

# INPUT

SEPTEMBER 2010

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Circus Games at OELC. See p. 2



## What's UP!

Holidays are neat times. Walking around a camp ground late at night, I was impressed by the clarity of the stars that I saw in the sky. I was away from the light pollution of the city and was actually taking time to look up and take it all in. I do not remember if I just happened to look up or if the clarity of the stars drew my eyes up. Either way they were clear and beautiful. I was in awe.

Recreational activities are like mini-holidays during the school day. These activities remove us for a little while from the pollution that often fills our lives. Recreation gives us an opportunity to take pleasure in seeing things more clearly, and seeing the beauty that is there. Campus recreation and intramural activities are real gifts that we provide participants. You are a star for being a part of this important process. Blessings in this new year in all you do.

## Inside INPUT and CIRA Ontario

Included in the second online INPUT is something new, some game ideas from a sponsor of this newsletter, in this case Big Hands. We hope you enjoy their game suggestions, and look them up online; and we thank them for supporting us.



A two-for-one conference flier is also attached. We are planning on hosting our great conference every year now and one of the inviting features of this conference is that two can come for the price of one if one of you is not a CIRA Ontario member and has not attended a CIRA Ontario conference before (the only thing the second person pays is the \$45 conference fee). Register online at:

[www.ciraontario.com/ehr/page/conference\\_online](http://www.ciraontario.com/ehr/page/conference_online)

...or download a printable form at:

[alpha.redeemer.ca/~byl/ciraconference/CIRAOntarioRegistrationForm2011.doc](http://alpha.redeemer.ca/~byl/ciraconference/CIRAOntarioRegistrationForm2011.doc)

Chris Wilson has provided some great games ideas plus a couple pages from CIRA Ontario's newest book compiled by Chris called *Out Of The Box*. To order your copy go to [www.ciraontario.com](http://www.ciraontario.com) and click on the Elementary/High School button and then the Resources button.

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Good Food, Good Life

Our CIRA Ontario award winners included lots of great ideas in their submissions. We have compiled their ideas into brief articles and this issue's comments focus on student leadership. Sarah Eerkes did a great job for us this summer as our summer student, and she compiled these articles.

Enjoy your new school year and your role in helping children and adults promote and engage in fun active participation for all.

## Circus Games at OELC

OELC (Ontario Education Leadership Center) and CIRA have had a long standing relationship. The Intermediate Athletics Program has had a CIRA day for many years where CIRA members share their expertise with the young leaders. There have also been CIRA members and executive working on staff for years. This year was no different as Alf Grigg, Wig Baldauf, Andy Raithby, Chris Wilson, Leslie Creeden, Erin Craney and Nancy Neville travelled to Orillia to share their fun and creativity. CIRA Day sessions included Circle games, RPS, MAC games, Noodle games and experiential leadership.

In addition, a new sport session was taught on Circus Games. Juggling and balancing became fun new activities for the leaders of OELC. Leaders were enthusiastic and excited to try new things and discover new skills. Even the camp director tried her hand at juggling.

Leaders were taught how to use Rolla Bolla, Stilts, Poi, Devils sticks, Diabolo Sticks, Juggling balls and a Unicycle. The learning curve was incredible, as many leaders had never tried any of these skills. What a great, new and creative sport to try in intramurals, clubs or even your PE class.

**Rolla Bolla** – A balancing act where a board is balanced on a small four inch tube.

**Stilts** – Simple wooded stilts can increase height by only a few inches, while developing balancing skills.

**Devils Sticks** – Two small dowels are used to spin and flip a larger dowel in many patterns. Great hand eye co-ordination.

**Diabolo Sticks** – A double sided funnel is spun, balanced and tossed on a string between two dowels.

**Juggling Balls** – Amazing hand eye co-ordination skill.

**Unicycle** – The hardest circus skill used was trying to learn how to ride a one wheeled bicycle.



# Student Leadership

by Sarah Eerkes

Over fifty different schools applied for the CIRA Intramural Award, which recognizes their intramural success. Each school had to submit an application summarizing their program including some of the highlights and successes of their program. After reviewing their applications, one theme that was very common was the idea of having students involved in the leadership of the Intramural Programs.

