



# CANADIAN SPORT FOR LIFE *Kingston*

## BEST PRACTICES, NEWS AND RESOURCES

Canadian Sport for Life National Summit, January 28-30, 2014

### Canadian Sport for Life (CS4L)

recognizes that quality sport and physical activity offer rich benefits to Canadian society through improved health, stronger communities, higher sporting achievement, and stronger national identity. By improving sport, CS4L aims to improve the lives of all Canadians.

### The 2014 CS4L National Summit

brought together 550 leaders who work to enhance the quality of sport and physical activity in Canada.

CS4L Kingston was highlighted by the Canadian Sport for Life leadership as a best-practices city.

# e-Summit Resource Education

2014



## Best Practices in Education

### Our Role

Physical inactivity is a serious problem among our Canadian children. It's leading to dramatic increases in childhood obesity and significantly increased long-term risks for related illnesses and disease such as type 2 diabetes, cancer, stroke and heart disease.

Physical inactivity also contributes to poor cognitive development, low academic achievement, poor socialization, and lessened development of community.

Physical activity and sport (both formal and informal) teaches our children how to move, behave and connect with others. Without age-appropriate, regular programming for physical activity and sport, schools and other educational places are missing a vital opportunity to make a meaningful and lasting impact on our youngest Canadians.

Our education system plays a pivotal role, beginning with physical literacy during childhood. Through the Health and Physical Education curriculum, Ontario students will learn how to be physical and health literate individuals and have the confidence, competence and commitment to lead healthy active lives.

### Passport for Life

Passport for Life is a teaching and assessment tool developed by PHE Canada that supports physical literacy development and aligns with our Ontario curriculum.

Passport for Life is intended to be a motivating and efficient way to provide valuable information and feedback to students, teachers and parents about the progress and attainment of physical literacy. Students' results are reported within target ranges rather than on the basis of age-related performance norms for the pursuit of an award or for a grade.

This approach will better enable students to develop:

- ➔ an awareness of what it means and why it is important to develop physical literacy and make healthy lifestyle choices;
- ➔ an awareness of their own active participation and living, fitness and movement skills; and
- ➔ an ability to set and meet individualized goals on enhancing their physical literacy levels.

### Training

Physical Literacy Workshop for educators in Limestone District School Board  
Location: Rideau Public School  
Date: February 26, 2014 4:30 – 6:00 p.m.

### Did you know...

13.7% of Canadians have a sensory, intellectual or physical disability? That is equal to 17,125 Kingston residents. **Learn** what you can do to ensure your programming is inclusive for all abilities.



### Back-Pocket Activities

Masking tape is a cheap, disposable, and safe option for indoor programming:

- ➔ Mark two squares on the ground and play basketball. A point is scored if the ball bounces in the square.
- ➔ Create a zigzag path and have children skip or hop on one foot.
- ➔ Draw hopscotch and tic-tac-toe.
- ➔ Mark out a target and curl indoors.
- ➔ Create a city with roads, buildings and parking lots for hotwheel cars.
- ➔ Create a human size board of checkers. Use participants to play a real game.
- ➔ Attach the tape to walls and furniture for a laser obstacle course.



## Dare to imagine

What did Education look like 50 years ago?  
What will it look like in 50 years?



## Things to Think About: The Teenage Brain and Training

- ➔ Avoid morning practices
- ➔ Work with facilities to schedule appropriate practice times
- ➔ Encourage electronics to be turned off an hour before falling asleep
- ➔ Recovery time can take up to four days after a late night



## Engaging Students

- ➔ Encourage student input on a variety of different activity options in Physical Education
- ➔ Support students in their role as physical activity leaders in the school, ie. DPA Leaders, recess/playground games and intramurals

# 93%

of 5-11 year olds do not meet the Canadian Physical Activity Guidelines minimum 60 minutes of moderate to vigorous physical activity a day

# 4%

of 12-17 year olds meeting the Canadian Physical Activity Guidelines minimum 60 minutes of moderate to vigorous physical activity a day



**LARA PATERSON**, Education Sector Leader  
Canadian Sport for Life Kingston  
Physical Activity Specialist  
KFL&A Public Health/LDSB  
613-549-1232 x1201  
[patersonla@limestone.on.ca](mailto:patersonla@limestone.on.ca)

## A Call to Action

Higher levels of enjoyment of physical activity are associated with higher levels of physical literacy suggesting the need to create interventions and healthy school environments that provide the opportunities for all students to become physically literate.

### At the School

Provide professional learning opportunities for school staff. The Health and Physical Education supports the development of physically literate students through teaching and learning strategies, resources and assessment practices.

### Talk to Parents

Educate parents on the importance of Health and Physical Education, DPA and Physical Literacy. More information can be found at [Canadian Sport for Life](http://CanadianSportforLife.ca).

### Connect with Health Providers

Health providers are on the ground and are seeing the needs of our residents. Is there a need for a low-impact fitness program for obese children in Kingston? Relevant programming will address current gaps.

### Collaborate with Recreation and Local Sport

Recreation and Sport are becoming well educated on physical literacy and the Long Term Athlete Development program. Our goal is to create a community where there is consistent delivery of quality physical education, recreation and sport programming. These organization can support schools in:

- ➔ Multisport programs for physical literacy
- ➔ Programming for lifelong activity and excellence
- ➔ Innovative approaches to facility usage
- ➔ Expert coaching, leadership and inspiration for broad-based participation in physical activities.

**Let's keep the conversation going.**

## Upcoming Events

- ➔ This November 2014, CS4L Kingston will be hosting a one day conference featuring speaker Jamie Mandigo. Cross-sector case-studies and breakout sessions will be included.

## Websites

- ➔ [Canadian Sport for Life](http://CanadianSportforLife.ca)
- ➔ [PHE Canada](http://PHECanada.ca)
- ➔ [OPHEA](http://OPHEA.ca)
- ➔ [Teaching Games for Understanding](http://TeachingGamesforUnderstanding.ca)
- ➔ [PLAY Sport](http://PLAYSport.ca)

## Resources

Available from [KFLA Public Health](http://KFLAPublicHealth.ca):

- ➔ Fundamental Movement Skills: The Building Blocks to Physical Literacy - Active Start and FUNDamentals Stage
- ➔ Fundamental Movement Skills: The Building Blocks for the Development of Physical Literacy - Learning to Train Stage
- ➔ Fundamental Movement Skills: The Building Blocks for the Development of Physical Literacy. A Games Approach

## Videos

- ➔ [Physical Literacy explained](#)
- ➔ [Fundamental Movement Skills](#)