balls to knock down the tennis can. A player or team can only throw a ball to knock down the can of another player or team when their own is standing. When a can is knocked down a player must go and get a bean bag to stack on top their tennis can. The game is over when there's no more bean bags.

Key points – Create a boundary line to ensure that no tennis cans are set up close to a wall or corner. After a while you can stop the game and a player or team can relocate to a new spot.

Wheels off the Bus

Equipment – a large circle, various sized tubes.

Have 5-6 students in the middle area of the circle. The students inside the circle can move anywhere within the boundaries of the circle but try to avoid the inner tubes from hitting them and must roll out any inner tubes that stop inside the circle. The students outside the circle roll the tubes trying to make contact with those people inside. Should a person roll the tube and it strikes an inside person, then they switch roles. Your basic circle dodge ball game but with a tubular approach.

Chicken Noodle Soup

Equipment – screaming rubber chickens, pool noodles, gator skin balls, bean bags, inner tubes

Create 4 teams that stand a challenging distance from the tubes so that throwing any of the listed items will be fun and require accuracy. Have a tube assigned to each team, so that the target area is clear to each team. When tossing the chicken to the tube which is representative of the boiling pot of water to make soup—please squeeze the chicken! The gator skin balls can be spices, just like the bean bags and the noodles. Any items that don't land in the pot must be picked up and returned to the next person in line.

The Widening River

Equipment – 2 old fire hoses, rubber chickens, bean bags, balls, odd items to pass and throw.

Roll out the fire hoses, create a narrow end and a wide end. Pile all the passing items near the narrow end. Everyone needs a partner and must pass the item across to their partner. The receiving player must catch the item without stepping into the river. Should the item not be caught, then it must be tossed into the river as pollution.

The players make it up the widening river by taking a step closer to the wide end after each successful pass. Once a team had reached the end or unsuccessfully passes the item they return to the beginning and start anew with another item.

You can add the element of fish having to swim up stream being challenged by the pollution to create an environmental awareness aspect by having students lay on a scooter and be fish.

Key points – Having a variety of items to pass makes the game more fun and unique because of the challenge of throwing the item or catching it.

Tubular 500

Equipment – Each team will need a tube, 3-4 scooters, a foam flying disc or mini inner tube, and pylons to outline the course.

Each team needs a minimum of 3 players. Place the inner tube on the scooters and have the driver nestle in the tube. The foam flying disc is just an optional feature as a steering wheel. You have a driver then you need someone to push the tube and be the motor. The extra player or players are the pit crew, that will jump into action should a scooter come out from under a tube while completing a lap. Once a lap is completed, the person who was the motor becomes the driver and a member of the pit crew becomes the new motor for a lap.

Key points – To promote safety, make sure all benches or other equipment in the gym is padded with mats. You can pad the corners or walls if you feel that it is necessary. Driving revs up enthusiasm and you can have a driver go and collect a token for each successful lap that did not collide with another tube car. **C**

Source: Bill Serbin May 2009 – CIRA Ontario Conference

IDEAS FOR action

SOFTBALL ONTARIO'S ACTIVE SOFTBALL PROGRAM! *NEW*

Softball Ontario is pleased to launch a new FUN and EXCITING school program – ACTIVE SOFTBALL. Active Softball focuses on the development of skills and interest for the game of softball for students in grades 6 to 8. Any elementary school or recreational facility can receive this Program for a one-month loan FREE of charge!! To download a request form, visit www.softballontario.ca.



INTRAMURAL T-SHIRT DESIGN CONTEST

Virginia Tech Intramural participants compete to create and design the shirt that will grace the backs of every sport's winners throughout that academic year. Some go over-the-top with sequins and glitter, while others prefer old-school favorites with simple graphics and text.

My only question is: who designs the T-shirt for the champion of the T-shirt Design Contest?



