

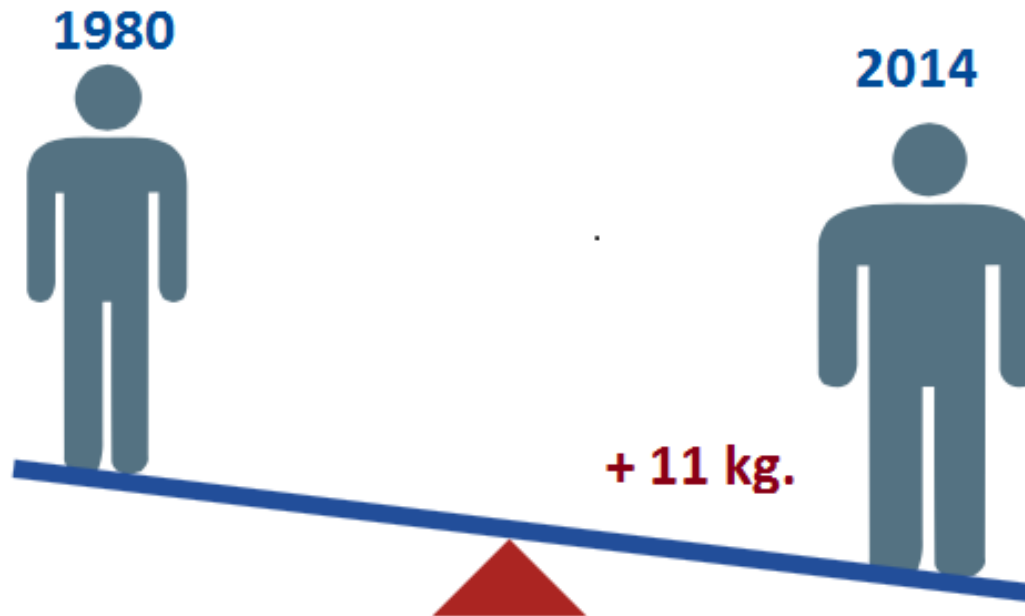
MARKHAM IN MOTION

A Pathway to Physical Literacy

**2017 Sport for Life Canadian Summit
January 24-26, 2017 Gatineau, Quebec**

INACTIVITY IS A PUBLIC HEALTH CRISIS!

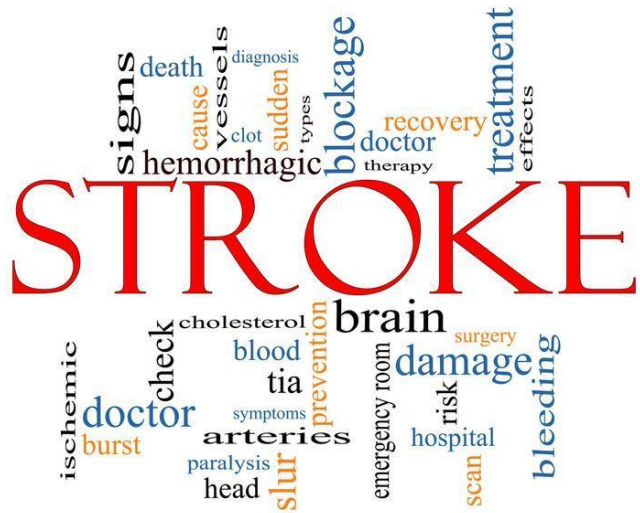
FACT: Childhood obesity rates have more than tripled since 1980!



FACT: The dramatic increase in overweight and obesity among Canadians over the past 35 years is an epidemic!



