

INPUT CIRA Ontario

Promoting fun, active participation for all!

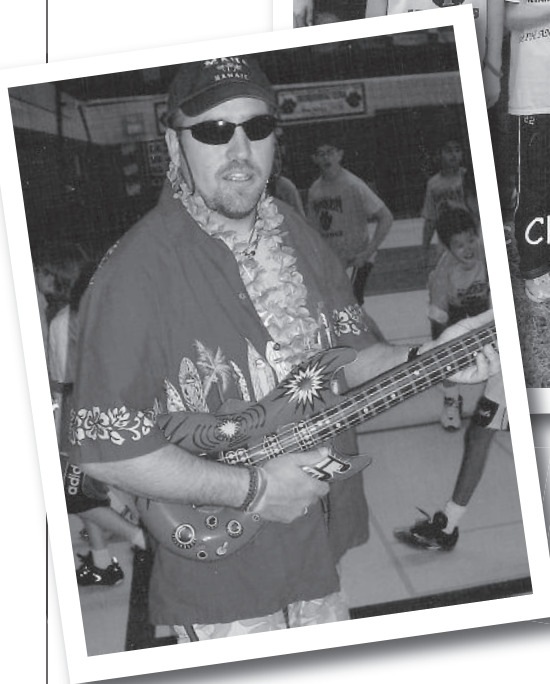
March 2008

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AWARD WINNER 2000-2007



OUTSTANDING INTRAMURAL RECREATION AWARDS

Application Deadline
April 15, 2008

For more information visit
ciraontario.com

Tomken Road Middle School Mississauga

Recipient of Outstanding Intramural Recreation Award
Seven Consecutive Years - 2000-2007

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INPUT is a quarterly publication produced by CIRA Ontario.

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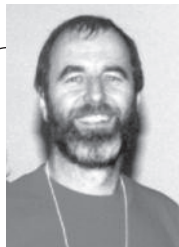
www.ciraontario.com

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



A Message from the President

Don't Let Students Use A Four-Letter Word

Don't let students use a four-letter word. Recently I heard Eva Olsson speak. Of the 89 members in her extended family, only she and her sister survived the holocaust. The four-letter word she does not permit in her home is "hate." She suggested that hate grew through various steps to the inhumane killing of the holocaust. She pleaded for our schools to do their part to encourage acceptance, hope, and forgiveness and to eradicate "hate" from the lives of our students. For her, bullying grows from hatred.

While she spoke, I had to think about how intramurals can be so different from the holocaust. It is great to observe and be a part of people, especially children, delightfully playing together in wild and wonderful games that cause them to laugh (at least smile), to sweat a little, to call out words of encouragement to each other, to applaud each other with high fives, and to leave the playing area more whole than when they began. A taste of paradise. And some people wonder why we are so passionate about intramurals and campus recreation. **C**

John Byl, CIRA Ontario President

A N N O U N C E M E N T S

CIRA Ontario's newest resource "**50 GRRRRREAT Transition Games**" is available for purchase. Authored by Alf Grigg, the resource is a collection of simple games using minimal equipment that can be used when a class finishes early, a bus is late, or for rainy day recesses.

On behalf of CIRA Ontario and all those who attended the 2008 CIRA Post Secondary Conference, thank you to **Greg Stewart, his team, all the presenters and Wilfred Laurier University** – Brantford Campus for hosting an excellent Post Secondary Student Conference on February 29.

The Ministry of Education and the Ministry of Health Promotion have developed the **Healthy Schools Recognition Program** to promote and celebrate healthy behaviours and practices in Ontario's publicly funded schools. By participating in this program, a school declares its commitment to work towards developing a healthier learning environment. Email healthy.schools@ontario.ca for more information.

The **Ministry of Health Promotion** will soon launch a contest for youth to harness their creativity and knowledge to develop healthy living messages. Youth aged 12 to

15 will be invited to develop videos and posters that communicate the importance of staying active and eating healthy. The contest will be hosted on www.notgonnakillyou.ca – an interactive, online resource for youth focused on all aspects of healthy living, from nutritious to physical activity.

The **2008 CIRA Ontario Post Secondary Facilities and Programs Conference** will be held at Wilfred Laurier University on May 22 & 23, 2008.

