

# INPUT CIRA Ontario

Promoting fun, active participation for all!

October 2009

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## CIRA ONTARIO CONFERENCE



Geneva Park, Ontario  
May 2009



**Nestlé**

Good Food, Good Life

Proud Supporter of  
Active Playgrounds

### CIRA Ontario Executive

President: John Byl  
Vice President: Andy Raithby  
Vice President: Herwig Baldauf  
Vice President: Kirstin Schwass  
Vice President: Alf Grigg  
Vice President: Chris Wilson  
Vice President: Dave Bevaart  
Vice President: Grachella Garcia  
Office Manager: Anna Bishop

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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

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## A Message from the President

There is an old song that had the lyrics: "You say good bye and I say hello." Recently I needed to say good bye to two people. It struck me during those times that a part of leading and living is saying good bye. To a certain extent teaching and parenting is about preparing children to say good bye. Partly because of our effective leadership the children under our care are ready to move on to bigger and better things. Student leadership through intramural activities empowers those people to say good bye and to move on.

With adults it is a little different. People take new positions, retire, or for other reasons require us to say good bye.

Gene Sutton, a friend, a colleague, and an incredible volunteer, died this summer at the age of 64. Too young. As we said goodbye, at a recent celebration of her life, we have not said good bye to her legacy, or to her dreams. She equipped us to advance those good dreams, and we will pursue them.

Recently we also said good bye to Kelly Hare, our office manager. She has served us well for six years. We will miss her, but she goes on to bigger and better things with the Hamilton Bulldogs—though what could be bigger and better than CIRA Ontario :). In her place we have hired Anna Bishop. A competent and dynamic manager who we will all get to know and who will, in her own way, help move CIRA Ontario forward. We say good bye to Kelly and hello to Anna. **C**

*John Byl, CIRA Ontario President  
Redeemer University College*

## ANNOUNCEMENTS

CIRA Ontario extends a special thank you to **Kelly Hare** who after six years with the association recently accepted a position with the Hamilton Bulldogs. Kelly's contribution to the association during a time of tremendous growth will be missed.

CIRA Ontario is pleased to announce its **2009-2012 Executive:**

President – John Byl  
Secondary – Herwig Baldauf  
Elementary – Andy Raithby, Kirstin Schwass, Chris Wilson  
Post Secondary – Josh Leeman  
Public Health/Recreation – Alf Grigg

CIRA Ontario welcomes **Anna Bishop** as the new Office Manager.

**Active Healthy Kids Canada** released its 2009 Report Card on Physical Activity for Children and Youth in June. According to the Report Card, children who are physically active perform better in school than those who are not active. For the third consecutive year, the Report Card assigned an "F" for Physical Activity Levels. Only 15% of Canadian children and youth are meeting the minimum recommendation of 90 minutes of physical activity a day.

The 38th **OPHEA Kids' Health Conference** will be held at Nottawasaga Inn in Alliston from October 15-17, 2009.

**Active Video Games – A Good Way to Exercise?** In the fall of 2006, the Nintendo Wii hit the streets. It became an instant hit selling more than 11 million units in the Americas alone since its release. A team of exercise scientists at the University of Wisconsin recently tested the potential fitness benefits of playing the Wii. The results showed that Wii sports increases heart rate, VO<sup>2</sup> and perceived exertion – and thus calorie burn. While not as good as playing the real sport, the Wii does burn more calories than traditional video games. *Source: Mark Anders (ACE Fitness Matters)*

This fall **CIRA Ontario** will conduct workshops at OPHEA, Peel Board of Education K-12 Physical Education Conference, Northeastern Ontario Recreation Association, Manitoba Physical Education Teachers Conference, Michigan Association for Health, Education, Physical Education and Dance, Christian Teachers Association Conference and Illinois Association for Health, Physical Education and Dance.

**Forty schools** from across Ontario received \$250 grants from CIRA Ontario and Nestle Canada in May. The grants were used for playground kits and line painting. **C**

## WORK WITH THE WARRIORS 100 Students Hired Every Term

Every term, Waterloo Campus Recreation hires over 100 student staff to organize and officiate Intramural Leagues. Through these positions, students learn such skills as conflict resolution, effective communication, teamwork, active listening, confidence, and assertiveness.



**Convenience** – we are located on campus where you spend most of your time.

**Flexible** – create your schedule around your academics.

**Competitive** – we pay as well (if not better) than other positions both on and off campus.

**Experience** – whether you are in Recreation or not, these jobs provide you with the opportunity to develop skills that can be applied to any industry or career.

