The CIRA Ontario conference has always been an amazing experience and this year was no exception. Enjoy sampling the conference by learning from over 40 game descriptions and video links in this special conference newsletter.
2016 CIRA Ontario Awards:

2016 Doyle-Harkness Award
Recipient: Aviva Rosenberg
Pictured Left: Aviva Rosenberg & John Byl (CIRA Ontario President)

2016 Rising Young Professional Award Recipient: Eugene Contreras
Picture Right: Eugene Contreras & John Byl (CIRA Ontario President)

2016 Honorary Award
Recipient: Gopher Sports
Pictured Left: Shane Leverenz (Gopher Sport Representative) & John Byl (CIRA Ontario President)
A TASTE OF CIRA:
2016 CIRA Conference Fun & Games Session:

ROCKET LAUNCHER led by Chris Wilson
Participants surround a parachute and attempt to launch a large beach ball as high as possible using proper timing that involve an up, down and pull motion.

Follow this link to view Rocket Launcher in action: https://youtu.be/yuM7EpFYV5k

FISH FRY led by Chris Wilson
Participants surround a parachute and attempt to launch a number of soft fish as high as possible using proper timing that involve an up, down and pull motion. Extra participants attempt to catch them in fish nets.

Follow this link to view Fish Fry in action: https://www.youtube.com/watch?v=c8q1rPhQ1rI&feature=youtu.be

FOWL PLAY led by Kristin Schwass
Equipment:
• 4 pylons
• 1 rubber chicken
• A team set of pinnies

Set Up:
• Place two pylons are placed at the top of the basketball key on each side of the gym.
• Place a rubber chicken in the centre of the gym
• One team wears pinnies for identification
• (Teams can be as big as necessary to accommodate all students.)

Rules:
• Each team lines up behind the line at each end of the gym.
• On the “go” signal, the first 5 players from each line all run around the two pylons on the opposite side and back to the rubber chicken in the centre.
• The first person from each team to get to the centre plays rock, paper, scissors to decide who gets possession of the chicken.
• The team with the chicken must make 3 successful passes before they can score a point.
• A point is awarded if the chicken can be caught by a teammate who is standing behind the line.
• Players with the chicken may not move, except for pivoting.
• The other team attempts to defend the passes and tries to intercept the chicken.
• If the chicken is dropped, it is a turnover, and the other team attempts to advance the chicken in the other direction.
• The game ends after a pre-determined amount of time (e.g., 1 minute) or when a point is scored.
• The next 5 players should be ready to run as soon as the signal is given.

This game was invented by the SouthFields Village P.S. Phys.Ed. team and was used as a grade 4 and 5 intramural. This video may help to explain the game: https://youtu.be/pdGxH72awO0
PINNE APOCALYPSE led by Kristin Schwass

Equipment:
- Pinnies
- Dodgeballs

Set Up:
- All players spread out in the playing area
- 3 or 4 players put on pinnies and begin with a single dodgeball

Rules:
- Pinnied players attempt to tag other players by touching them with the ball. (Throwing the ball at a player is not allowed).
- If tagged, that player has to put on a pinnie and join the tagging team.
- Pinnied players may not run with a ball. They may only pivot.
- Pinnied players continue throwing the ball to other pinnied players, who attempt to get close enough to tag another “free” player.
- More dodgeballs are added to the game as the number of pinnied players increases (approximately one ball per 4 pinnied players).
- The last player tagged is the winner…OR… the last 3 or 4 players tagged are the champions and they start the next game in reverse!

*Before beginning second game, discuss skills developed, and strategies/tactics for success

TIC TAC TOE 3-in-a-Row Relay led by John Byl
~ Adapted from Innovative Training 4all TIC TAC TOE Relay

Materials Needed:
- Two differently coloured sets of markers for each TIC TAC TOE “board” (eg. bean bags, plates, etc.)
- Hula hoops to create the 9 spots on each TIC TAC TOE “board” (1 board for every 6 players)

Set up 9-by-9 TIC TAC TOE “boards” on the floor using the hula hoops. Divide players into teams of 3. Two teams of 3 play against each other in a battle of TIC TAC TOE. Teams line up away from the board, one member from each team runs towards the board with one of their team’s markers and places it. Once they return to their team, the next player can run to the board with another marker. Once all the markers are on the board and no one has got their team’s coloured markers in a row, players continue running to the board and moving their markers (one marker per player per turn) to the available space until one team successfully gets 3 of their coloured markers in a row.

