

What's New May 2017?

Conference Edition



Promoting fun, active participation for all!

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

Sponsored By:



2017 CIRA Ontario Awards:



**2017 Doyle-Harkness Award
Recipient: Beth Vincent and
Jen Wilbee**

Picture Left: Dave Inglis (CIRA Executive)

**2017 Rising Young Professional Award
Recipient: Jacqueline DeMille &
Jen Wilbee**

Picture Right: Jacqueline DeMille and Andy
Raithby (CIRA Executive)



**2016 Honorary Award Recipient:
Thompson Educational Publishing**

Pictured Left: Ted Temertzoglou (Thompson
Educational Publishing) and Chris Wilson
(CIRA Executive)

FRIDAY FROLICS

2017 CIRA Conference Fun & Games Sessions

AROUND, OVER, UNDER

Equipment: None

Set Up:

- 2's- Decide who is A and who is B.
- 4's- Decide who is A, B, C, or D.

Rules:

- 2's- Sitting back to back on the signal GO, person A travels around, over and under person B as quickly as possible, followed by person B doing the same. Start back to back and finish back to back.
- 4's- Each person will go around, over, and under the group.

Follow this link to view Around, Over, Under in action: <https://youtu.be/A7wt512rRhU>

HANDCUFF

Equipment:

- Each player requires one meter length of rope

Set Up:

- Each player will have their wrist tied
- Players paired up
- Players loop the ropes together, forming a cross between the two partners

Rules:

- Player A ties a rope from one wrist to the other.
- Player B ties her wrists in the same fashion, but her rope is looped around Player A's rope.
- The object is to separate without untying the ropes.

Follow this link to view Handcuff in action: https://www.youtube.com/watch?v=r1_il4X14gQ

KNOT OUT

Equipment:

- Length of rope with a knot between each teammate

Set Up:

- All players place one hand on the rope between knots

Rules:

- The instructor gives the following instructions:
 - Once you choose a hand, that hand cannot let go of the rope
 - You may use your free hand in the challenge
 - Without letting go of the rope, untie the knot.



I LOVE MATH

Equipment: None

Set Up:

- Players find a partner

Rules:

- Players face a partner; together they slap their legs (say “I”), cap their hands (say love”) and throw one hand in front to reveal fingers 1-5 (say “math”).
- Players try to add the digits before their opponent.
- With older players, “throw” two hands and add/or multiply the number of fingers.

SPINNING HOOPS

- This game is played as a relay game.
- Players, in turn attempt to spin the hula hoop towards the pylon so that it rest around their pylon.
- Each team has three hoops and the first team to “spin” all three hoops around the pylon wins.
 - The distance from spinner to target is determined by the age of the player

Follow this link to view Spinning Hoops in action: https://www.youtube.com/watch?v=bq_etaguqR0

21 AND...

Equipment: Deck of Cards

Set Up: Players find a partner

Rules:

- In pairs players attempt to collect cards to equal “21”. In turn players race to the stacks of playing cards, select one and return to their partner. Their partner then runs to the cards, without looking selects one card and returns to their partner. Teams continue to collect cards until they reach 21, if they go over 21, they must exchange a card.
- Variation: teams collect cards to reach different sums (e.g., 36, 45). Players collect cards to reach a goal (e.g., 36), and they can use any operation(s) they’d like to reach their total. For example a total of 36 might be reached with: $(4 \times 8) + \text{jack}(10) - 6$



Follow this link to view 21 and... in action:

<https://www.youtube.com/watch?v=y4zQyVE2hPo&feature=youtu.be>

GLUTES TAG (A Variation of Everybody's It, Butt Tag)

Equipment: One pool noodle per participant

Rules:

- The teacher demonstrates a forearm and a backhand movement, using the pool noodle like a racquet.
- On the signal to start, participants practice their forehand and backhand movements by tagging other players on their glutes.
- When tagged, the tagger calls out “forehand” or “backhand” to indicate the type of movement they made.
- The tagger player stops and performs 5 jumping jacks before re-joining the game.
- Variations: Only allow sideways shuffling to move around the space, allow tagging on the hamstrings and calves, as well as the glutes, and/or complete a different activity when tagged (e.g., stride jumps, squats, etc.)