**Fun!** – This is an exciting and dynamic place to work. **C**

### Benefits of Working for Campus Rec?

**Progressive** - There are a number of entry level positions that can lead to more leadership opportunities.

**Training** - If you do not have the qualifications for the position, we offer qualification courses and/or provide training.

### WATERLOO XEROX LEADER OF THE MONTH

The Xerox Leader of the Month is a student working or volunteering within the Department of Athletics and Recreational Services that has gone above and beyond their duties. Each month a new winner will be recognized for all their hard work after being nominated by another member of the department. Winners receive a prize pack donated by Xerox and McGinnis Front Row in association with the UW Shop.

## GETTING TO THE "MEAT" IN INTERVIEWS

The next time you quiz an applicant, consider using the "Workstyle Guide Assessment". Developed by Elizabeth Fry of Advantage Staffing Service in Herndon, Virginia, and Wendy Rothman an organizational psychologist, this hiring tool recommends that you ask three kinds of questions:

#### Can Do

1. "What are your top three duties in the job you now have?"
2. "What special skills of knowledge do you need for those duties?"
3. "What's the most important thing you've worked on?"

#### Will Do

1. "What do you think you would do for this organization that someone else wouldn't?"
2. "What kinds of rewards satisfy you most, and how does getting them affect your work?"

#### Will Fit

1. "Have you ever worked with a group like the ones you would work with here?"
2. "When you first work with people, what do you do to help you understand them better?"
3. "What can you tell me about your accomplishments as a team member?" **C**

### IDEAS FOR action



#### WHAT'S ALL THE HOOPLA?

Hula Hooping is the latest fitness craze. Known as "hooping or hoop dancing" workouts strengthen abdominal and lower back muscles and provide an intense cardiovascular workout while enhancing coordination all with little or no impact to joints. Hoops are weighted and 38 – 42 inches. Visit [www.hoopappeal.com](http://www.hoopappeal.com) for more information.

#### Good Things for the Body

- Builds core strength
- Burns fat, speeds weight loss
- Sculpts tight, buttock, abdominals
- Boost cardiovascular endurance
- Promotes healthy body alignment
- Enhances flexibility and range of motion
- Unwinds the spine with pelvic rocking and promotes healthy spine alignment
- Encourages playfulness and humour
- Strengthens the back muscles
- Encourages deep breathing
- Reduces muscles tension
- Enhanced muscular coordination
- Increases circulation throughout the body
- Improves posture
- Increased energy levels, resulting from increase of circulation

Did you know the Hula Hoop was created in 1958 by Arthur K. Melin, he got the idea from an Australian company who made wooden rings which were sold in retail stores. The Hula Hoop trademark was registered in 1962.

## IDEAS FOR action

**Immaculata High School** in Ottawa holds "Best of Competitions". Events include Field Goal Kick, Soccer Throw In, Beep Test, Three Point Competition, Hockey Shootout and Skipping. Students compete against themselves, their gender, their grade and the teachers. Hazel McCallion Senior Public School in Mississauga holds a "pentathlon" in May. Students participate in a 3k bike ride, 10 foul shots, scooter board "swim", 10 soccer kicks and a 1km run.



**St. Agatha School** (JK-8) offered drop in game sessions last year whenever the gym was available rotating through each class to ensure everyone had an opportunity.



At **McKinnon Public School** in Mississauga championship teams challenge the teachers for charity. Spectators donate \$2.00 to United Way to watch.



Following each game or activity, **Credit Valley** students choose the "Fair Play Stars of the Game". Winners are announced the next morning on announcements.



**Century Montessori School** in Richmond Hill (JK-8) holds monthly Spirit Assemblies to announce house points and upcoming events. The assemblies help keep the spirit and excitement for intramurals alive.



At **Mother Teresa Catholic School** in London limits their promotional campaign for all activities to only 3-5 days.

# 4-GOAL INDOOR SOCCER

This game was developed when we lost the use of our playing fields due to construction. It turned into a great intramural activity once it had been taught in the P.E. classes.

## Set-Up

Use benches diagonally across the corners of the gym as the goals. If you have handball goals they would be ideal; floor hockey nets are too small. All walls, ceilings, backboards, etc are in play. We pull the curtains across on the stage to eliminate this as an out of bounds area. There should be no obstructions on the floor such as chairs piled up or stacks of gym mats.