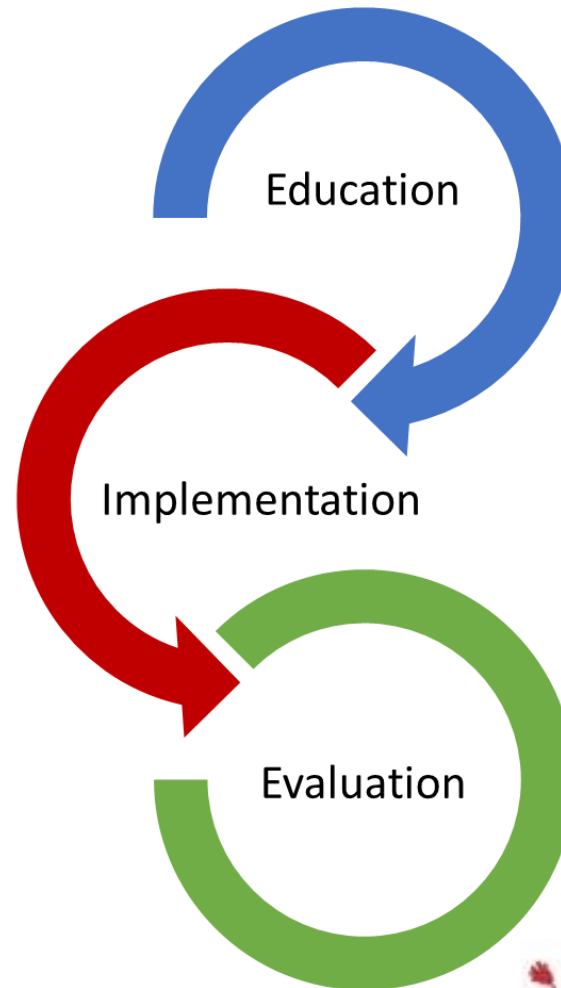
INCREASED RISK FOR:



WHAT WE NOW KNOW!

This generation of children is the first in history that is projected **NOT** to outlive their parents.

A PATHWAY TO PHYSICAL LITERACY



Workshops
Parent education
Knowledge transfer

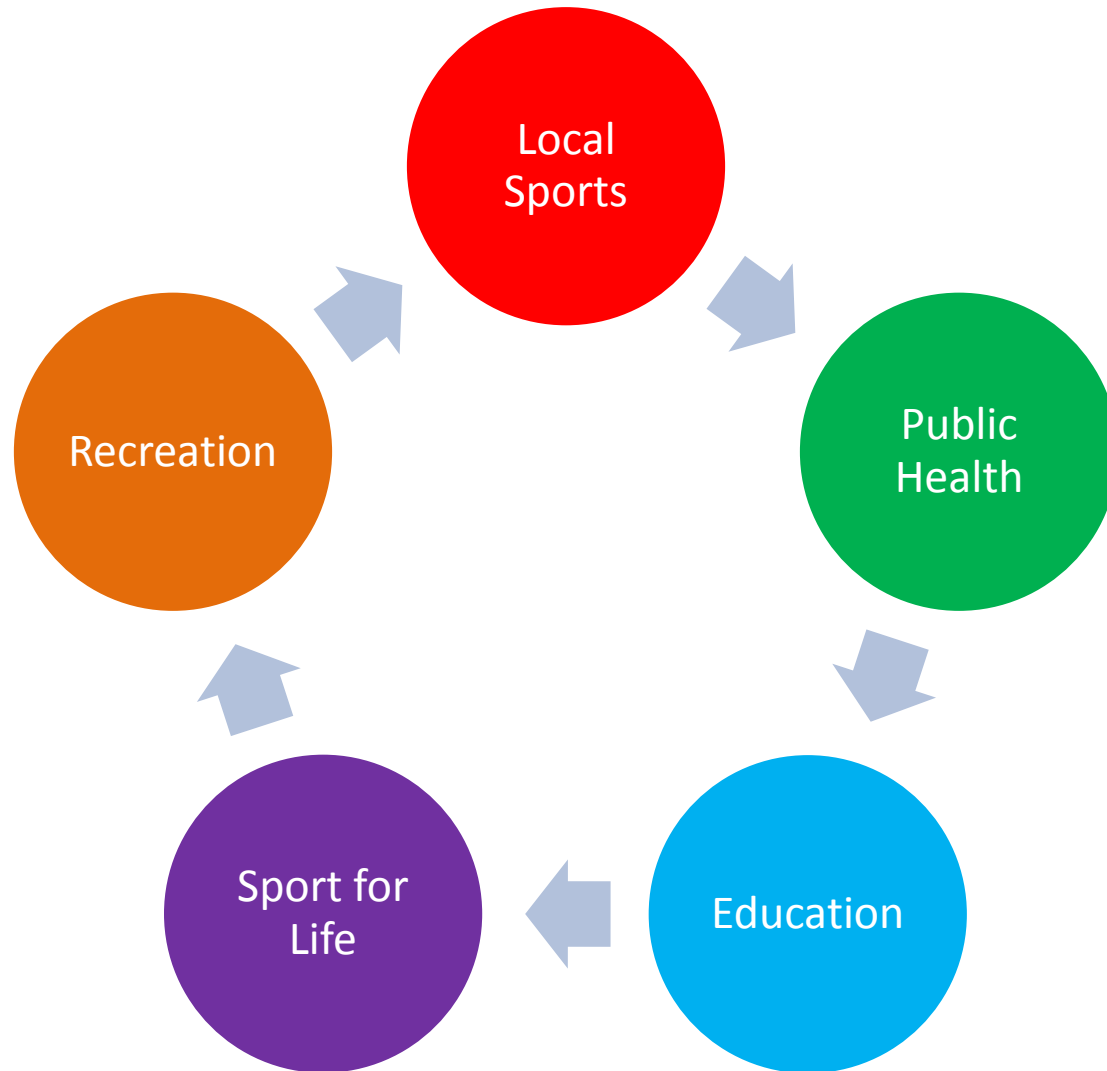
Community engagement
PL Pickleball pilot
Program enhancements