BRING THE EXCITEMENT OF THE VANCOUVER 2010 TORCH RELAY TO YOUR CLASSROOM

With the generous support of RBC, the Canadian Olympic School Program has produced a series of free educational resources that will help students make their pledges and bring the excitement of the Vancouver 2010 Olympic Torch Relay to life in classrooms across the nation. These bilingual classroom activities are available for download at olympicschool.ca/torchrelay and link to learning outcomes in social studies, language arts, math, science and physical activity.

FEMALES USING ENERGY FOR LIFE



Females Using Energy for Life is a program targeted to female adolescents to help empower them to be more physically active. It is hoped that the program will help high school girls to develop the self-efficacy needed to learn new skills, and in turn, continue with a healthy and active lifestyle. This is promoted through non-threatening physical activity opportunities, health teaching, positive feedback, and encouragement to the girls in the program.

Canada's Report Card on Physical Activity for Children and Youth (2008) noted that as girls enter adolescence, many of them are looking for alternatives to sport. Girls want to be involved in choosing what activities are available to them and to ensure their needs and interests are being properly addressed. That is why the F.U.E.L. program provides girls-only, non-competitive opportunities to be physically active. Activities could include hip hop, Pilates, yoga, aerobics, salsa

dance, strength training, walking, running, and much more. The goal is for girls to develop the self-efficacy needed to learn new skills so that they will make physical activity part of their daily lives. This

can be achieved by providing non-threatening physical activity opportunities, positive feedback, and encouragement.

This program is in the pilot stage and was adapted from Feel the Power Feel Fit Girls (FTPFFG), a program created by the city of Hamilton Public Health Services. Hamilton's FTPFFG program has been evaluated. Research findings and resources are available, and FTPFFG may also be adapted to other communities. See www.doitwell.ca for more information.

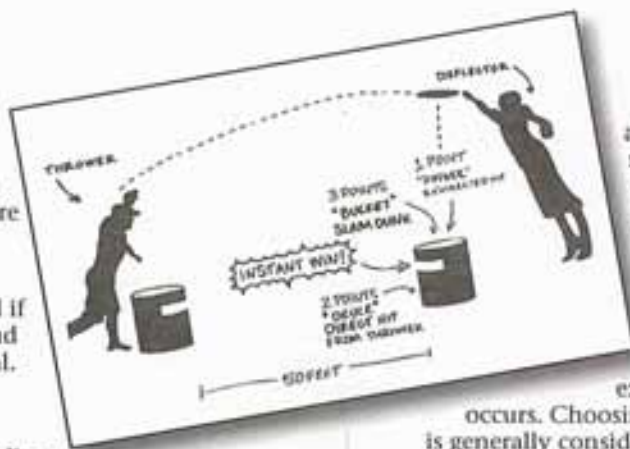
If you have any questions about FUEL, contact: Sarah Leyenaar, Health Promoter, Niagara Regional Public Health – sarah.leyenaar@niagararegion.ca

C

KAN-JAM *cont...* *continued from p.6*

General Rules

1. Players must remain behind the goal when throwing. No points are awarded if the player crosses the line.
2. No points are awarded if a throw hits the ground before striking the goal.
3. No score will result if deflector double-hits, catches, or carries the disc.
4. Three points will be awarded to throwing team if an opponent interferes with play to defend the goal. If the score is 19 or 20, 1 or 2 points are awarded.
5. A team must reach an exact equal score of 21 to win. If a given throw results in points that raise a team's total above 21, the points from that play



are deducted from their current score and play continues. For example, if a team has 20 points and scores a "Bucket" (3 points), their score is reduced to 17.

6. Teams must complete an equal number of turns before the game is over except, when an "Instant Win" occurs. Choosing to throw last (The Hammer) is generally considered to be an advantage, similar to having "last bats" in baseball.

7. In the event of a tie game, the winner is decided in an overtime round. Each team completes one round and the team with the most points wins. Overtime rounds continue until the tie is broken.

For more information visit www.kanjam.com C