The student leaders are typically of the highest grades in the school. Amongst the examples seen, some of the tasks the students are involved in are: organizing of the intramural programs including daily or weekly activities, play days or theme days, and tournaments. They make the team sign-up sheets, set-up and clean-up the gym, referee and time keep, ensure safety, make PA announcements, create posters, keep the participants interested, coach, keep statistics and record attendance.

The students need to promote fair play and inclusion.

There were many ideas pertaining to student leaders. The following schools are great examples of encouraging student leadership:

**St. Andrew Catholic** – The students fill out a questionnaire to become a sports coordinator which teaches the students how to fill out the questionnaire and how to present themselves as a person capable of receiving the position.

**Silver Heights Public** – The student council helps out the athletic council to create a good program. Also, they are given black t-shirts to identify themselves.

**St. Theresa Catholic** – The students wear the school sports uniform to help identify themselves as the Intramural leaders.

**Frank Ryan Catholic** – There is an initial intramural meeting for each activity, where the students can sign up as referees. Once the schedule is set, the students virtually run the program.

**H.B. Beal Secondary** – The student leaders are encouraged to try new ideas to target specific groups who are reluctant to participate in the more traditional types of activities.

**Hawthorne Village Public** – They have three groups of students, each involved for planning a program for a different age group of students.

**St. Francis of Assisi E.S.** – Their intramural leaders work with the PALS (Playground Activity Leaders) where they meet to teach, coach and referee to the younger population.

**St. Theresa Catholic** – The student leaders were able to attend an intramural workshop to learn games to play and learn how to be a leader.

**St. Joseph's Catholic High** – There is a recreation leadership course during the lunch hour over the entire school year.

**Sherwood Mills Public** – When new games are introduced, the intramural coordinator first plays the games with the student leaders, and then the student leaders can explain and demonstrate the games to the students who will be playing.

In the applications, there were a number of benefits mentioned to having students as leaders. The main ones included reducing the number of negative incidences and bullying in the school yard, giving the students the opportunity to be leaders, giving students who aren't normally involved in playing the intramurals a chance to be involved, increasing the self confidence and giving the students the opportunity to learn skills that can be applied later on in life. All of the schools have seen this as a positive experience.

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# BigHand Sports “The Way to Better Play”

by Patrick Gorman



## QUICK TESTIMONIAL

*The junior and intermediate students also thoroughly enjoy them. They are simple to use and our Autism Spectrum Disorder and Life Skills classes also experience great success with the BigHands. They all enjoy similar games to the primary grades and we have also been able to use them outside as part of our DPA program. Even the teachers are excited to try them”*

Marian Brown and Steve Chiasson  
Hespeler Public School  
Waterloo Region District School Board

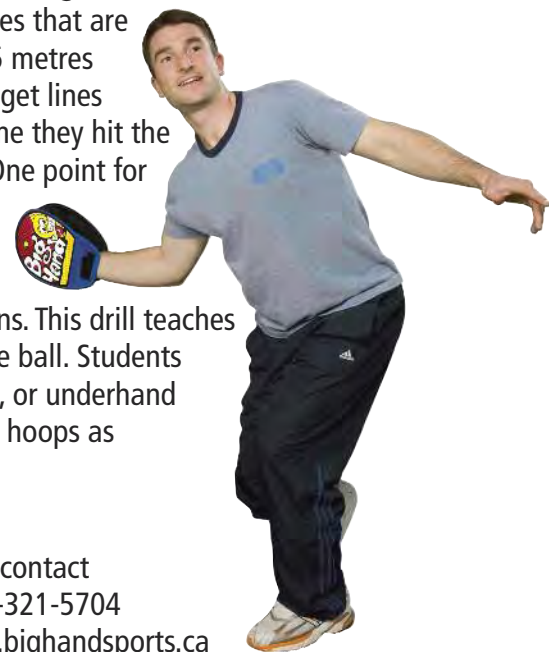
Big Hand is...A Positive Play Experience: The BigHand paddle and ball has proven to be a very useful tool in developing important hand eye coordination, and proper racquet stroking techniques with students from Kindergarten to Grade 12 all over Canada. Phys Ed teachers and classroom teachers have given the thumbs up to the “positive play” experience that BigHand gives the students.