Follow this link to view the game description of TIC TAC TOE 3-in-a-Row: [https://youtu.be/tBfl81HaCQw](https://youtu.be/tBfl81HaCQw)

Follow this link to view TIC TAC TOE 3-in-a-Row relay in action: [https://youtu.be/c3HcovDjwWo](https://youtu.be/c3HcovDjwWo)
TIC TAC TOE--ABC RELAY led by John Byl
~ Adapted from Innovative Training 4all TIC TAC TOE Relay

Materials Needed:
- Two differently coloured sets of A, B, C for each TIC TAC TOE “board”
- Hula hoops to create the 9 spots on each TIC TAC TOE “board” (1 board for every 6 players)

Set up 9-by-9 TIC TAC TOE “boards” on the floor using the hula hoops. Divide players into teams of 3. Two teams of 3 play against each other in a battle of ABC. Teams line up away from the board, one member from each team runs towards the board with the letter of their choice (A, B, or C) and places it. Once they return to their team, the next player can run to the board with another letter... Once all the letters are on the board and no one has got their team’s coloured ABC’s in a row (and in the order of ABC), players continue running to the board and moving their letters (one letter per player per turn) to the available space until one team successfully gets their coloured ABCs in order (A B C) in a line.

Other variations could be with coloured sets of 1, 2, 3..

Follow this link to view TIC TAC TOE 123: https://youtu.be/osk6b9_F8es
Original TIC TAC TOE game:
https://www.youtube.com/watch?v=IRDp5HcZyVA&feature=youtu.be

NUMBER SHUFFLE RELAY led by John Byl
~ Adapted from Innovative Training 4all TIC TAC TOE Relay

Materials Needed:
- Numbered 1-8 bean bags, other numbered objects, or even just numbered pieces of paper for each TIC TAC TOE “board”
- Hula hoops to create the 9 spots on each TIC TAC TOE “board” (1 board for every team)

Description: This variation is similar to the original Tic Tac Toe relay game except teams have their own "board" (nine hula hoops) on the floor. Divide players into teams of 3, one member from each team runs towards the board and moves a number to an available space (one space to the right or left, or one space up or down) before returning to the start line for their next teammate to go. Team to get the numbers all in order is the winner. This game mimics the childhood sliding number block puzzle. See sample starts and sample solution at the following link:
http://www.ciraontario.com/numbershufflerelay

Variation: This could be a timed event with one or two players (one player needs to start line after moving a number).

Follow this link to view Number Shuffle Relay description: https://youtu.be/bJ1wq56c3_E
Follow this link to view Number Shuffle Relay in action: https://youtu.be/RBKcyiVqp1Q
CONNECT FOUR led by Andy Raithby

Objective: To be the first team to get four bean bags in a row.

Equipment: 16 hula hoops, 6-8 bean bags (or other distinguishable items per team).

How to Play: Arrange the 16 hoops in a 4x4 grid at one end of the playing area and three-four teams of 2-4 players at the other end. In turn, players race to the grid and place one of the bean bags in a hula hoop. They return to their teammates and the next player goes; each team trying to be the first to get four bean bags in a row.

Variation: Once the simple “Connect 4” game is mastered and played a few times, allow ONE of the following three options:

1. players can place their bean bag in any hoop
2. players can move one of their opponent’s bean bags into another hoop
3. players can move one of their team's bean bags into another hoop
4. teams line up around square of equal distance, instead of just on one side

Follow this link to view Connect Four Bean Bags Relay description and in action:
https://youtu.be/waLZeWxzSHk

Follow this link to view Connect Four Hoops Relay description and in action:
https://youtu.be/kIGZd5mIYKQ

SEVENS led by Andy Raithby

Objective: To complete, in sequences of seven, the hand clapping patterns.

Equipment: None.

How to Play: This game can be done on a table, or off a player’s thighs, and is done in “sevens”; you do each one of the sevens twice:

1. The first one is hitting the table seven times, do that twice with a gap about one hit long in between each
2. Then you do it with hitting the table then clapping, so: hit, clap, hit, clap, hit, clap, hit, do that twice with a gap about one hit long in between each
3. Then you hit, clap, click, hit, clap, click, hit, twice.
4. Then: hit, cross your hands over and hit, hit normally, clap, click, clap, hit, twice.

Variations: If you want something more challenging: hit, cross hit, hit the back of your hands together still crossed, cross hit, normal hit, clap, click. That would be number 5 and the numbers would then be: 1, 2, 3, 4, 5, 4, 3, 2, 1. If you’re doing it in a round, each person does one set then the next person starts. When the second person finishes, the first person hits the table on their last hit and then they both do that for the third person, etc.

Note: For a visual explanation and probably a better understanding of “SEVENS” we recommend: http://www.youtube.com/watch?v=3knQAUN1kcY&feature=relmfu
**HULA FLIP led by Joe Grdisa**

Hula Flip is a fun game that utilizes target strategies and a cardio fitness component. The goal is to get your manipulative into the hoop. If it stays in the hoop then you flip the hoop one time, go back to the start line and attempt to get the manipulative into the hoop again. Whether you put it in or miss you have to run and get it and go back to the start line. Individual or Partners.