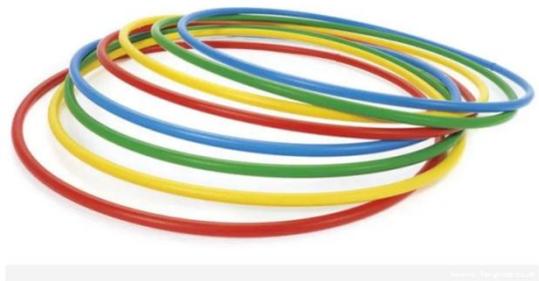
TWISTER TAG

Equipment: Hula hoops

Set Up: Divide participants in groups of three with one hula hoop per group

Rules:

- Player 1 and 2 stands across from each other with a hula hoop between them. (Player 3 is not yet involved).
- Player 1 spins the hoop and then attempts to tag Player 2 while they both shuffle back and forth around the hoop.
- If Player 1 (the tagger) is able to tag Player 2 before the hoop stops spinning, s/he gets a point.
- If the hoop stops spinning before Player 2 is tagged, Player 2 is awarded the point.
- The winner of the first round plays Player 3.
- Questions for Understanding:
 - What sports can this activity help you with?
Why?
 - What helped you to be successful?
 - Is it easier to be the tagger or the defender?



Follow this link to view Twister in action: <https://youtu.be/AVs2OYKjFqw>

HULA HUT KNOCKDOWN

Equipment:

- 36 hula hoops
- Gatorskin balls

Set Up:

- Build 3 hula huts along the end line of each half of the gym
 - Place one hula hoop on the ground to act as the foundation.
 - Place two hoops on the inside edge of the foundation facing each other.
 - Lean the hoops against one another at a 45-degree angle.
 - Place two more hoops on opposite sides of the first two, on the inside of the foundation, again leaning against each other.
 - Place a hoop on top of the four hoops.
- Divide the participants into two teams with each occupying half of the gym
- Place Gopher gatorskin balls along the midline, between the two teams

Rules:

- The object is to throw the dodgeballs, to knock over the other team's hula huts.
- Once knocked over, the team may rebuild. However, if all three are knocked over (or in the process of being rebuilt), the opposite team wins (or scores a point).
- Variation:
 - Play a dodgeball version where hit players must leave the playing area and complete an exercise or activity before re-entering the game.

GIVE BACK THE LOOT (Reverse Capture the Flag)

Equipment:

- Pinnies
- Pylons
- Beanbags
- Hula hoops

Set Up:

- Divide the group into two teams
- Each team occupies half the playing area- divided by pylons if necessary
- Each team will have 3-4 hula hoops and a set number of beanbags in each one

Rules:

- Instead of capturing the other team's beanbags, you are trying to get rid of yours
- Players attempt to cross over into the opposing team's side and put a beanbag into a hoop
- If you get tagged while on the other side, you must return to your side, put the beanbag back in the hoop and choose a different one
- Players cannot be tagged on their own side
- The team with the least number of beanbags in their hoops at the end of time (or first team to get rid of all their beanbags) wins

SPACE INVADERS

Equipment:

- Pinnies
- 2-4 mats per team
- Pylons

Set Up:

- Playing area is divided into 2 with the centre line dividing it (or pylons to differentiate sides)
- 2-4 mats or marked designated areas in each end
- Players are divided into 2 teams, one on each side



Rules:

- The object of the game is to get all players on your team onto the other team's mats
- Players begin the game on their own mats at the back of each playing area
- Players are safe on their own side
- If a player enters the other team's area, they can be tagged
- If a player is tagged, they must sit down and wait to be rescued
- A player is rescued if a teammate gives them a high 5 without being tagged
- If a player is rescued, both players must return to their home side
- These players get a free walk back
- They must show the signal of a free walk back and go back together- hands up in the air, arms linked, holding hands, etc.
- If a player makes it across to a mat without being tagged, they are safe
- A player who is safe on the opposing team's mat can choose to stay there or they can come off to save a tagged teammate
- If they come off, they can be tagged
- If they come off and manage to save a teammate, they must return to their side and start again
- Teams are allowed to guard the mat but only 1 player can guard it at a time
- If every player on a team makes it over to the mat, they win and the game is over
- If the teacher yells "Space Invaders!" everyone is allowed to run to their home side