## Equipment

Use 4 sets of pinnies (sometimes 5) to mark the teams. We use 2 Gator-Skin Nerfballs to play with, volleyball size or larger. You will need a number of "spotters", refs, as well as a scorekeeper, usually a teacher.

## The Teams

Divide the group into 4 teams any way you see fit. We have played this game with 36 grade eight students all playing the same time in a single elementary gym. You decide what is safe for your situation. Each team has a goal to defend as well as 3 to score on. If you have a few soccer wizards then consider a 5th team whose task is only to score. They have no net to defend and are, therefore, against everyone.

## The Playing and Scoring

The object of the game is to have the least points, not goals against. How many goals a team scores, or individual scores, is of no consequence. Points against are assigned in the following ways, keeping in mind that you can change this structure as desired.

A goal against 1 point

A hand-ball 1 point

An intentional head-ball 2 points

Dangerous play anywhere from 3 to 10 points depending on intention, previous warnings, etc.

You could add points for any infractions you like, however, with too many it does become difficult to administer, especially for kids. The adults become too involved. Keep it simple!

Play is continuous for as long as you wish I give the occasional break for drinks, see instructions, or to let cooler heads prevail. Use 2 balls for added chaos. Goals are scored and a point against that team, when the ball hits the bench, front, top, or back. Play continues with the goalie tossing the ball back into play, not over half. The "spotter" stand on the stage, or anywhere, and reports to the scorekeeper by yelling "1 point red" or "2 points green" and so on. As infractions occur the play continues, but points are assigned to the appropriate team. There are no free kicks or penalty shots.

The 5th team of wizards can do no wrong when it comes to points, but they can be replaced if they are intentionally not playing properly.

Keeping in mind the play can be in two locations at once, the players quickly lose track of the score. As well, with more than one spotter, they quickly lose track as well. If the scorekeeper is a teacher, then "accuracy is up to you."

When play is stopped, usually by a whistle, assign points to whichever team is last by their bench, or whichever is still talking, etc. Also, the final points are not tallied until each team has put their pinnies on their bench away. This really gets things tied quickly! By giving non playing points the lesser skilled teams can be competitive. I also balance the scores to keep it interesting.

## Safety

Be sure to address safety. The walls don't move. Some kids can be over-competitively aggressive, etc. I include safety issues as part of the point structure. After a team gets a few points against for rough play they soon get the idea. That seems to be enough for the most. For excessive problems I do not penalize the team, but the individual.

## Conclusions

The game is constantly changing. New rules such as mini-competitions during the game for points, changing the point structure, adding a ball or no goalies all make the game seem new each time. The scorekeeper can have an emphasis on the game or no game activities. By assigning more points to the non-game activities there is less emphasis on the game itself; it calms down the hyper-competitive and skilled athletes while making it more fun for the less skillful participants. **C**

# BIG BALL GAMES



## MOON ROCKS

**Equipment** – Big Ball, numerous half balls.

**Set Up** – Place half balls in various locations around the gym with the cone up. Rough terrain could be added using hoops and noodles.

### Instructions

Divide class into equal teams of 3 – 7.

One team at a time rolls the big ball attempting to hit the ALL the balls and explode (squish) the moon rocks.

The fastest team to explode the moon rocks wins.

Non-competing teams create moon movers (pairs hold shoulders of the pair in front of them). Moon Movers can only move in a straight line and rebound off the walls.

### Variation

Non-competing teams create moon movers but can rebuild the moon rocks after they are squished.

Tag teams try to explode all land mines before they can be rebuilt.

## SNAKE ROLL

**Equipment** – Big Ball, pylons.

**Set Up** – Create a curved course using pylons. Rough terrain could be made using hoops and noodles.

### Instructions

Divide class into equal teams of 3 – 7.

One team at a time rolls the big ball through the obstacle course.

The fastest team through the course wins.

Time points are deducted for hitting barriers/pylons.

Non competing teams could be used as pylons.

## IDEAS FOR action

At **North Hastings Senior Elementary School** (7&8) in Bancroft each homeroom is made into a team. At the beginning of the year homeroom creates a team name from the theme of the school mascot TIGER. Names have included Wild Cats, Paws n' Claws, Coughing Furballs, Prowlers, Terrific Tiggers. They also create a poster and a cheer. Posters, cheers, and team names are judged by unbiased staff members - Custodian, Secretary, E.A.'s and non-homeroom staff.