Variations: play with a ball, bean bag, etc.

Follow this link to view Hula Flip Ball description: https://youtu.be/AGHwpTw_xxU
Follow this link to view Hula Flip Ball: https://youtu.be/OJZ5p6eYg3w

**JUNGLE TREASURE led by Robert Matheson**

Two jungle tribes have been stealing treasure from each other for years. Now the tribes have decided enough is enough and vow to regain their stolen gems. Divide an area in two. One area is marked “Jungle 1” and the other “Jungle 2” or encourage the teams to create their own names, such as Alligator Alley, Crocodile Cove, etc...

To start the game, the two even teams, start in their own jungle area. Use bean bags, stuffed animals, toy coins, toy necklaces, balls and other things as the treasure. The aim of the game is for each team to recover its treasure from the other side and return it to its own treasure chest without being taken prisoner.

A player is taken prisoner when tagged by the enemy anywhere outside the player’s own jungle (side). When caught, the captor escorts the player by the hand to the prison. Prisoners are released if they are tagged by one of their own team members. Any player who successfully reaches the enemy’s treasure tower without being caught chooses one item to carry home to their treasure chest.

Players carrying a piece of treasure have safe passage back to their playing area and cannot be caught. To make it easier for all players, have a specific locomotor movement that lets people know that a player is taking treasure home (i.e. skipping). The game continues until one team regains all of its lost treasure. Have one team wear pinnie to make sure players can tell who is who.

**Set-up** - Each jungle has a prison, a treasure tower (holding the other team’s treasure) and a treasure chest (to return own team’s treasure to) at the end of the area. (See diagram)

**Equipment needed** – treasure items (beanbags, balls, etc.); bins or crates for recovered treasure; pylons to mark off prison; large pylons for treasure tower; pinnies.

**FMS Focus** – running, dodging, skipping and/or other locomotor movements.
**TREASURE HUNTERS led by Robert Matheson**

There are three teams playing this game. One team starts out as the “Treasure Hunters” and the other two teams work together as the “Palace Protectors.” The Protectors set up on opposite sides and must stay there. The middle area is the danger zone and crossing through it is perilous. The Raiders attempt to run through the danger zone to retrieve a piece of temple treasure and bring it safely back to their team’s safe area. The “Protectors” roll Gopher Balls (boulders) at the Hunters, but must stay on the sidelines, except to retrieve balls. If a Hunter gets hit by a ball, he/she must return the treasure (if any) and walk around the outside and back to the team’s safe area. The Hunter may then try again to get through the Temple safely.

Hunters can only take one piece of treasure at a time. After a certain amount of time, play is stopped and the treasure is counted. Teams switch positions and play begins again until all teams get a crack at hunting for treasure.

**Set-Up** - Place pylons or other markers along the sidelines about two metres from the wall. This will be the area for the “Protectors.” Use pylons to mark off the end lines, one will be the treasure vault and the other will be the “Treasure Hunters” safe area. (See diagram)

**Equipment needed** – treasure items (beanbags, balls, etc.); a bin or crate for recovered treasure; pylons to mark off Protectors’ sidelines; Gopher balls.

**FMS Focus** – underhand rolling, running, dodging, and jumping.

Follow this link to view Treasure Hunters: [https://youtu.be/ULwGAZ3y-sw](https://youtu.be/ULwGAZ3y-sw)

**DON’T LOOK AT ME led by Wig Baldauf**

Everyone stands shoulder to shoulder, closes their eyes and lowers their heads. The leader calls 1-2-3-Look. As the leader calls “look” each player quickly looks at one other person. If two players happen to look at each other they are eliminated from the circle. Repeat until you have a winner.

**RABBIT IN THE HOLE led by Wig Baldauf**

Group in a circle, arms length apart. Everyone sticks their right index finger (rabbit) toward the player on the right. Their left hand is cupped over the rabbit of the player on their left. When the Leader says “GO”, each player tries to pull their rabbit from the hole while at the same time trying to catch the rabbit on their left. Rabbits caught are eliminated. Last player to have their rabbit alive wins.
SURVIVOR IMMUNITY (TAG) led by Monica Moran
Players are divided into several teams. One team is "IT". Objects are placed in the middle. One at a time, a player from each team attempts to grab an object and return it to their tribe without being tagged. The team in possession of the special immunity object become the taggers.