HOT POTATO (Adapted from game presented by Stephanie Walton- April 18, 20012 at York UniversityAQ)

Equipment:

- 1 large exercise ball (the “hot potato”)
- Smaller elephant skin balls

Set Up:

- Divide the class into four teams and place each team at one side of a square as determined by lines in the gym
- An equal number of elephant skin balls are distributed to each team to start each round of the game
- The “hot potato” is placed in the middle of the square

Rules:

- Upon the words, “Ready, Aim, Fire!” teams may throw balls at the hot potato to try to force it across the opposing team’s line
- Balls must be released from a thrower’s hand to contact the hot potato
- The boundary line cannot be stepped over when throwing
- The hot potato cannot be contacted with anything but an elephant skin ball: if a player contacts it with a hand or foot, his/her team gets a point
- Balls can be retrieved from within the square but players may not block the hot potato and must exit as soon as they retrieve a ball
- Constant vigilance is needed to catch and/or retrieve patriots that are accessible as players are defenceless without one
- A player may only have one ball at a time
- Players may move balls along or behind their own boundary line but may not go to the side of another team
- The round is over when the hot potato crosses a line: a point is given to that team, the hot potato is returned to the centre of the square. Next round begins when the potato is back in the centre and all teams have an equal number of balls
- Object of the Game:
 - To force the “POTATO” across an opposing team’s line by striking it with elephant skin balls; each time the potato crosses a team’s line, they get a point and the round is complete. The first team to five points causes the game to end. The team with the lowest number of points once the game stops, is the winner.



Follow this link to view Hot Potato in action: <https://youtu.be/z7c4P6CJus4>

FRIDAY NIGHT SOCIAL:
Wine and Cheese, Mingling and Various Pong Games



Saturday Conference: Presenter's Workshops

Team Fitness Challenges for School Intramurals (Elementary) - Ted Temerzoglou (Thompson Educational Publishing)



Spice up your intramural program with fun “Team Fitness Challenges” that require no (or minimal) equipment. These games and activities will also make great school-wide or staff-wellness initiatives to foster physical literacy and mental well-being

Visit this link to view part of the workshop in action:

<https://youtu.be/noARZ1H1R8Q>

Spikeball from the Ground Up- Eugene Contreras

Spikeball is an exciting 2-on-2 game that is really taking off, but can you use it in your HPE class? This workshop will show you how to develop transferable fundamental movement skills with students using gym-tested Spikeball progressions, keeping all of them engaged and active at various challenge levels, even if you don't have a Spikeball set yet!

Visit this link to view Spikeball in action:

<https://youtu.be/mHQ-XvqeObs>



Intramurals 101- Dave Inglis

Participants will explore the concerns of schools and teachers around the creation and implementation of effective intramural programs. The goal of the session will be to identify the key issues facing elementary and secondary schools (i.e., student leadership, supervision, scheduling) and generate some potential strategies to resolve the issues. The “Round Table” discussions and activities will utilize CIRA’s resources to support the discussions during the workshop.

DPA the CIRA Way- Chris Wilson and Monica Moran

Daily Physical Education is a Ministry mandated program that is easy to implement with some CIRA help. Learn how to keep the students heart rate up in a fun and active way.

Visit this link to view part of the workshop in action:

<https://youtu.be/GFGcvgnemvk>



Counting on Fun!- Wig Baldauf

Participants in this workshop will recognize that in physical education classes, we have the opportunity to assist in the development of students' mathematic skills. The games provided will encourage players to use their math skills in "play". In these games, the activities and challenges provided are specific and essential to ensuring the "math work" be done for the game to be played successfully. Counting on fun through playing physically active math games. Using our body and mind as we add, subtract, multiply and divide. Lots of activity. Lots of math. Lots of fun!



Incorporating Living Skills with TGFU- Alisa McClure, Jennifer Cuthbertson, and Aviva Rosenberg



The new HPE Curriculum emphasizes the importance of connecting Living Skills throughout our teaching. In this active session, you will get a sampling from a free resource that has fun activities for six different Character Attributes, using TGfU strategies, Physical Literacy concepts, Learning Goals, and Questions for Consolidation

Co-planning, Co-teaching, Co-reflecting: Coaching in the Classroom and Beyond-

Joanne Walsh and Sandra Albione

As a pilot project, OPHEA supported implementation of the Health and Physical Education Curriculum, using a coaching approach. Working in partnership, instructional coaches were recruited to build confidence and capacity within their boards. The approach, successes and key learnings that can be applied to support sustainability, growth, and replication of the coaching model will be shared.