Proposed Name Change - At the recent CAHPERD Board of Directors meeting, a motion was passed that involves the suggestion of a name change at our Annual General Meeting (AGM) in May 2008. The recommended name is: **Physical and Health Education Canada (PHE Canada)**. The name change is being suggested as a way to better reflect our vision (which remains unchanged).

The **2008 OPHEA Conference** will be held October 16-18 at the Nottawasaga Inn Resort in Alliston. Workshop applications are now being accepted. The submission deadline is Monday, April 28.

2008

FITNESS TREND PREDICTIONS

2008 promises to be filled with water aerobics, boxing clubs and spicy Latin dancing. Some trends continuing from 2007 include functional fitness, balance training and increased access to personal training for all segments of society. The following represent American Council on Exercise's listing of the top ten fitness trends for 2008.

Out of the Box Workouts

Gyms are not for all. The popularity of TV shows like, ABC's Dancing with the Stars has dance studios popping up all around the country. Hip hop, ballroom, Latin and Country line dancing combine high energy and motivating music with unique moves and combinations that allow participants to get fit while dancing away their worries. Outdoor boot camps are gaining in popularity and local boxing clubs have crowded rings and classes filled with people of all ages. For some, these fun, recreational activities hide the fact they really are exercising.

Body Weight and Equipment Free Workouts

Equipment can intimidate some and others want to add options and flexibility to their existing workout regimens. These full-body workouts focus on movement patterns, repetitions, and plyometric work to target multiple muscle groups. These types of workouts are perfect for traveling since they require no equipment and, therefore, can be performed anywhere.

Event or Sports-Specific Programming

Millions of people participate each year in charity runs and walks. Many train up to a year in advance. For many it is a great social event and an opportunity to take the focus off

themselves and onto their charity of choice. This trend doesn't stop there; clubs are offering training for surfing, golf, football, etc. specific workouts; all while helping participants build the strength, endurance, and stamina needed for real-life activities and sports.

Boomer Fitness Focus

Individuals age 50+ are redefining our expectations about age, vitality, and life realizing the importance of physical activity as we age. For the aging population, regular exercise is critical in keeping the body limber, injury free, and more youthful.

Focused Express Workouts

Group classes lasting 30 minutes or less that focus on one component of fitness or training a specific part of the body (e.g., core stabilization, upper-body strength, balance and agility, aerobic training/fat burning). Participants enjoy targeting a specific goal within a short time commitment. Many clubs piggy-back these classes in their schedules for members to attend two classes in a row.

Total Wellness Programming

Prevention is the key for long-term health and optimal quality of life. More and more people will focus on injury and disease prevention and understand how food, exercise, weight and a healthier mindset must interact for the body to achieve balance and total wellness. It is a focus on what the body and mind need and how to encourage them to work in harmony. Maintaining a healthy mind and body from the inside with less of a focus on physical appearance is steadily becoming a new ideal.

continued on p.8

IDEAS FOR action

SURVEY TIPS

Limit the number of fill-in-the-blank questions. You'll increase your response.

When surveying about a product or service, ask respondents what they liked most about the product or service. It not only helps you continue to emphasize things that people like, but it provides marketing managers with possible testimonials.

Source:
Communication Briefings
www.briefings.com



BECOMING A BETTER SPEAKER

Most people should speak a bit louder than normal and use larger gestures than they feel originally comfortable with.

Analyzing the audience. Be sure to tell that audience something it doesn't know.

Avoid reading a speech with eyes glued to the lectern. If you want to read to people, just remember your parents read to you to put you to sleep. Work from an outline and trust yourself.

Move away from the lectern establishing rapport with the audience.

Video tape yourself rehearsing the speech.

Spend five or six seconds looking at each person in the audience.

Pause instead of inflicting "ums" and "ahs" on the audience.

Source:
Communication Briefings -
www.briefings.com

IDEAS FOR action

At **St. Frances Lancer School** (K-8) in Windsor every student, teacher and staff member is assigned one of four house league colours and given a t-shirt of that colour. Shirts are worn at house league games, assemblies and community events. At the end of the year the team with the most points is award the Lancer Cup.