Survivor Immunity Set Up (Video 1 of 3): https://youtu.be/78geL00W0Dg
Survivor Immunity Follow Up Description (Video 3 of 3): https://youtu.be/PwEcnyB1pd4

CHICKEN TACO TAG led by Monica Moran
Instructions:
Participants who are "it" hold the chicken taco in their hand. As they tag someone, they drop the taco and take off. The person they tagged is now "it" and has to put the taco back together before moving on to try and get other participants.
Variation: Fish Taco Tag (if you have fish toys instead of chickens)
Follow this link to view Chicken Taco Tag description and in action: https://youtu.be/IxMMW99wMLk

SHIN CRACKER led by David Inglis
Equipment: ringette stick or pool noodle (6’) per team. 3 pylons per team
- teams line up in single file behind the pylon
- place the stick/noodle approx 6’ in front of the line between the 2 pylons
- on "GO" the first two people in line run to the stick/noodle, each person grabs an end
- the pair turn and runback towards their team holding the stick/noodle at "SHIN" height
- team members jump up and over the stick/noodle
- when they get to the end of the line, the stick/noodle is passed through the legs of the team to the front of the line
- the first pair joins the back of the line
- the next 2 people grab the stick/noodle and run to the pylon, turn and repeat
- repeat until each team has sent an equal number of pairs
- Note: keep the line moving forward to the starting pylon

Follow this link for the game description: http://www.ciraontario.com/shincracker
Follow this link to view Shin Cracker description: https://youtu.be/l-JJrs6bseE
Follow this link to view Shin Cracker in action: https://youtu.be/m5KJaDcE74o

CIRA Executive Members, Herwig Bauldaf and Joe Grdisa, ready for 2016 CIRA Ontario Conference delegate registration to begin!
RPS LEADER led by David Inglis
- the "Leader" stands at one end of the field/gym/activity space
- the group begins at the other end of the space
- at the same time, the "leader" and the entire group play Rock, Paper, Scissors

Next:
- if a player beats the "leader" they take a step forward
- if a player ties the "leader" they remain where they are
- if a player lost to the "leader" they take a step back

Variation: play full body RPS against the leader

Follow this link to view RPS Leader: https://youtu.be/vPuH6d3vzI

HOT VS. COLD (TEAM BOWLING) led by Janis Kawamoto

Equipment: 20 bowling pins or upside down pylons. Divide pins into 2 groups. Cold pins (green, blue, purple), hot pins (red, yellow, orange)

Set up time: 2-3 min.

Objective of Game: To knock over all your pins before the other team knocks down their pins

Directions:
- Each player gets one beanbag / ball to start the game
- Players must roll the beanbag to knock over their pins (if the object does not roll on the ground it does not count)
- Once the pin is knocked down it stays down
- If you knock over the other team’s pin - it stays down
- The team that knocks all their pins down first - wins

Game Rules:
1. Players can only hold one bean bag at a time
2. Players must roll the ball / bean bag behind the boundary line (orange line in Eastdale gym)
3. Players can enter the play area to get a bean bag but must bring it back to the boundary line before rolling it at the pins

Set Up:

Follow this link to view Hot vs. Cold Team Bowling Set Up: https://youtu.be/MJYe6skp_YQ
Follow this link to view Hot vs. Cold Team Bowling: https://youtu.be/Ku8e0DRr3nQ
Friday Night Social: Dancing, Mingling & Various Pong Games

Basketball Pong:
1. Teams of two players.
2. Alternate shots between teams and players.
3. One ball per game (Unless a replacement is needed)
4. If the ball lands in a cup, the cup is removed from the game. 
   OPTION – A player from the team that is defending does 5 jumping jacks (or other activity).
5. Continue until all cups have been eliminated. This will determine the winning team.
6. Small glass is an automatic win. OPTION – All players from the defending team do 5 jumping jacks.

Catch Up Pong:
1. Teams of two players.
2. Shots are taken when the person beside you is successful and passes the ball to you.
3. Two balls per game.
4. If you land the ball in your cup, you pass the ball to the next player on your right.
5. If you sink the ball in your own cup before the person in front of you is successful you knock over their cup. They are eliminated. OPTION – This person does 5 jumping jacks.
6. If you sink the ball on the first shot, you may pass the ball to any player you wish.
7. Continue until all cups have been removed. This will determine the winning team.
**Chandelier Pong:**

1. Teams of two players.
2. Shots are taken when you have possession of the ball.
3. Multiple balls per game.
4. If the ball lands in your cup, the cup is removed from the table. You are still in as a thrower. *OPTION – A player from the team that is defending does 5 jumping jacks.*
5. If the ball lands in the middle cup, all other players must flip their cup from the ledge to land upside down. Last player is eliminated. *OPTION – player does 5 jumping jacks.*
6. Continue until all cups have been removed. This will determine the winning team.