Building Out Kids' Success (BOKS): Active Kids = Active Minds- Alison Edwards

This interactive workshop will provide educators, administrators and advocates with the opportunity to engage in Building Our Kids Success (BOKS), a FREE before school physical activity program designed to get elementary children moving in the morning and their brains ready for a day of learning. Sponsored by The Public Health Agency of Canada, Reebok and the CFL, BOKS offers a turn-key curriculum.

KIN-BALL: A Non-Traditional Action-Packed Sport- Pierre-Julien Hamel

KIN-BALL sport is played with three teams and a very light 4-foot ball and requires skills and strategies not found in any traditional athletic competition. No physical contact, no intimidation, no interference and no one left out. Every member of the team is involved in the continuous action. Promotes cooperation, speed, agility, aerobic activity, coordination, flexibility, and sportsmanship.



Training the Brain with Play- Gord Zubyck

Would you like to improve your students' Executive Function Skills (inhibitory control, working memory, and cognitive flexibility)? In this workshop, participants will learn about, and play games that purposefully build executive functioning skills. As well, participants will learn how to modify existing games and activities to enhance the level of executive functioning skill development.

Combining Literacies- Michelle Cundari

Looking for new ideas that incorporate physical literacy and fundamental movement skills with numeracy, literacy, AND health literacy? Various ideas and activities will be shared in this fun and engaging workshop that will have you leaving with new ideas to use in the classroom and/or gym on Monday!

Visit this link to view part of the workshop in action:

<https://youtu.be/c0Pb73iV1CQ>



The X Life Game- *Conor Dullard and Jacob Haeusler*

This workshop will introduce CIRA delegates to their newest program, X Life the Game. X Life is a digital plug and play activity schools can use to help teachers deliver Movement, Mindfulness and “Mateship” into every classroom.



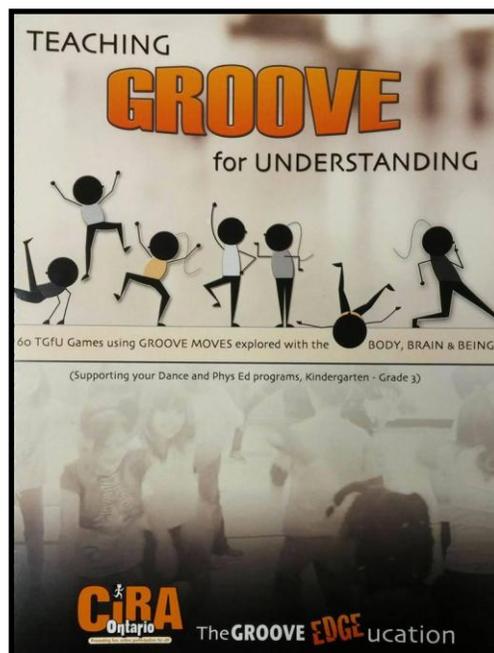
Athletic GROOVE- *Michelle Hillier*

The Groove is an innovative teaching approach, which explores physical literacy and fitness with the BODY, BRAIN, and BEING. In this workshop, experience how the Groove can be applied to intramural as a great way to promote wellness and allow participants to be active without competition. We use simple, fundamental movement sequencing, repetition, creativity and social inclusion with no time or peer pressure. Material can be used as one-off activities for skill development, warm-up games, to build athleticism or in a playlist sequence. Be inspired by global music to improve strength, stamina, coordination, balance, agility and social skills. When you Groove, “you can’t get it wrong!”

Visit this link to view part of the workshop in action: <https://youtu.be/7EE9kFUYvaM>

For more GROOVE activities, go to:

<http://www.ciraontario.com/teachinggrooveforunderstanding>



New GOPHER Games- *John Byl*

Gopher creates new games for us to explore each year, and each year we explore new games to play with Gopher equipment. Come and explore with us, enjoy these new experiences, and help us explore further options.

