

OASPHE / CIRA

“FUN, ACTIVE PARTICIPATION FOR ALL”

WORKSHOP GOALS:

Connecting CIRA resources and activities to support the HPE curriculum expectations and the promotion of Teaching Games for Understanding (TGfU)

Curriculum Expectations:

Overall:

- PAV.01** demonstrate personal competence in applying movement skills and principles;
- PAV.02** demonstrate knowledge of guidelines and strategies that enhance participation in recreation and sport activities.
- ALV.01** participate regularly in a balanced instructional program that includes a wide variety of enjoyable physical activities that encourage lifelong participation;
- ALV.02** demonstrate improvement in personal health-related physical fitness;
- ALV.03** demonstrate safe practices regarding the safety of themselves and others.

Connecting CIRA and the Curriculum

Legend

1. Fundamental Movement Skills 2. Strategies and Tactics 3. Fitness 4. Leadership 5. Living Skills

Activity	Activity Focus	Criteria	1	2	3	4	5
Territory Activities: activities that involve controlling an object, keeping it away from opponents, and moving it into position to score. The same playing area is shared by both offensive and defensive players as they work to prevent the other team from scoring.							
End Wall Soccer Throton Foot Hockey Capture the Flag / Stones Speedball Tag Ball Ring Fling	Territory (Offence)	<ul style="list-style-type: none"> Possession of ball /object Attempting to move in direction of goal Moving and creating open space 	✓	✓	✓		✓
	Territory (Defence)	<ul style="list-style-type: none"> Staying between the offensive player and the goal Use hands, feet, stick or body to prevent a pass or scoring attempt 	✓	✓	✓		✓
Net/Wall Activities: activities in which players send an object towards a court or target area that their opponent(s) are defending. The aim is to make it difficult for opponent(s) to return the object and to cause it to land in the target area.							
Bounceball Sepak Takraw Slamball Volleyball 4 Square	Net/Wall (Offence)	<ul style="list-style-type: none"> Place object in a difficult sport of opponent to return Varying shots; speed, distance, height 	✓	✓			✓
	Net/Wall (Defence)	<ul style="list-style-type: none"> Assume "ready position" 	✓	✓			✓

Activity	Activity Focus	Criteria	1	2	3	4	5
Striking/Fielding Activities: activities in which striking players try to score by striking an object and running to designated playing area (bases) while fielding players try to prevent them from scoring by retrieving the object and returning it to stop the play.							
Crazy Cricket Soccer Baseball Stick Ball 3 Base Rounders	Striking/Fielding (Off)	<ul style="list-style-type: none"> Placement of object where the defender cannot easily make a play Score runs by advancing to safe areas 	✓	✓	✓		✓
	Striking/Fielding (Def)	<ul style="list-style-type: none"> React and anticipate object movement Assume “ready position” Quick fielding of object 	✓	✓	✓		✓
Target Activities : Activities in which players score by avoiding obstacles to get an object closer to a target or hit a target more often than their opponents.							
Ring Fling Seven Out Basketball Golf Around the World 5 Spot Set Shot Speed Shot Beat the Pro Card Sharks Chaos Noodle Slap Knights of the Round Table	Target (Offence)	<ul style="list-style-type: none"> Planning path to target 	✓	✓			
	Target (Defence)	<ul style="list-style-type: none"> Blocking path of object 	✓	✓			
Living Skills: the skills (personal, interpersonal and critical thinking) that will help students gain a better understanding of who they are and help them connect positively and productively with the larger world.							
Swat Rabbit in the Hole Hi/Low/Go Noodle RPS	Living Skills – Personal <ul style="list-style-type: none"> Self-awareness and self-moitoring Adaptive, Coping and Management skills 	<ul style="list-style-type: none"> Strengths and areas for improvement Skill development Identify stressors Responsibility for actions Time management Organizational skills 					✓

Activity	Activity Focus	Criteria	1	2	3	4	5
Gutter Ball (“Bobsled”) Hot Dog Tag RPS Ha Ha Fruit Salad / Have you Ever? Odd/Even Tag Black Hole Shin Cracker	<i>Living Skills – Interpersonal</i> <ul style="list-style-type: none"> • Communication skills • Relationships • Social skills 	<ul style="list-style-type: none"> • Giving, receiving and interpreting information • Respect for self and others • Fair play • Teamwork skills /collaboration • Conflict resolution • Leadership 				✓	✓
Switch (“Traffic Jam”) Hoop It Up Poker Run Chuck the Chicken Mat Relay Load ‘Em Up	<i>Living Skills – Critical and Creative Thinking</i> <ul style="list-style-type: none"> • Planning • Processing • Drawing conclusions • Reflection 	<ul style="list-style-type: none"> • Generating, organizing and clarifying ideas • Interpreting, synthesizing and evaluation of ideas • Sharing strategies • Planning next steps 				✓	✓

Appendix

Definitions:

Fundamental Movement Skills: Fundamental movement skills are basic movements such as throwing, kicking, running, jumping, hopping and catching that provide the foundation for participation in many sports and physical activities.

Physical Literacy: Individuals who are physically literate move with competence in a wide variety of physical activities that benefit the development of the whole person. Physically literate individuals consistently develop the motivation and ability to understand, communicate, apply, and analyze different forms of movement. They are able to demonstrate a variety of movements confidently, competently, creatively, and strategically across a wide range of health-related physical activities. These skills enable individuals to make healthy, active choices throughout their life span that are both beneficial to and respectful of themselves, others, and their environment.

J. Mandigo, N. Francis, K. Lodewyk, and R. Lopez, "Physical Literacy for Educators", Physical and Health Education Journal 75, no. 3 (2009): 27–30.

Strategy: pre-planned elements of a game such as keeping possession of the ball in order for the team to organize itself. (see Chart – criteria column)

Tactic: in a game situation, deciding what to do to get an advantage against an opponent.

Teaching Games for Understanding: TGfU is a problem-based approach to games teaching where the play of a game is taught to situated skills and/or strategies based upon the desired learning outcomes and abilities of the learners, that emphasizes questioning.

References:

<http://web.uvic.ca/~thopper/articles/Cahperd/principle.htm>

<http://web.uvic.ca/~thopper/articles/JTPE/TGFU.htm>

<http://education2.uvic.ca/Faculty/thopper/web/articles/advante/tgfumotorlearn.pdf>