**Flip Cup Pong:**

1. Teams of two players.
2. Alternate shots between teams and players.
3. One ball per game (Unless a replacement is needed).
4. Cups are set up in a diamond with a larger cup up.
5. If the ball lands in a larger cup, the cup is flipped.  
   *OPTION – A player from the team that is defending does 5 jumping jacks (or other activity).*
6. If the ball lands in a small cup, the cup is removed.  
   *OPTION – A player from the team that is defending does 5 jumping jacks (or other activity).*
7. Continue until all cups have been flipped and removed. This will determine the winning team.

**Garbage Pail Pong:**

1. Teams of two players.
2. Alternate shots between teams and players.
3. One ball per game (Unless a replacement is needed).
4. If the ball lands in a pail, the pail is covered. *Option – A player from the team that is defending does 5 jumping jacks (or other activity).*
5. Continue until all pails have been covered. This will determine the winning team.
Lazy Susan Pong:

1. Teams of two players.
2. Alternate shots between teams and players.
3. One ball per game (Unless a replacement is needed).
4. Defensive team spins the turntable and the offensive team must throw before the turntable stops.
5. If the ball lands in a cup, the cup is removed from the turntable. Option – A player from the team that is defending does 5 jumping jacks.
6. Continue until all the cups have been removed. This will determine the winning team.

Quiddich Pong:

1. Teams of two players.
2. Alternate shots between teams and players.
3. One ball per game (Unless a replacement is needed).
4. If the ball lands in a cup, the cup is removed from the game. OPTION – A player from the team that is defending does 5 jumping jacks.
5. Continue until all the cups have been eliminated. This will determine the winning team.
6. If the ball goes through the Quiddich Rings, the defenders may knock the ball away using the noodle wand.
7. Formation is re-formatted at 4 (diamond), 3 (triangle).
Saturday Conference:
Presenter’s Workshops

The following activities are from:
TGrooveFU Workshop (New Dance Resource): Groove & CIRA
Robert Matheson, Kirstin Schwass, Michelle Hillier & Amy Tepperman

Two to Tango
Follow this link to view Two to Tango: https://youtu.be/oUvWw0TXzw
For more Teaching GROOVE for Understanding activities, follow this link: http://www.ciraontario.com/teachinggrooveforunderstanding
Dancing Royalty

Objective: To dethrone the King/Queen

Instructions:
1. A Dancing King/Queen is blindfolded and seated on a chair with a "treasure" at their feet (e.g. rubber chicken) facing the rest of the dancers who are across the gym. The dancers have to sneak up using outlined dance moves and snatch the treasure. Dancers can only move forward when the music is off, and have to dance on the spot when the music is playing.
2. If the king/queen hears a dancer, s/he claps twice and points in the direction of the sound. If she points at you, you have to go over to a corner of the gym labelled as the "ballroom" and wait for partner. Once a partner arrives, the pair must do 3 tango dips each before rejoining the game.
3. If a dancer manages to snatch the treasure, they become the new Dancing King/Queen.

Follow this link to view Dancing Royalty description: https://youtu.be/QuhqQQ6Pe2M
Follow this link to view Dancing Royalty in action: https://youtu.be/Q7c-MHrcSIU

Museum Statues:

Instructions: One person of the group is "it" and can move around. All others must stay still like statues, only moving when the "it" person has their back turned to them. If you get caught moving by the person who is "it", you become the new "it" and they become a statue. Play music in the background.

Variations: Specify certain body and brain cues (movements) that the statues can do.

Follow this link to view Museum Statues in action: https://youtu.be/lY10PCX1-Vs

Swimming Movements by GROOVE:

Follow this link to view Swimming dance movements: https://youtu.be/ybWE7CREoAE

Swimming Medley Race:

Materials:
• Milk Crate for each relay team

Instructions:
Divide group up into relay teams (approx. 4 in each). This is a medley race so each person has to swim in a different way (e.g. front crawl, back crawl, breast stroke, side stroke, doggy paddle, etc.) . One swimmer from each team jumps off into the water (off of the milk crate) and swims across the gym, taps the far wall with their foot, and swims back tagging their next team member to go. Medley is completed to music and first team finished wins.

Follow this link to view Swimming Medley Race: https://youtu.be/M1CT9UkmNxY
STOMP – ELEPHANT HERD

Game Objective: To repeatedly stomp, in small and large groups, to the end of the gym and back, while avoiding other teams (herds)

Skills and Concepts: Stomping, cooperation, teamwork, spatial awareness, and fair play

Equipment: One hula hoop per team (herd) and start line/end line (or markers)

Set Up: Equal groups of four or five players (elephants) line up one behind the other at one end of the gym. Number the elephants in order, from one to four (or five). The first elephant in each group holds a hula hoop.