At **St Elizabeth Ann Seton School** in Nepean (K-6), a Photo Gallery highlights participation in Intramural activities. Grade Six students are responsible for taking the pictures and displaying them on the "wall of fame". Students can't wait for their pictures to be added.



At **St Andrew Catholic School** (K-6) in Nepean, teams playing Noodle Ball (hockey played with mini-pool noodles) are named after pasta – "Spaghetti vs Rigatoni".



Cherrytree Public School in Brampton (K-5) has introduced a student lead yoga program to much success. Teachers comment on the tremendous behaviour from the students following yoga. They are focused, quiet and ready to work after each session.



At **James R Henderson School** (K-8) in Kingston, 55 Fit Break leaders from Grades 5-8 deliver classroom activity sessions to younger grades.



Robert Little Public School (K-5) in Action has introduced a Boys in Extreme Motion Dance Club.



At **Immaculata High School** (7-12) in Ottawa, each Intramural league ends with an All-Star Game and a Skills Competition.



The sign on the g

"Caution! Radio acti

École St-Jean-Baptiste School in Amherstburg (JK-8) has introduced a new club to the school. "Le Club des radioACTIFS" is a workout club based on the idea of that every student has energy to burn – radioactivity.

"Le Club des radioACTIFS" embraces the following ideas:

- High energy particles in constant movement = students
- Being contained in one area = gym/field
- Incredible Reactions when Released = radiate positive reactions throughout life

RADIOACTIFS™



Gym doors reads: "Give students inside!"

The Club allows any student from Grades 4-8, as well as staff members, to come to the gym at 12:00pm, workout, and then eat lunch at 12:30pm in the hallway. Workouts vary every day. Activities include: mission possible, fitness stations, obstacle courses, fitness challenges, jump rope

challenge, relay races, and tag games. Sport games are not included. The Club promotes "participation for all", "no competition but yourself", and "radiate your energy to others". Students and staff workout side-by-side, role modelling for one another. **C**

IDEAS FOR action

Dr G J MacGillivray Public School (K-8) in Courtice has expanded their Intramural program to include an "At Home Fitness Challenge". Each month students are given a calendar with activities for each day i.e., Go for a 10 Minute Walk, 10 Minutes of Continuous Moving, 6 minutes of skipping. Students are to complete these activities at home and have someone at home sign off on them upon completion.



In an effort to create a unique sense of cooperation and school spirit, H.B. Beal Secondary School in London has created a "Rant" that has been placed on t-shirts.

*I am not a Trojan, a crusader
and certainly not a Viking!*

*I live in the core of the city, I ride
the L.T.C.*

*I have teachers who not only
know my name, they know my
family tree.*

*I can go to all regions of the
world without ever leaving the
building.*

*I can speak with pride of these
who went before me and those
who follow, will speak of me
with pride.*

*I believe in tolerance and
practice it. I embrace diversity
because it defines this place
called Beal.*

*I am kind and generous. Some
day when I have my own
business, I may even fire a
Viking or a Trojan.*

*I am not a hooligan, plunderer,
robber or villain as the
dictionary says.*

*I am a commando, a ranger,
specially trained for military
duty: Trained to face the
enemy.*

*For your sake, I hope that it isn't
you.*

For I am a RAIDER.

RESOURCE file

EXERCISE BALLS REPLACE CHAIRS AT SIMCOE ELEMENTARY SCHOOL

Three classes at an elementary school in Simcoe have traded their hard-backed, four-legged chairs for big, bouncy exercise balls. Dr. Dan Wilhelmus of Family Chiropractic Centre in Simcoe donated 65 balls to the school. The first benefit of using these exercise balls is good posture. The balls force kids to sit up straighter.

Teachers have already seen a change in students. While the first couple of days resulted in a couple of kids rolling off or getting carried away with the bouncy fun of it all, the kids have settled down and really enjoy using them.



WIN FREE TEAM CANADA CLOTHING!