Surveys
PL Assessments
Reporting

MARKHAM IN  MOTION



IT TAKES A COMMUNITY ...



EDUCATION

- Markham Sports Day – 2015 & 2016 Annual Event
- Workshops – Sport for Life PL101, 201 & 301
- Kindergarten Brochure - Public and Catholic system
- Website with dedicated PL page (partners included)
- 20+ staff attended National Sport Summit & IPLC
- Markham Life Magazine distribution to 85,000 households

IMPLEMENTATION

- Physical Literacy & Pickleball school pilot project
- Markham In Motion Launch
- Recreation Program team integration efforts
- Council Resolution

Request for Council Endorsement

Now therefore be it resolved that the City of Markham:

- Recognizes the importance of physical literacy for all residents of the City of Markham.
- Believes all children and youth should have the opportunity to master fundamental movement skills and develop physical literacy through quality active programming in the City of Markham;
- Supports opportunities for all residents to develop physical literacy and maintain healthy active lifestyles.

EVALUATION

- Pre and Post Surveys Workshop Participants
- Pre and Post Surveys Students Pilot Project
- PL Assessment – PLAY Tools
- Final Survey – 150 Recreation Staff

PROJECT PICKLEBALL

Why Pickleball?

PICKLEBALL PROJECT OVERVIEW

Physical Literacy (PL) and Fundamental Movement Skills (FMS)

- Pickleball league & tournament
- 8 week School Program
- Sustainability

PHASE 1 – IMPLEMENTATION (April to June 2016)

Pickleball League & Tournament

- Organized league in spring & summer 2016
- 100 athletes participated in the leagues
- 144 athletes participated in the tournament
- FMS, Movement prep & warm up before the matches

PHASE 1 – IMPLEMENTATION (April to June 2016)