Instructions:
1. On the signal, the first “elephant” in line stomps to the end of the gym, places one foot over the line and stomps back to his “herd.”
2. Without letting go of the hoop, Elephant #1 picks up #2, and together they stomp to the end line, where one elephant must step over the line, turn around and come back to the start line. (Again, to be fair, one elephant must step over the start line to avoid the next elephant from coming out to meet the herd.)
3. Now #1, #2, and #3 must stomp to the end line and back.
   - When all players have stomped to the end and back as a herd, #1 “drops off” and sits down at the start line.
   - #2, #3, #4, and #5 stomp to the end and back and then #2 drops off.
   - #3, #4, and #5 stomp to the end, and the process continues until #5 stomps alone.
   - When #5 returns, she places the hoop in front of her herd, which is all sitting down in a row, and she sits at the back of her line.
   - The first herd of elephants who followed all of the rules, and is quietly seated, is declared the winning herd.

Questions for Understanding:
? What challenges did you face in this activity?
? How did you have to cooperate and use teamwork during this Elephant Herd?

Follow this link to view the Elephant Herd Stomp Relay: https://youtu.be/IbBredAEtk0
For more Teaching GROOVE for Understanding activities, go to:
http://www.ciraontario.com/teachinggrooveforunderstanding
Inuit Dancing:
Players gather in a circle and assume a crouched position. The dancing motion then begins by extending one leg out and touching your heel to the ground, bringing it back in and shifting your weight to extend the other leg out and touching your heel to the ground. Altering back and forth, this rhythm can be done slowly or quickly. Once time for a couple attempts has been given, everyone begins and goes until there is only one person left balanced and moving. Follow this link to view an Inuit Dancing demonstration: https://youtu.be/q1GsL5wzu7A

Leg Wrestling (Inuit Game)
Instructions:
Two students lie on the floor elbow-to-elbow facing in opposite directions. Cue for students: link arms and orient your forearm so that it is laying across your own chest. A third student becomes the judge and assists the two contestants to raise their inside legs and hook it onto their opponents. The judge counts to three in Inuktitut (1 - atausiq, 2 - marruuk, 3 - pingasut) and on 3 (or pingasut) contestants pull their leg to the ground trying to flip their opponent.

Follow this link to view a demonstration: https://youtu.be/FP05id7sioo
Inclement Weather Resource Workshop: CIRA – Chris Wilson

Card Wars:
Objective: To collect as many cards as possible
Location: In the hallway
Equipment: Two or three decks of cards
Set Up: Each participant is given four random cards
Instructions:
1. Players wander throughout the hall and meet random players. They hold out their cards face down and draw a card from each other.
   - The player with the largest numbered card keeps both cards.
   - The player with the smallest number does jumping jacks before returning to play.
2. Subtract the value of the two cards to determine the number of jumping jacks.

Game Description: [http://www.ciraontario.com/cardwars](http://www.ciraontario.com/cardwars)
Video of Card Wars: [https://youtu.be/dgwPDIEFMXc](https://youtu.be/dgwPDIEFMXc)
Nomis Says  
*(Created by: David Inglis TVDSB)*

**Objective:** To not be eliminated by Nomis.  
**Location:** In a classroom.  
**Equipment:** None.  
**Set Up:** None.  
**Instructions:** This is Simon Says, but the opposite. If “Nomis” says touch your head, you should touch your feet instead! Leaders should allow players the opportunity to get creative when doing the opposite of the request. Possible opposites:

- Head – Toes
- Elbow – Knee
- Nose – Ears
- Legs – Arms

**Variation:** Play Simon Says and Nomis Says in combination.

**For more Inclement Weather activities, go to:**

[http://www.ciraontario.com/eyeofthestorm](http://www.ciraontario.com/eyeofthestorm)
Using TGfU for HPE and Intramurals – Secondary Workshop: CIRA – Dave Inglis

Physical Literacy Opportunities for All Workshop – Gord Zubyck
BEFORE & AFTER ULTIMATE FRISBEE Workshop – Gary Auerbach

- Use the following link to access Gary Auerbach’s brief Frisbee history lesson: https://youtu.be/hU1z7Pr_oCw
- Follow this link to view Frisbee Warm-Up Pt. 1 with Gary Auerbach (e.g. Frisbee push-ups, Frisbee pull ups, hot potatoe, etc.): https://youtu.be/0xJvWH_qnZs
- Follow this link to view Frisbee Warm-Up Pt. 2 with Gary Auerbach (e.g. around the waist, around the knees, around the head, around the ankles, around lifted leg while balancing on the other): https://youtu.be/7G5IqR-ofDw

TGfU Invasion-Elementary Workshop: CIRA - Monica Moran & Janice Kawamoto

Cat & Mouse Tag
Instructions:
Participants get into partners, one partner goes to one end of the gym (cats) and the other partner goes to the other part of the gym directly across (mice). You want a straight line run (or walk from one partner towards the other. The cats turn so they are facing away from the mice. On the teacher's cue, each mouse then sneaks across the space coming up behind the cat. Teachers can choose a variety of locomotion for the sneaking (ex. hopping, jumping, skipping, walking, etc.). Teacher then gives the cue: "THE MICE ARE HERE!" and the cats turn around and chase and tag only their mouse back across the gym. Mouse are safe if they get back across the line before their cat tags them. **Touch Variation:** Mice on cue sneak up to their own cat, touch the cat on the back and the cat is then allowed to turn around and chase and tag only their mouse.