Canadian children can draw their way into some great Team Canada sporting clothing by designing a poster for the 2008 Beijing Paralympic Games. The creators of the top three posters in the national contest will not only win 2008 Team Canada merchandise and clothing, but will also have their posters hung in Petro-Canada stations across Canada and in the Canadian athletes' lounge at the Paralympic Village in Beijing, China. For complete contest details and entry forms, go to www.paralympiceducation.ca.



MOVIN' MUSIC

Music is an excellent motivator for students when they participate in Daily Physical Activity. OPHEA has developed a music CD appropriate for DPA, consisting of 21 tracks of motivational music. The CD is suitable for Primary, Junior and Intermediate students and costs \$15.00. www.ophea.net

THREE-PERSON DODGEBALL

Three-Person Team Dodgeball is an excellent, virtually non-stop game for smaller gyms or utility rooms. The object of the game is to eliminate the other teams by hitting team members with a Nerf or gator balls. Use two balls (or three in a larger space).

When someone is struck by a thrown ball, they must sit or kneel at the spot where they were struck. That player is temporarily 'out'. The play can get back into the game when...

...a team-mate catches a ball thrown by an opponent or team-mate

or

...when a ball rolls or bounces to the kneeling player, who then stands and throws at an opponent. If they are successful in hitting that person—that player (the one struck) is 'out' and the thrower is 'alive'. If the thrower misses, they are still 'out' and must re kneel.

A thrower has only three seconds in which to throw the ball. They cannot move with the ball, only pivot, as in basketball, to improve their position for throwing. Two 'alive' team mates can pass the ball (or two of them) back and forth as they move about the floor trying to improve their position to strike an opponent. Anyone, including a kneeling player, may intercept these passes, however when struck 'out', they may not pick up the ball that just hit them. All other loose balls are fair game. Also, if an 'out' player stands to throw and is hit before the ball is thrown, they lose the privilege of throwing and must give up the ball.

The winning team is the one with players left (1, 2, or all 3) standing when all other players are 'out' (kneeling). It usually takes about 15 minutes to determine a winner, but don't be surprised if it takes (much) longer. Kids enjoy this game immensely.

Source: Val Roneki

FAST BREAK

Recommend for Grades 3-6. The object of the game is to knock hockey sticks off of pylons.

Required equipment: two cut off hockey sticks, four pylons, one ball (elephant skin ball or some type of soft squeeze-able ball), pinnies.

Divide the players into two teams. Five players from each team take the court at a time. Each team has a hockey stick placed on two pylons. Teams must protect the stick while attempting to knock the stick of the other team.

How to Play

- Team start off with hands touching their own END WALL; teacher throws ball to one side of court and play begins.

- When a player catches a ball they can't move; they must pass the ball.
- Opponents can steal the ball when a pass is made.
- Teams try to knock the opposing team's stick; when a stick falls off a point is given; play continues once stick is put back on the pylons.
- After the shift (1-2 min) teacher blows whistle and new shift begins.
- There is a ZONE that players may not stand in (goalie's crease). If they stand in this crease, the ball is given to the other team and play continues.

Variation: Players sitting on the benches may receive a pass from their team mates who are on the court. Their bums may not come off the bench; if they do, the other team gets possession of the ball.

Source: Val Roneki

BLASTBALL!

is here!

BLASTBALL is a developmental game invented and marketed by the ATEC Athletic Training Company in the United States. It is a very simple concept utilizing the skills of baseball in a fun fast paced activity for young players. The game is best suited as an entry level activity for players five and six years old.

Blastball players take the field much like in a regular T-Ball game with the defensive players taking an infield or outfield position. In Blastball, the Blastbase is the only base used and placed at the first base location.

If the batter reaches the base before a defensive player either catches the ball in the air, or fields the ball and yells BLAST, the batter is safe. If the ball is caught or fielded and BLAST is yelled by the defensive player before the runner gets to the Blastbase, then the runner is out. At the end of each play, the ball is thrown back to the coach, or player at home plate. Much like T-Ball, in Blastball the emphasis is on the play at first and the play at home. You end the half inning by going through the entire batting order.

The appeal of Blastball in the younger player is the load honking sound the base makes when the player stomps on it. This sound alone will encourage the players to make plays as a defensive player or run faster as the batter in order to stomp on the base and make the HONK.