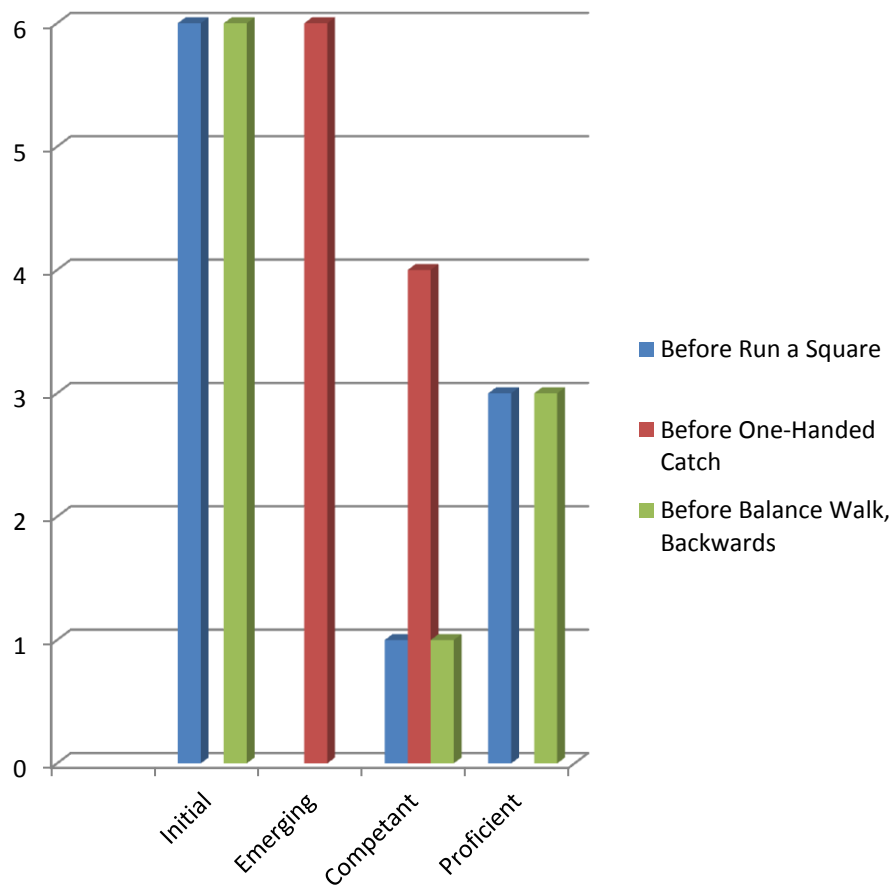
8 week School Program

- 50 elementary students in 2 schools
- Pickleball Association of Ontario- Partnership
- Equipment set (paddles, balls and nets)
- Lesson plans
- Pre and post assessments
- Inter-generational Play at Markham Pan Am Centre

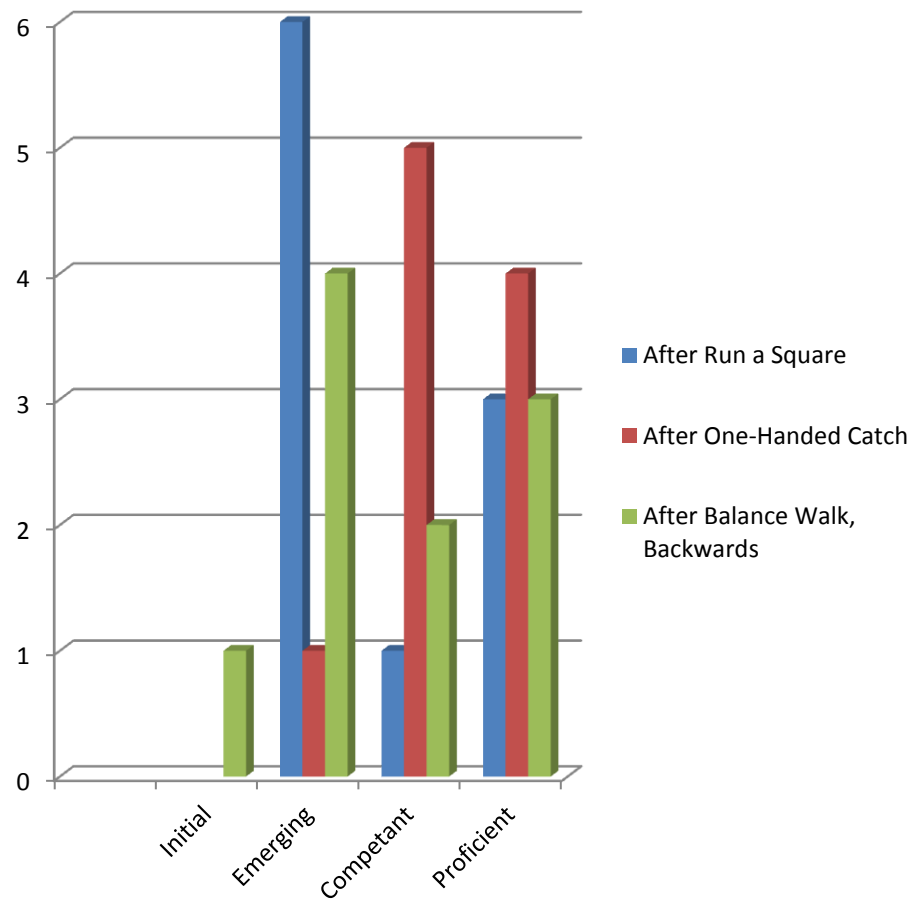


PLAY BASIC – PRE & POST ASSESSMENT

Pre Assessment



Post Assessment



PHASE 2 – IMPLEMENTATION (October 2016 & 2017)

Sustainability

- Partnership - York Region School Board & York Catholic Region School Board
- Train the Trainer workshop (15 teachers)
- Program expansion
- Equipment set (paddles, balls and nets)

NEXT STEPS

- Increase school partnerships
- Intramural Pickleball competition in selected schools
- Markham Pan Am Centre – Youth Pickleball Tournament in November 2017

KEY LEARNINGS

- Working Group – decision makers
- School Partnership
- Council Support
- “Produce” then “Promote”
- Systemic Integration

Thank you!

MARKHAM IN  MOTION

www.markhampanamcentre.ca