**Henry Munroe Middle School** in Gloucester offers Stadium Soccer. Students are placed on teams whose names originate from the European Champion's league. The program is held in a boarded skating rink in a park that adjoins the school.

At **Shaw Public School** in Brampton the highlight of the program is a Grade 4 & 5 Dance Club. The Club creates dance routines and performs them at school assemblies. The Club also helps with DPA.

At **Harrison Public School** in Georgetown (K-5) each month students are given challenges to complete at home. The challenges promote physical fitness and healthy living. At the end of the month each class submits their overall % of participation. The class with the most participation is rewarded with extra gym/intramural time.

**Silverheights Public School** in Cambridge (K-8) offers a Swing Dance Club for Grade 7 & 8 students. The Club has proved especially popular with students that don't normally participate in the intramural program.

## IDEAS FOR action

### DECORATING LARGE SPACES

Buy rolls of plastic tablecloths in your school colours. Cut the desired lengths in half and bunch at the ends. This makes great swaths that can be hung in gyms and outside areas. The plastic survives inclement weather and can be removed, re-rolled and used again.

Source: CASAA



### SMOOTH IDEAS

All Saints High School in Kanata offers morning "smoothie" giveaways.



### SHOE MUSEUM

Morton Way Public School in Brampton (K-5) organizes a Shoe Museum. Students guess which shoe belong to which staff member.



### BASKETBALL HANDBALL

Grapeview Public School in St Catherines (K-8) offers Basketball Handball. Basketball rules apply but instead of scoring a basket a pin is knocked down.



### BONUS POINTS

At Brisdale Public School in Brampton (K-5) teams are awarded a bonus point in the standings when three different players on the team scores even if the team loses the game.



### ALL STAR GAME AND SKILLS COMPETITION

At Vandenburg Junior Public School in Toronto half way through the Intramural Floor Hockey and Basketball seasons an All-Star Game and Skills Competition is held. Vandenburg also offers Ribbon Dancing, Hula Hoop and Yoga Clubs.

# 10 GREAT WAYS OF SHOWING APPRECIATION – Beyond the Hand Clap! –

**1. Standing Ovation!** – The students stand making a circle above their head. Teacher asks what letter of the alphabet is this? Right response "An O." You have just given yourselves a "standing ovation."

**2. Seal of Approval** – The students clap the backs of their hands together three times saying "Ark! Ark! Ark!"

**3. Stamp of Approval!** – The students stomp their right foot on the ground three times.

**4. Souper!** – The students hold out their left hand – palm up. With their right hand they do a scooping motion over their left hand saying "Souper"

**5. Fantastic!** – Students hold out their left hands – palms up pretending they are holding onto a bottle of fantastic. With the fore finger of their right hand they pretend to be pushing down the nozzle on their fantastic bottle pointing in all directions. After 5 seconds they make a large circle with their hands and say "Fantastic!!!"



**6. Big Hand!** – The students place their left hand high in the air.

**7. Micro Wave!** – The students make a fist with their hands and hold them shoulder level in the air bending and straightening their little finger rapidly.

**8. We're Rocking!** – Students are standing on the spot. Swaying their bodies back and forth saying "We're Rocking!"

**9. Cool!** – Students raise their left arm to the left side of their head beside their eyes making the letter "C" with their fingers. They raise the right arm to the right side of their head beside their eyes and make the letter "L." (The eyes are the two "o"s).

**10. Terrific!** – Students place their right arm across their stomachs to the left side. As they draw their arm across their stomach they say "Terrific!!!" and place both their right and left thumbs up into the air. **C**

## MAKE IT...TAKE IT TOURNAMENT

Teams are awarded three points for every win, two for a tie, and one for a loss. The team with the most points at the end of the tournament is declared the winner. Games end when a goal is scored or seven minutes expire. The winning team remains on the field, the losing team re-enters the rotation. If a game ends scoreless, both teams leave the field. A mercy rule applies whereby a team is

allowed only five consecutive wins. After the fifth win the team re-enters the rotation and two new teams take the field. The tournament structure could easily be adaptable to a variety of different sports including hockey, basketball, and volleyball. The length of the tournament is variable depending on the sport and the amount of time available. **C**

## TIPS & TRICKS FOR FASTER SPEED STACKING

If just beginning start on the floor with Speed Stacks placed directly in front of you.

KEEP stacks close together to create a solid base for your pyramid. Let your cups touch in your pyramid.