Visit this link to view part of the workshop in action: <https://youtu.be/ujkHSTNOVec>

*Check out more games in our latest resource book, **Great Balls of Fun***



Team Fitness Challenges for School Intramurals (Secondary)- *Ted Temerzoglou*



Spice up your intramural program with fun “Team Fitness Challenges” that require no (or minimal) equipment. These games and activities will also make great school-wide or staff-wellness initiatives to foster physical literacy and mental well-being.

Visit this link to view part of the workshop in action: https://youtu.be/v2gRI6X_J8

EDGEducated: Learning with the BODY, BRAIN & BEING! (GROOVE’s Digital Library)- *Michelle Hillier*

We’ve gone digital! The NEW Groove Online Resource Library supports K-12 teachers to bring The Groove to their classrooms and gyms supporting the physical, cognitive, social, and emotional well being of the students. There is no choreography! Set to inspiring music, all content uses a wide variety of fundamental movement skills and competencies, which allow for creative problem solving, decision making, personal expression and healthy peer interactions. Each Groove activity includes a PDF of teaching cues, video tutorial, and downloadable music. Yes, that’s right... the music is included!



Ultimate 101- Derek and Jeff Morgan

Ultimate is one of the world's fastest-growing team sports and it has much to offer the Health and Physical Education or Recreation Specialist. With its combination of team play, cardiovascular demands, affordability, and adaptability, ultimate is a wonderful game for people of all ages. The Morgans will introduce the three most common throws, catching fundamentals, basic strategy and some modified games to develop skills and decision-making. Ultimate is a 'must-have' activity for any school or recreation facility. Remember, 'When a ball dreams, it dreams it's a disc.'

Visit this link to view part of the workshop in action: https://youtu.be/YmMpISSOU_Q



Square Dancing- Andy Raithby

Here's your chance to dance, mingle and laugh as we promenade through some classic Canadiana. Square Dancing's not just for your grandmother, but can be a really fun part of your program; keeping kids, and you, happy, active and engaged.



Bringing Physical Literacy into the Classroom: Using the DIP Theory- Lynn Campanella

As part of the school day is an ideal time to allow for movement, expand a child's creativity and foster self-regulation skills. These are all pieces in the physical literacy model. Explore the D.I.P theory and how it supports and helps teachers to be confident and intentional when developing physical literacy.

"Don't Break the Bank"- Meaghan Hartwell and Vanessa DiCarlo

Dollarstore inspired games on a small budget. Take home a variety of game ideas that you could use in the classroom on Monday!

Visit this link to view part of the workshop in action: <https://youtu.be/SzprDVEAnCY>

