



CANADIAN SPORT FOR LIFE *Kingston*

BEST PRACTICES, NEWS AND RESOURCES

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

e-Summit Resource

Sport

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 Sport

There were over 50 presentations at the Summit. Many of the key note speakers, panel presentations and interactive workshops are [available for download](#).

Taking it to the mat

How is Judo Canada developing their Long Term Development Model (LTDM)?

- Instructors move away from technical expertise and towards developmental appropriateness
- Coaches of competitors are focusing on training, not practicing
- Shift of skill teaching methodology from behavioral to decision learning style

Cognitive, Emotional & Moral Development in CS4L

An [overview](#) of the stages of cognitive, emotional and moral development of children and youth, considered how those stages align with the stages of CS4L/LTAD, and outlined the practical application in working with athletes on a day-to-day basis.

Free Coaching Workshop

Canadian Sport for Life Kingston is hosting two free workshops called *Intro To Developmentally Appropriate Coaching: How to plan practices and games around stages of development and growth*. Max. 30 spots.

RSVP to CS4L@CityofKingston.ca

Calvin Park Library, 88 Wright Cres

- April 5th, 12:30 – 2:00 p.m.
- April 26th, 12:30 – 2:00 p.m.

Sport for Development: Opportunities for Societal Impact

Over the past decade, the [field of Sport for Development](#) has continued to grow. For example, following the United Nations' declaration of the International Year of Sport and Physical Education in 2005, the UN has opened a Sport for Development and Peace office. The International Olympic Committee also promotes Development through Sport via their Olympians in Action program. As a result, sport programs that address critical societal issues such as disease prevention, gender equity, violence prevention, and inclusion have gained increased international attention and focus. Canada and the global community are rethinking the value and impact that sport can play towards the contribution of social development in our communities.

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
- Learn more tips by reading the [presentation](#)

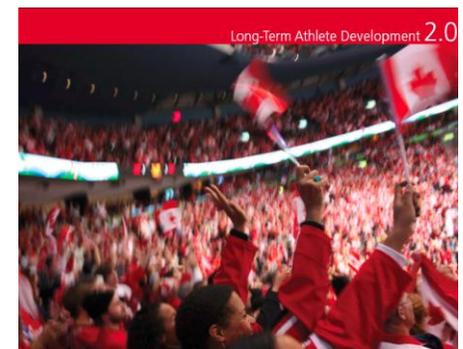
Ontario Soccer

National Sport Organization, Provincial Sport Organization and Club alignment in the practical implementation of Long-Term Player Development on [Ontario Soccer](#).

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.



Canadian Sport for Life



Hot off the Press

Canadian Sport for Life's [Long-Term Athlete Development 2.0](#) describes a 7-stage Canadian framework of LTAD, a training, competition, and recovery program based on developmental age - the maturation level of an individual - rather than chronological age.



Dare to imagine

What did Sport look like 50 years ago?
What will Sport look like in 50 years?



"Sport has the power to change the world. It has the power to unite in a way that little else does. It speaks to youth in a language they understand. Sport can create hope where once there was only despair. It is more powerful than governments in breaking down racial barriers. It laughs in the face of all types of discrimination."

Nelson Mandella



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.

4%

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

\$6.8 Billion

Annual cost of Physical Inactivity to taxpayers



www.KingstonGetsActive.ca

CS4L@CityofKingston.ca

What is PLAY?



Physical Literacy
Assessment for Youth

PLAY stands for Physical Literacy Assessment for Youth. It's a series of physical literacy assessment tools for children ages 7 and up, that were developed by Canadian Sport for Life (CS4L) to determine the level of an individual's physical literacy.

PLAY comprises a suite of tools:

- ➔ **PLAYfun** is used by a trained professional (coaches, physiotherapists, athletic therapists, exercise professionals, and individuals trained in movement analysis) to assess a child in 18 fundamental skills/tasks, such as running, throwing, kicking and balance.
- ➔ **PLAYbasic** is a simplified version of **PLAYfun** that can be administered quickly by a trained professional in movement analysis to provide a snapshot of a child's level of physical literacy.
- ➔ **PLAYself** is used by children and youth to assess their own physical literacy.
- ➔ **PLAYparent** is used by parents of school-aged children to assess their child's level of physical literacy.
- ➔ **PLAYcoach** is used by coaches, physiotherapists, athletic therapists, exercise professionals and recreation professionals to record their perceptions of a child's level of physical literacy
- ➔ **PLAYinventory** is a form used to record and track a child's leisure-time activities throughout the year
- ➔ **PLAYself**, **PLAYparent** and **PLAYcoach** are not skill assessments; they are forms used to supplement the skill assessments, **PLAYbasic** and **PLAYfun**.

The PLAY tools were created by Dr. Dean Kriellaars, of the University of Manitoba.

For more information, visit the [PLAY Tools website](#).

Websites

- ➔ [Canadian Sport for Life](#)
- ➔ [Teaching Games for Understanding](#)
- ➔ [PLAY Sport](#)

Videos

- ➔ [Physical Literacy explained](#)
- ➔ [Library of Fundamental Movement Skill videos](#)
- ➔ [This is Hockey](#)
- ➔ [Let's see how the adults like it!](#)

Resources

- ➔ [Activities & Lesson Plans](#)
- ➔ [Becoming a CS4L Community](#)
- ➔ [Physical Activity Guidelines](#)

Funding

- ➔ [RBC Learn to Play Project](#) provides grants from \$1,000 to \$25,000 that focus on improving the quality of sport programming, and supporting the development and implementation of physical literacy principles in local organizations and communities across Canada.