USE a light touch, don't be heavy-handed. Lift with a light grip. Try not to squeeze the cup; let gravity do the work.

PICK up the top cup with your right hand if you lead with that hand (if it feels best to use your right hand first).




ALTERNATE your lead hand. Practice leading with one hand and then the other. Switch to increase ambidexterity.


When handling the cups, your hands should be positioned on the sides of the cups, never over the tops of the cups.

SEPARATE the cups from one another using your fingers, resting the last (or bottom) cup on your pinky finger.

NEVER PASS a cup from one hand to another. Use both hands at the same time.

Source: Edenbrook Hill Public School 

## BRISDALE SPEED STACKING TOURNAMENT

At Brisdale Public School in Brampton (K-5) holds two Speed Stacking Tournaments – one for Grades 4 & 5 and another for Grades 1 – 3. All students are given the chance to compete in the time trials. The fastest 32 students from each division move on to the main elimination draw where students are seeded based on their qualifying times. 

### RPS at BRISDALE


At Brisdale Public School in Brampton the highlight of their Intramural Program is the annual Rock Paper Scissors Tournament.

Over the past three years, the tournament's popularity has grown enormously. Students advance into the 256 player draw by qualifying in their classrooms.

Over a two week period in December, participants battle for the Brisdale RPS championship crown. The semi final and championship matches are held during an assembly for all to witness.

A student "media team" is selected to photograph and videotape the tournament. The media team creates a video montage which kicks off the RPS finale assembly. The finalists are placed under a spotlight and their images projected on the gym's big screen.

A rock concert like atmosphere is created and the students go wild.

The best part of the event is its inclusiveness – anyone regardless of age or ability can play – and anyone can win. 

## IDEAS FOR action

### FOCUS ON FUN

At Frank Ryan Catholic School in Nepean (Grade 7 & 8), the focus on Intramurals is fun. More points are awarded for sportsmanship and participation than winning. Students realize that if they win the game it does not necessarily mean they will receive more overall points. The focus is not on the final score but on the combination of sportsmanship, participation and the game result.

#### Sportsmanship (5pts)

Pts are awarded on how the team treats their teammates, opponents, student referees and supervising teachers, this includes how they speak, act and participate in the game and extend themselves in a mandatory hand shake at the completion of the activity.

#### Participation (3pts)

These points are based on whether the team has all their team members present, whether all members play and equal amount of time.

Game Result (Win=3, Tie=2, Loss=1)



#### SWING DANCE

Silverheights Public School in Cambridge (K-8) offers a Swing Dance Club for Grade 7 & 8 students. The Club has proved especially popular with students that don't normally participate in the intramural program.



#### WALKING CLUB

Nationview Public School in South Mountain started a primary Walking Club last year. Each day a different teacher went for a walk around the school yard with the students.

# CIRA ONTARIO IN BANFF



In early May, the CIRA Ontario Executive attended the PHE National Conference in Banff Alberta. At the conference, our goal was to create a network of key contacts across the country to promote our intramural and recreation ideas, and to ensure that we continue to provide "fun active participation for all".

Our Executive, led by John Byl, were key contributors to Thursday's round table discussions. Topics included the need to actively promote and develop inclusive Intramural programs, to engage all students in a fun school environment and to share successful "best practices" from across the country. On Friday and Saturday, three of our Executive led exciting and very well received

workshops; "Hoops and Hoopla", "Playdays - Maydays" and "Great RPS Games". Over 100 participants were impressed and motivated by what's going on with CIRA Ontario.

Overall, our CIRA Ontario team played and laughed with some truly outstanding Physical Education teachers and.....while the Executive enjoyed fantastic scenery, tremendous food and a once in a lifetime experience, the impression that the CIRA Ontario team left in Alberta will be remembered for a long time.

We'd collectively like to thank our CIRA administrator, Kelly Hare, for her great work in ensuring we got to Banff and back safe and sound. **C**

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## WINNERS vs LOSERS

The **Winner** is always a part of the answer;  
The Loser is always a part of the problem.

The **Winner** always has a program;  
The Loser always has an excuse.

The **Winner** says, "Let me do it for you;"  
The Loser says, "That's not my job."

The **Winner** sees an answer for every problem;  
The Loser sees a problem in every answer.

The **Winner** says, "It may be difficult but it's possible;"  
The Loser says, "It may be possible but it's too difficult."

- Author Unknown -