Follow this link to view original Cat and Mouse Tag: https://youtu.be/H85T-hCHfak
Follow this link to view touch variation of Cat and Mouse Tag: https://youtu.be/nDmRo2ZkSrK
**Catch and Tag**  
Materials: Objects for catching (ex. squeaker toys, soft balls, bean bags, etc.)

**Instructions:**  
Participants partner up and one person of the pair grabs an object. Partners then line up face to face, and each take 3 steps back. On the first whistle, partners begin playing catch back and forth with the object. On the second whistle, the person with the object turns and walks away, the other partner counts to 3 Mississippis and then follows their partner trying to tag them. After tagging occurs, partners can reset and go again on whistle signals.

**Variations:** Adjust distance or style of locomotion depending on the age group (ex. walking for primary students, skipping for intermediate students).

*Follow this link to view Catch & Tag description and in action:* [https://youtu.be/sQ9ZAt7OX1k](https://youtu.be/sQ9ZAt7OX1k)

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**Character Attributes in Action Workshop:**  
*Alisa McClure, Aviva Rosenberg & Jennifer Cuthbertson*

**Exercising Groups**  
*Shared with us by Alisa McClure, Aviva Rosenberg & Jennifer Cuthbertson at the 2016 CIRA Conference.*

**Instructions:** Participants begin by skipping around waiting for the leader to call out a number (e.g. 3). Once a number is called participants need to first get into groups of the called out number (e.g. groups of 3) and then get into a plank position. Group members high five each other in the plank position before walking their hands back towards their feet, getting out of the plank position. Participants commence skipping around again waiting for another number to be called.

**Character Trait Discussion:** Think about what happens when there is too many or not enough people to make the group. What happens when somebody lets you in, or doesn't let you in? Foster discussion around being inclusive and how to do that.

**Variations:** Change locomotion (e.g. high knees, hopping, etc.); change plank position to a wider or narrower stance.

*Follow this link to view Character Trait Exercising Groups in action:*  
[https://youtu.be/ZBPIG0JJW4g](https://youtu.be/ZBPIG0JJW4g)
JUGGLING for ALL and FOREVER Workshop – Gary Auerbach

Introduction to Juggling Activity: Criss Cross Applesauce
Juggling with 2 scarves. The first one you throw is the first one you catch and you catch it in the opposite hand. Cues: throw, throw, catch, catch
Follow this link to view Gary Auerbach describing and demonstrating this introduction to juggling activity: https://youtu.be/7_QHBZFwEVM

Follow this link to view a description of juggling with 3 scarves: https://youtu.be/jTFjoqtDFv4
Follow this link to view juggling with 3 scarves in action: https://youtu.be/Xm-t1uECKKA

Injury Prevention Workshop – Chelsea Norris
Egg Drop:
Objective: To collect and add points by tossing ping pong balls into an egg carton
Equipment: Forty to fifty numbered (1 to 9) ping pong balls and one empty egg carton per team
How to Play:
1. Divide the group into equal-numbered teams and arrange the teams into relay lines at one end of the gym
2. Randomly provide each team with a ping pong ball and do so each time a team gets a ball into the egg carton.
3. At the other end, place the empty egg cartons, and in front of these place a marker to identify the line from which players will toss the balls. The toss line should be no more than two metres from the egg cartons.
4. On “go” the first player in each line races to the line and tries to throw or bounce the ping pong ball into the carton.
   • If successful, the ball stays there.
   • If the ball misses, the player retrieves the ball, and the next player goes.
5. Most players will not be aware of the numbers on the ping pong balls the first time; they will be more concerned with getting the ball into the carton. Once the game has ended teams collect the ping pong balls and add up the numbers written on the balls. The team with the most points wins.