## Fun Activities with BigHand...

**Bump-Ups on the Move** – Students move around the gym bumping the ball up into the air using the palm or back of the BigHand. Call out Freeze and have students continue Bump-Ups while maintaining control of the ball. Repeat. Remind the students of the following safety techniques while on the move: bend forward slightly, have the ball ahead of the body, and look ahead at where the student is going and through their peripheral vision watch the ball.

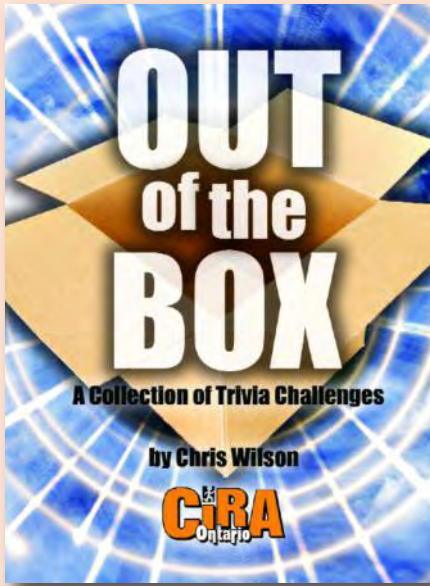
**Against a Wall** – With students spaced out around the gym, have the students stand 2 metres (6 to 8 feet) away from a wall to practice hitting a slow, gentle forehand against the wall. Instruct the class to let the ball bounce on the floor as it returns from the wall before they catch it in their non-racquet hand. Remind students to stand sideways to the wall, and hold the ball in their hand until the BigHand racquet is about to strike the ball. Each time they hit a forehand against the wall they should reposition themselves in the correct stance.

**Target Tennis** – Line the class up along the long end of the gym with each student spread out along the line. Show the students three target lines that are 3 metres (10 feet), 4 metres, and 5 metres away from them. These are the target lines that are worth points, for every time they hit the ball past a line, they earn points. One point for the closest line, two points for the second line and three points for the furthest line is awarded. The first student to reach 10 points wins. This drill teaches students accuracy when hitting the ball. Students may use their forehand, backhand, or underhand motions to hit the ball. (Use hoola hoops as alternate targets)



For more information contact  
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# ■ New Resource Now Available! ■



## OUT of the BOX

is the latest in the series of ever-popular CIRA Ontario Resources. It is a large collection of over 120 trivia challenges sure to stump even the most expert trivia players. Topics include everything from movies & television, to holidays, education, books, pop culture and sports.

A couple of pages from the book are shown here. Answers to each trivia challenge are provided at the back of the book. Pages can be easily photocopied for distribution to your class.

Get your copy today by calling the CIRA Ontario office at **905-648-2226** or by purchasing it online from the CIRA Ontario website at: [www.ciraontario.com](http://www.ciraontario.com)

### Weird Sport Challenge #1

Each of the statements refers to a specific sport. Determine what each sport is. The first one is done for you! (Answers can be found on p.120)

1. Curling	A sport where you throw a rock at a house.	A sport where you find a matador?	A sport where you do the front crawl?	A sport where you can get a TKO?	A sport where there is a scrum?
6.	A sport where there is a flying camel?	A sport where there is a mound?	A sport where there is a three second rule?	A sport where there is a jerk?	A sport where there is an interception?
11.	A sport where you can slalom?	A sport where there are starting blocks?	A sport where there is a hammer lock?	A sport where there is a cox?	A sport where there is a sulky?
16.	A sport where you can make a ringer?	A sport where you find a cue?	A sport where you can love someone?	A sport where you find a shuttlecock?	A sport where you throw a hammer?

