



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.

Best Practices in Health

Child Care Settings and Physical Literacy

Childcare and educational settings are the ideal settings for supporting the health and well-being of children and youth as they spend most of their time in these settings. In addition, they are ideal environments to deliver activities and quality programs to foster the learning and development of physical literacy from birth to onset of adolescence.

The City of Ottawa (ON) is inspiring change in child care settings and shared their plans at the National Summit. They have developed Child Care Healthy Eating and Active Living Guidelines by partnering with the City of Ottawa Municipal Child Care Services. Based on current evidence and best practices in the field of health and child care the guidelines also align with the Canadian Physical Activity Guidelines developed by the Canadian Society for Exercise Physiology www.csep.ca. Available in both English and French, the active living guidelines include the goal of "...providing children with the appropriate time, instruction, equipment, and environment to support the development of physical literacy."

For more information please contact the Ottawa Public Health Information Line at 613-580-6744 or send a request by email to heal@ottawa.ca

Similarly, KFL&A Public Health has developed a policy document for child care and early learning programs along with supporting resources. With the support of a Heart and Stroke Spark Development Grant, a partnership was formed with early learning programs, Queen's University and Ontario Early Years Centres to review best practices from around the world, and create a policy template. The template, background information and resources can be found on the KFLA Public Health website in the Business and Workplaces tab; Day Nurseries "Stay on the Path" section. Visit www.kflapublichealth.ca

Take a Break

2014 Canadian Sport for Life Summit keynote speakers and retired NHL players Mathieu Schneider and Rob Zamuner talked about their hockey careers and growing up playing many different sports. "I didn't see my hockey equipment for 4 months", said Schneider. Now in the role of coach for their own children, they acknowledged challenges with parents thinking their child is the next "Big One". Zumuner tells parents he's coaching the next doctor, plumber, or banker- not the next Sydney Crosby. They noted that the average NHL career only lasts 3 years and there is a concern that players have nothing to fall back on. They both advocate for a shift in emphasis on winning to player and athlete development.

For more information for parents to discuss with coaches, [Canadian Sport for Life](http://www.CanadianSportforLife.ca) has some great resources.

e-Summit Resource

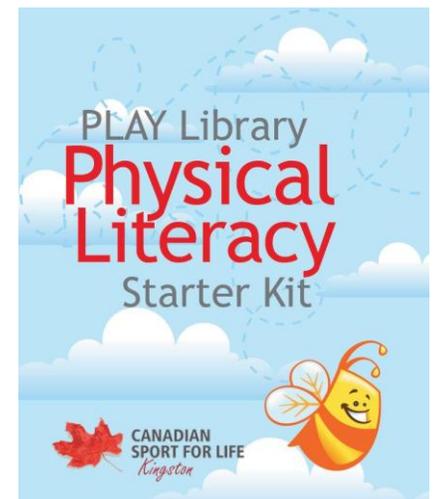
Health

2014



Did you know?

Children and youth who are lacking fundamental movement and sport skills are less likely to participate and have fewer opportunities to refine their skills.



Physical Literacy Starter Kits

PLAY Library Starter Kits are now available for families in the Kingston area. Check out the fun equipment to play exciting games with your young children! Or use the balls, discs, shape spots and much more to make up your own games. Kits are available from many Kingston locations including OEYC Kingston and the Islands, Better Beginnings for Kingston Children, and KFLA Public Health. www.KingstonGetsActive.ca.



Dare to imagine

What did the Health sector look like 50 years ago? What will it look like in 50 years?



Did you know?

Not being able to perform just one fundamental movement skill can seriously restrict future opportunities for physical activity, sport and recreation. For example, if you can't swim, you likely won't take part in diving, water polo, kayaking, sailing, triathlon, sailing and any other sport or activity that requires swimming. Children and youth will withdraw from or avoid physical activity and sport and may turn to sedentary or unhealthy lifestyle choices.



Play Together: Creative Balances

Show the child different ways to balance. Invite them to copy your actions (use your legs, hands, toes, knees, bottom, and fingers to vary the number of points of contact your body has with the ground). Invite the child to roll a dice.

Show the child a balance that has the same number of contact points as the number rolled on the dice. Balance on: one leg, tiptoes, two knees and one hand, etc.

<10%

Canadian children who are meeting the recommended daily minimum physical activity requirements for health benefits.



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A Call to Action

Advocacy in Ontario

The Ontario Society for Physical Activity Promoters in Public Health (OSPAPPH) developed a key message document to assist physical activity promoters from across the province to deliver consistent messaging from a public health perspective about physical literacy. Available in French and English, the key messages include:

- ➔ Physical literacy is essential for optimal growth and development.
- ➔ Physical literacy lays the foundation for an active life.
- ➔ Physical literacy is an important public health issue.
- ➔ Developing physical literacy and participation in regular physical activity supports learning readiness and positive behaviours.
- ➔ Physical literacy must be a priority in educational and childcare settings.

For more information, view the [full document](#).

Collaborate with Education, Recreation & Sport

The school system has children for 300 minutes per day and has direct access to parents and guardians. Teachers and parents make up a large number of community coaches.

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

Health professionals can advocate for expert coaching, leadership and inspiration for broad-based participation in physical activities. For more information, visit [CS4L](#).

Let's keep the conversation going.

Videos

- ➔ [Physical Literacy explained](#)
- ➔ [Introduction to Physical & Health Literacy](#)

Resources

Free downloads from [LEAP BC](#):

- ➔ Move with me from birth to three integrates physical activity, early language development and healthy eating for infants and toddlers, from birth to 3 years of age.
- ➔ Hop- Healthy Opportunities for Preschoolers
- ➔ [OPHEA Early Learning resources](#)
- ➔ [Move & Play through Physical Literacy cards](#) assist activity leaders interested in integrating Physical Literacy into a variety of programs, activities and environments.

Websites

- ➔ [Active for Life](#) is the place for parents to learn how to make a difference in the health and happiness of their children. Access articles, checklists and sign up for their free e-newsletter.
- ➔ Visit the Parents and Caregivers section at [KFLA Public Health](#) and search under "Physical Activity" for great programs, services, resources and links.