

Provincial Goal:

The promotion of physical activity in secondary schools is part of Ontario's commitment to promoting student well-being, one of the goals of Achieving Excellence: A Renewed Vision for Education in Ontario (2014).

Project Goal:

To utilize intramural programming to support to support the mental health and emotional well-being of the 21st century learner.

Connecting intramurals to:

- Physical Literacy / Fundamental Movement Skills
- Safe Inclusive Environment / Sense of Belonging
- Mental Health
 - Stress management
 - Self esteem
 - Resiliency
 - Self-Regulation
 - Social Skills development
 - Living Skills

Changing Mindset

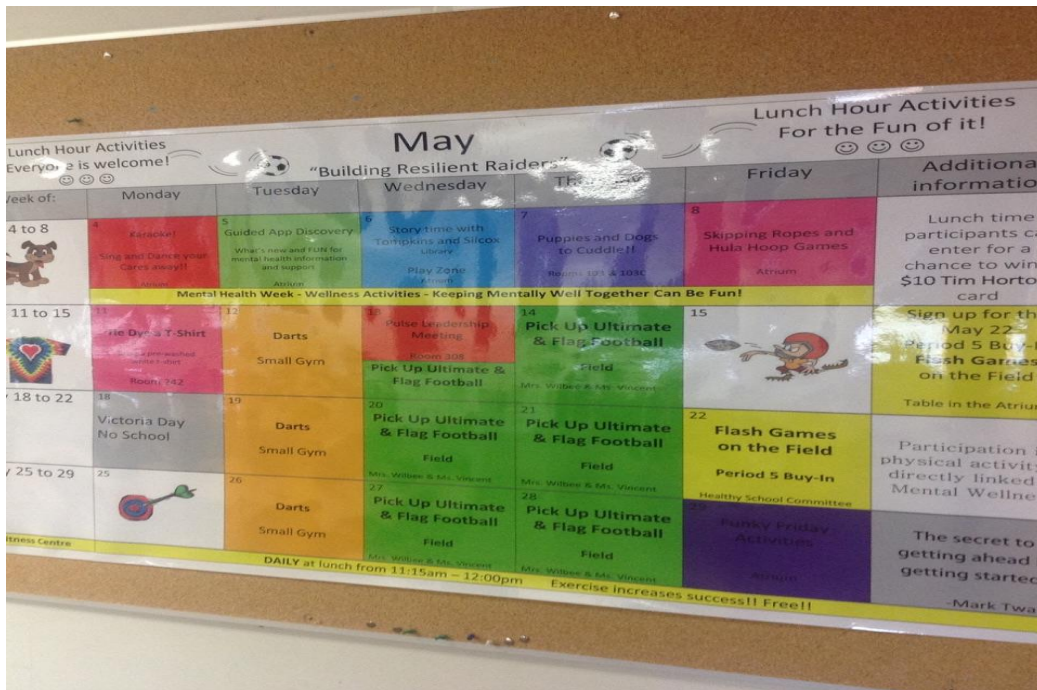
The use of intramurals in the participating programs (8 schools) provided opportunities for student leadership and unique programming opportunities. This led to:

- programs moving away from a tradition sport and league model in favour of non-traditional games, activities that promoted inclusivity, self-directed activities, a decrease in the duration of some activities/leagues
- improved awareness of the importance of physical activity
- all schools indicated improvements in student behaviour and also a better understanding of the benefits and connections physical activity makes to student learning, self-esteem, safe and healthy relationships
- the use of intramurals has helped support the integration of cognitive, emotional, social and physical development as a vital part and focus of the school community, thus supporting students' strengths and assets and promotion of positive mental health
- changes in student language (fewer "put downs", swearing) improved and more respect for supervisors and other participants was evident
- improved female participation rates and retention for other initiatives (safe, non-threatening environment was available)

Examples:

- i) Minute to Win It Challenges - set up in school's atrium (non-traditional environment)
- ii) Non-traditional Activities/Structures - table tennis, darts, Tough Mudder competition (fitness focus), tiered competition to increase participation and inclusion, improved use of facilities available by differentiating activity options, extending self-directed activities (eg, ping pong) to common areas to provide all day use.

- iii) use of large monthly calendars to advertise the lunch hour activities, each month provided a theme that supported the project. (see sample provided - Mental Health: "Building Resilient Raiders")



- iv) Several schools created a "Unity Council" where all of the major groups and clubs co-ordinate school based initiative. Provides every group with a voice and manpower to avoid overextending the the various staff advisors and supervisors within the building (see calendar provided)

Workshop Activities:

- End Line Soccer – Extraordinary (p. 43)
- Robin's Nest – TGfU Invasion (p. 36)
- End Zone Ball – TGfU Invasion (p. 65)
- Ultimate Ball – TGfU Invasion (p. 73)
- Speedball – TGfU Invasion (p. 80)
- Elimination Basketball
- Multi Hoop Ball – TGfU Invasion (p. 84)
- Fitness Baseball/Crazy Cricket – Extraordinary (p. 105)

Equipment List

Hula Hoops
Gator Skin Balls
Foam Discs
Whiffle Balls
Bean Bags
Pool Noodles
Pop Up Nets
Poly Spots

CIRA Games

Pool Noodles (see Safe Schools)