Name: \_\_\_\_\_

### Baseball Team Logo Challenge

Each logo refers to a specific MLB team. Determine each team from the logo. The first one is done for you! (Answers can be found on p.123)

1. Baltimore Orioles					
6.					
11.					
16.					
21.					
26.					
31.					

Name: \_\_\_\_\_

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# Variations

## An Easy Way to Spice Up Your Program!

by Chris Wilson

There are so many great games out there that we all use. Sometimes we play them so much that they become over played. Rather than throw them out or forget about them, try a new variation that will rejuvenate a great game. Use your creativity and add new equipment or variations that make an old favourite a brand new exciting game.

One of my favourite games from "Why Paper and Scissors Rock" is a game called pennies where players play as many people as they can in an attempt to collect as many pennies as they can in an allotted time. Each player starts with an equal number of pennies and the winner of each round collects one penny from each player they defeat. Players that run out are able to see the leader to get extra pennies and return to the game.

**Variation #1** – Create different scenarios for the players to earn more pennies when they run out.

- a) Perform a required skill, such as jumping jacks or laps.
- b) Ask them to do something silly like dancing the Macarena or singing a Nursery Rhyme.

**Variation #2** – RPS Sponge Bob Square Pants

Cut a large number of sponge cubes about one inch by one inch. Dollar store sponges work great. Collect sponges the same way you do in "Pennies". When the game is over, have a snowball fight with the sponge cubes. Great fun and no one gets hurt.

**Variation #3** – RPS Fuzzy Bling Bling

Buy small fuzzy hair elastics from the dollar store. Start the game with one elastic on each finger. Collect "Fuzzy Bling" using the same format as "Pennies". After the game have players decorate themselves with the bling and have a modeling runway to see who shows off their bling the best with music playing.

**Variation #3** – RPS Piercing

Give each player about five clothes pins to start the game. They can be pinned to their clothing or their skin if they are willing. Collect clothes pins using the same format as "Pennies". At the end allow players to decorate themselves using the clothes pins and show off their "Piercings". Don't allow them to be placed on lips or nostrils, for sanitary reasons. You will be surprised how much fun they will have with this variation.

**The variations are endless.**

**Use your creativity and see how spicy your program could be!**





# THAT'S 'INTRA' TAINMENT

## Intramural Recreation Conference

Friday & Saturday, April 8 & 9, 2011  
Geneva Park, Orillia

### PRICING

Early Bird (Before Jan 31)	\$205 (plus taxes) entire conference \$90 (plus taxes) for Saturday
Late Bird (After Jan 31)	\$230 (plus taxes) entire conference \$115 (plus taxes) for Saturday
Membership	\$45 (plus taxes)

\* You must be a member to attend the conference, if not a member, add membership prices to the total.

\* If you take along a non-member, who has never attended a CIRA conference before, they go for free; all they have to pay is the \$45 membership fee!

**REGISTRATION INCLUDES:** One night accommodation, Friday Evening Banquet and two meals, Speaker, complementary wine and cheese, and all workshops

- If Registering only for Saturday: Lunch and all workshops

### KEYNOTE SPEAKER....

The CIRA Executive Committee is assembling a group of dynamic speakers to cover a broad spectrum of subjects relating to intramurals, recreation, and daily physical activity. The conference is ideally suited for teachers, health promoters, intramural co-ordinators and recreation professionals.

### SESSION MAY INCLUDE:

Replay or Experiential Leadership	Hoops or Noodles
Everybody Move!	Intramurals or Student Leadership
Literacy and PE	MAC or Transition
Bilingual	CATCH
Leading and Coaching	Family Fitness Night
Games from many Lands	Rock Paper Scissors
Out of the Box	

### TO REGISTER:

Online, go to: [www.ciraontario.com/ehr/page/conference\\_online](http://www.ciraontario.com/ehr/page/conference_online)

Mail or Fax download form at:

[www.ciraontario.com/ehr/page/conference\\_info](http://www.ciraontario.com/ehr/page/conference_info)

If you have any questions, please contact us at 905-648-2226  
or [ciraontario@gmail.com](mailto:ciraontario@gmail.com)

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