Egg Drop Description & Play: [https://youtu.be/mScG5E1M1mU](https://youtu.be/mScG5E1M1mU)
Egg Drop Scoring: [https://youtu.be/S7H5tLwU_Jg](https://youtu.be/S7H5tLwU_Jg)

Noodles Work:
Objective: To create math terms or words using pool noodles
Equipment: Pool noodles and math questions written on task cards, if needed for the leader.
How to play:
1. Divide the group into an equal number of teams. For this game, some teams may need to be as large as ten players.
2. The first player from each team races to the leader. The leader will show or call out a math problem (e.g. 3 + 4 = ). The first player to correctly answer the question "grabs" a pool noodle and returns it to their team. The other players return to the end of their team's line.
3. The next player on each team follow in order. Once all the questions are given and answered, the leader calls out a math term, and players need to arrange their noodles to correctly spell a term (eg. hexagon, or square root).
4. Allow teams to be creative to create any math term as long as they use all of their noodles. Note: Intermediate groups may enjoy doing an activity in which the leader increases the difficult of the question by using order of operations. Increase the challenge by simply reading the question aloud rather than using a flash card.

Follow this link to view NOODLE WORKS in action: [https://youtu.be/r4fXiYDwbXA](https://youtu.be/r4fXiYDwbXA)
Heads/Tails Elimination:
Instructions:
Leader calls out: "heads or tails" and participants choose one or the other and visually show by placing their hands on their head for "heads" and placing their hands on their bottom/hips for "tails". The leader then flips the coin and calls out which it is. The participants who did not choose correctly are eliminated. The participants who did choose correctly continue to play until all are eliminated but one. The last one standing is the winner.

Follow this link to view Heads/Tails Elimination: https://youtu.be/fo-Of7bRDWQ

For more Counting on Fun activities, go to:

http://www.ciraontario.com/countingonfun
Spikeball® Workshop – Monica Moran

FUNctional Fitness + Groove = Physical Literacy with CREATIVITY WORKSHOP!
Michelle Hillier & Ted Temertzoglou
**Reaction Ball**

**Instructions:**
Using a manipulative that bounces irregularly, students take turns increasing the number of times the manipulative is allowed to bounce before catching it. For instance, Player #1 lets it bounce once and then catches it, earning 1 point. Player #2 lets it bounce twice and then catches it, earning 2 points. Player #3 lets it bounce 3 times but does not catch it, earning 0 points. Players continue taking turns and adding up their points as they go, the player with the most points at the end wins.

**Variation:** Create boundaries with cones to add to the difficulty. Points can only be accumulated if the bounces and catches occur within the boundary.

*Follow this link to view Reaction Ball: [https://youtu.be/RlGJwzHsoH0](https://youtu.be/RlGJwzHsoH0)*

**3-on-3 Basketball Workshop – Ron Yeung**
GOPHER & CIRA – Shane Leverenz & John Byl

GOPHER Sport: ACTION! SUPER SHIELDERS: “Teams of citizens race to collect balls and throw them at the opponent’s towers to knock them down, but be mindful, the tower hit must match the color of the ball thrown. Each team’s designated superhero must protect their team’s towers by deflecting balls with their custom super shield. The first team to knock down all 3 towers wins! Add a new dimension with 2 villains that tag and "freeze" citizens.
Complete Set includes 6 towers (18”H), 2 shields (23”L x 20”W), 2 hero pinnies, 2 villain pinnies, 36 balls (16” dia), 2 VersaBag™ mesh storage bags, and activity instructions. Increase the number of superheros by incorporating additional shields.”

Follow this link to view Super Shielders description and play: https://youtu.be/572aA6tBSYo
Follow this link to view a variation of Super Shielders: https://youtu.be/-LxjmtSynMs

GOPHER Sport: Yuki-Ball (Non-Elimination): “Based on the game Yukigassen (Japanese for "snow battle"), Yuki-Ball™ provides nonstop action any time of the year. Players on offense work to capture the flag or eliminate opponents with white coated-foam "snowballs", while defenders protect their flag and replenish snowballs for their teammates. All players use the Yuki-Ball™ Barriers as protection as they maneuver around the play area. The first team to capture the opponent's flag or to completely eliminate the other team wins!” (Gopher Sport)

Follow this link to view Yuki-Ball description and details: http://www.gophersport.com/pe/indoor-activities/yuki-ball-set
Follow this link to view Yuki-Ball (non-elimination variation) in action: https://youtu.be/VpXzkc7sHgM

Fun with Clothespins – Vanessa DiCarlo & Meaghan Hartwell
First Nations Daily Physical Activity (DPA): OPHEA – Heather Gardner

Pickleball – Jeff Morgan & Derek Morgan
THANK YOU

to all our presenters and delegates for making
the 2016 CIRA Ontario Conference a hit!

&

See you all next April for another amazing and
fun learning and networking experience!

Picture Above: (Left) CIRA Banner, (Top) Peel Board Delegates, (Bottom Center) David Inglis, (Bottom Right) Chris Wilson, 2016 Conference Chair.