

# Aboriginal Communities: Active for Life



 Sport for Life

 Le sport c'est  
pour la vie



## Welcome!

Traditional Territory of the Algonquin Nation

Presented by:  
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 Sport for Life



# TRUTH AND RECONCILIATION

## Calls to Action

87. Tell stories of Aboriginal athletes.
88. Aboriginal Long-Term Participant Development Pathway leading to a vibrant well funded NAIG.
89. Amend the Physical Activity and Sport Act to reduce barriers and increase number of HP athletes.
90. National sports policies, programs, and initiatives are inclusive.
91. Indigenous peoples are engaged and the territorial protocols are respected.



# MEDICINE

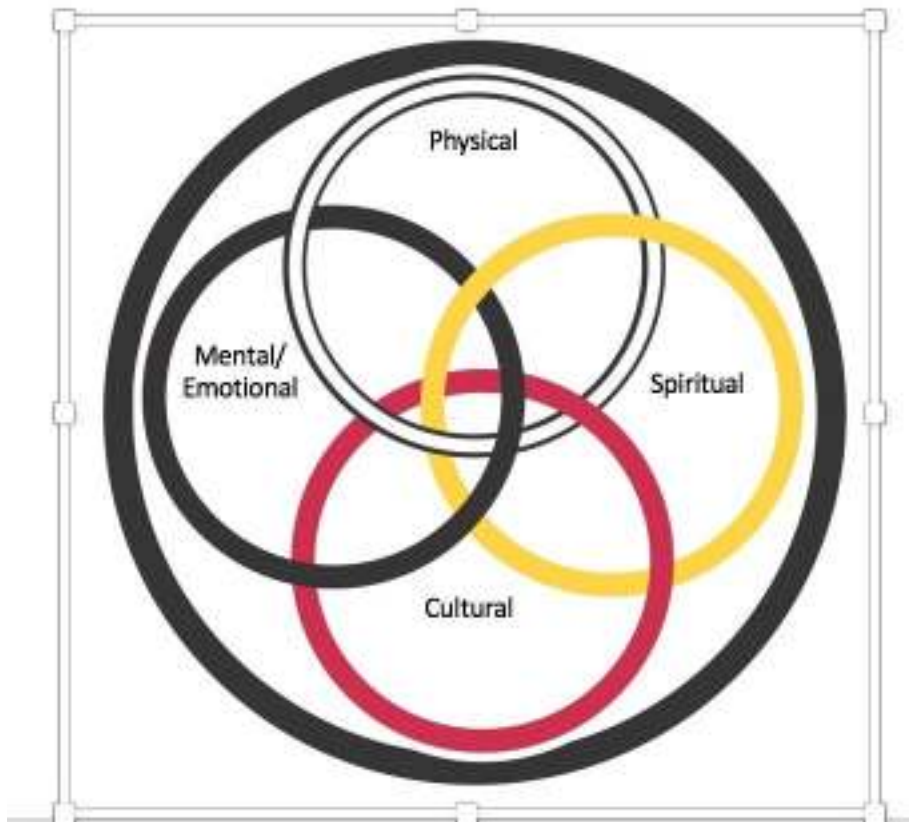
“This resource will help our children and youth across the country enjoy long, healthy, happy and good lives.”

“Honor the blessing that you have physically and then combine it with the mental and the physical and the cultural, so that you have a wholesome foundation for life.”