In Blastball there is no need for gloves as the Blastball is soft. The softness of the ball will also eliminate the fear factor of being hit by the ball. Helmets, however, are still required for safety reasons.



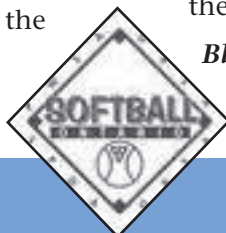
The size of the Blastball teams will be a maximum of five and no less than three, with a one hour, game time limit.

The critical decision is to know when to add difficulty to the game. The kids catch on very quickly. The novelty of the noisy base wears off. You must be ready to add small incentives to the game to keep the kids challenged remembering at all times that attaining success is the number one priority to having fun.

Some additions are as follows:

- add one throw and subsequent catch to anyone by the defensive player who fields the ball. This throw can be to anyone on the defensive team anywhere in the field.
- add one throw and subsequent catch to one specific person on the defensive team.
- lengthen the distance of the base.
- rotate the defensive players position on the field after each batter
- widen the vector for the hitters
- add outs to the game instead of all players hitting each inning.
- reduce the size of the ball and/or bat.
- add a coach pitcher and lob the ball to the hitter
- have three teams on the field--one hitting, one defense, and one doing fundamentals. Rotate at the end of each 1/2 inning.

BlastBall can be played indoors as well as outside! c



Softball Ontario is making TRY SOFTBALL Kits available to schools FREE of charge. Each Kit contains a Blastball game, manual and equipment.

For more information contact Lisa Compton at 416-426-7150, email lcrompton@softballontario.ca or visit their website at www.softballontario.ca/images/stories/Press_Releases/09-04-2007-try-softball-program.doc

TAKE THE EARTH WEEK TO CLEAN AIR DAY CHALLENGE

Challenge your students to walk (or jog, skip, or bike) for a week between Earth Week and Clean Air Day to promote:

- Daily physical activity
- A healthier environment
 - Safer streets
- Making friends and having fun!

Walking is a simple and efficient physical activity that benefits people of all ages, helps to maintain good health, is environmentally friendly and fun. Below are downloads of resources and opportunities to promote walking at your school for **earth, health and safety**.

Source: www.saferoutestoschool.ca 

CIRA ONTARIO OUTSTANDING INTRAMURAL RECREATION ACHIEVEMENT AWARD



Applications for the 8th Annual CIRA Ontario Outstanding Intramural Recreation Achievement Award are now being accepted. A select number of CIRA Ontario members will be recognized for their outstanding intramural/recreation programs. Programs must offer a varied line up of activities, promote fun, active participation, fair play and involve students in a leadership capacity.

Applications are available at www.ciraontario.com or by contacting the CIRA Ontario Office at 905-575-2083.

Application Deadline – April 15, 2008 

2008 FITNESS TRENDS...

continued from p. 3

Hybrid Programming

Fusion of mind-body techniques like breath work and meditation into traditional modalities continues to be popular. Workouts like Spin-Yoga and Pilates Fusion combine strength, flexibility and endurance and offer the equivalent of an all-in-one exercise experience.

Personal Training

According to the US Bureau of Labor Statistics, personal training is one of the fastest growing professions. Consumers are demanding competent practitioners. Competent personal trainers offer clients invaluable expert guidance and motivation. Positive accountability can be among the most important factors in helping individuals make a lasting commitment to an active lifestyle. Many clients view personal training as a wise investment in their long-term health.

Source: American Council on Exercise (ACE) GRRRRRRreat Transition Games

Technology Based Workouts

Consumers are choosing to use downloadable programs to iPods, PDAs etc., which offer fitness programming with illustrations and/or streaming video. In addition, technological advancements are making it possible to more precisely measure a wide variety of physiological responses and document training program results. As an example, metabolic testing devices provide more accurate physiological data to improve weight management and performance programming.

Functional Strength Training

Whether it's walking, hiking or lifting, functional strength is needed to successfully complete the task. Incorporating it into an existing exercise program enhances strength, endurance, balance, and coordination in everyday activities. Individuals will increasingly be searching for workout programs that will help them more safely and effectively perform their activities of daily living, work-related tasks, and recreational or sports-specific activities. 