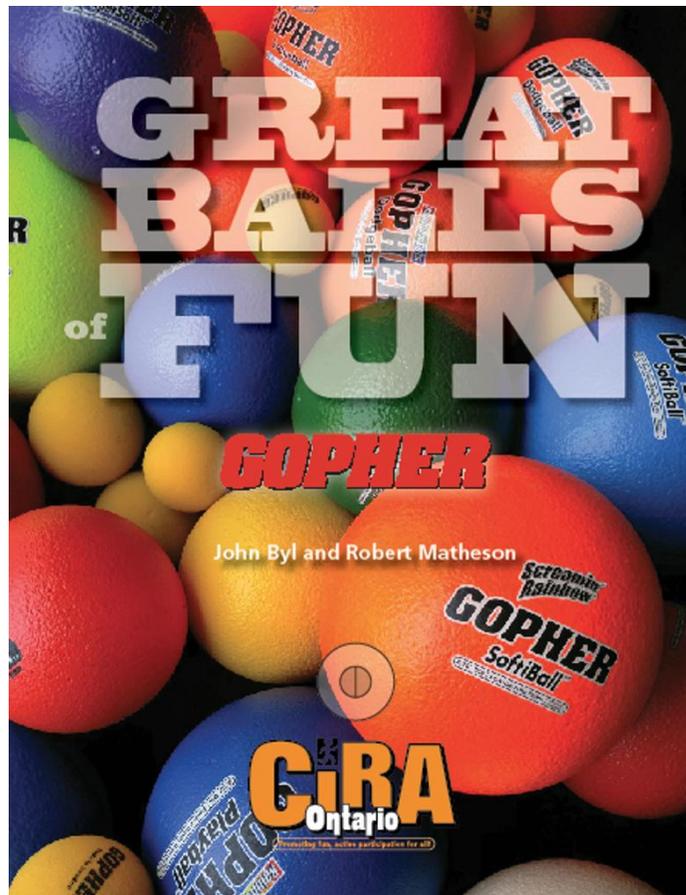
Mindfulness- Janis Kawamoto

There is a growing movement towards helping students achieve greater mindfulness and wellbeing. The benefits are profound: lower stress levels, greater resilience, emotional control, problem solving and focus. You don't need to be a yoga instructor... in this workshop we will actively explore a variety of fun, teacher-friendly yoga, meditation and mindfulness resources that you can incorporate into your next P.E. Class.

Visit this link to view part of the Mindfulness workshop in action:
<https://youtu.be/C2UK5MJ7YSM>



CIRA Ontario's Latest Resource Book: Great Balls of Fun

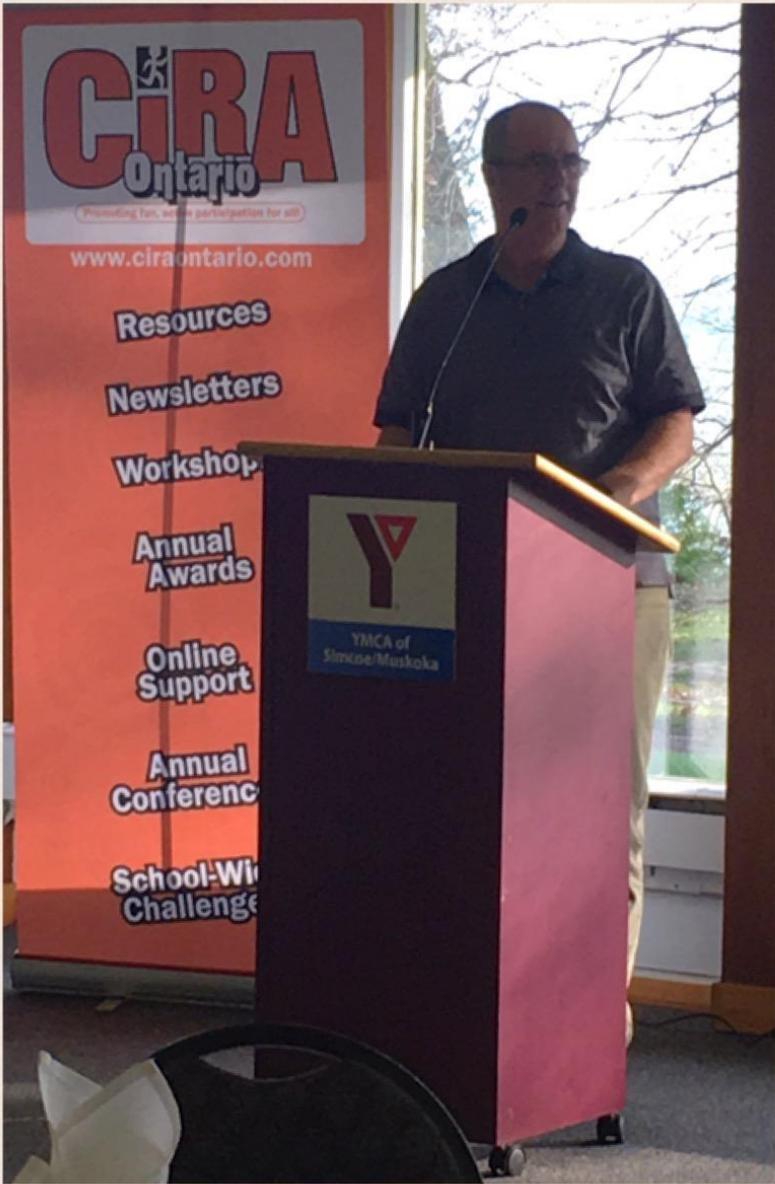


For more Great Balls of Fun activities, visit:
<http://www.ciraontario.com/greatballsoffun>

Additional Conference Pictures



PIC • COLLAGE



PIC•COLLAGE

Thank You

**to all of our presenters and delegates for making the
2017 CIRA Ontario Conference a hit!**

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



#CIRA2017

www.ciraontario.com