*- Chief Wilton Littlechild*



# A HOLISTIC MODEL / Medicine Wheel



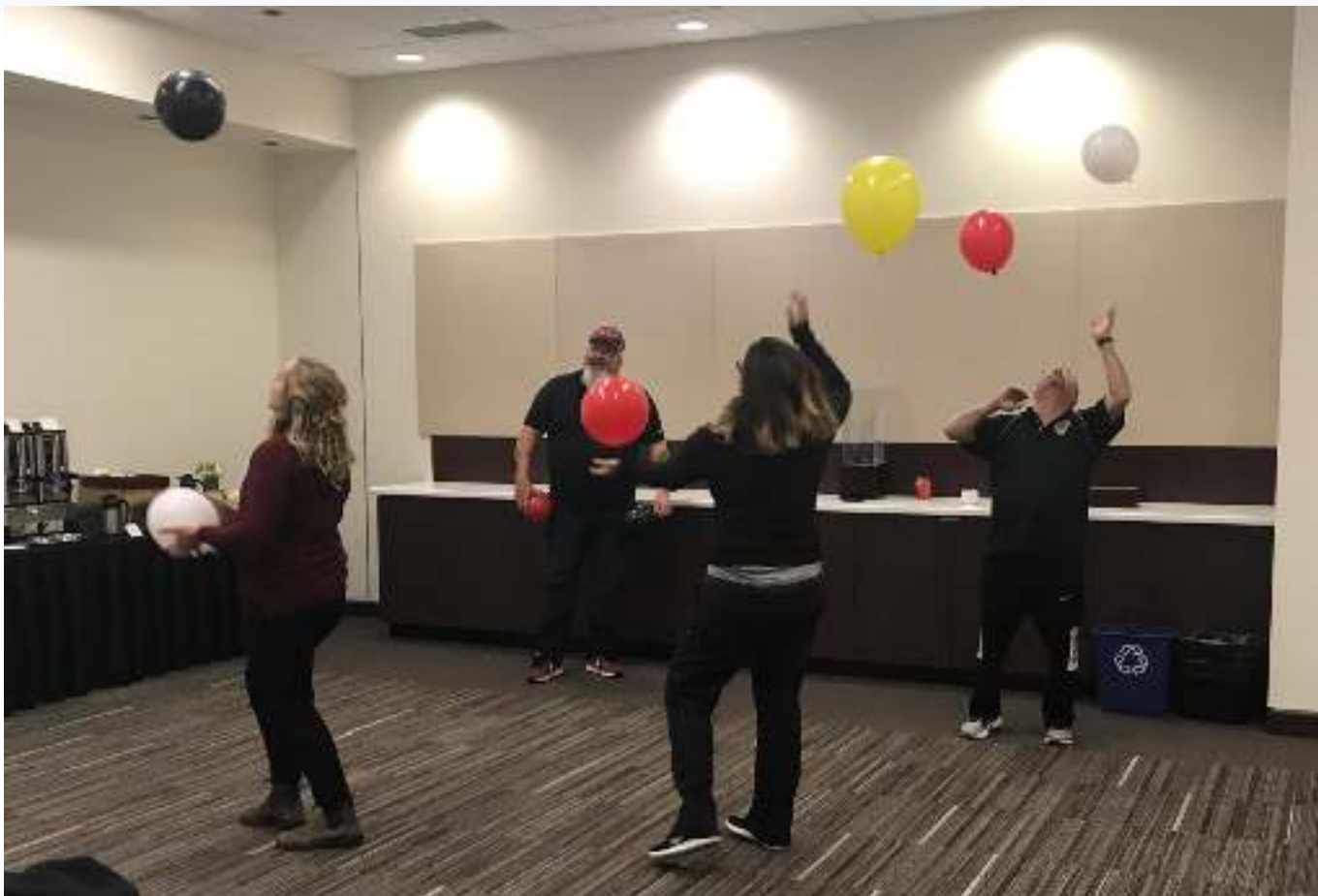
An Important symbol of unity, equality and healing.

A reminder of the interconnectedness of the physical, cultural, mental (intellectual/emotional) and spiritual aspects of each being.

# WORDS that RESONATE

- “Speak with People, Not at Them”
  - Honesty and Humility
- “Be the First to Listen”
  - Respect and Trust
- “Always do Your Best”
  - Responsibility and Integrity
- “Enjoy the Journey and Have Fun”

Looks like ... FUN!!!



# CULTURAL AWARENESS

## Haudenosaunee Tree of Peace and Clans

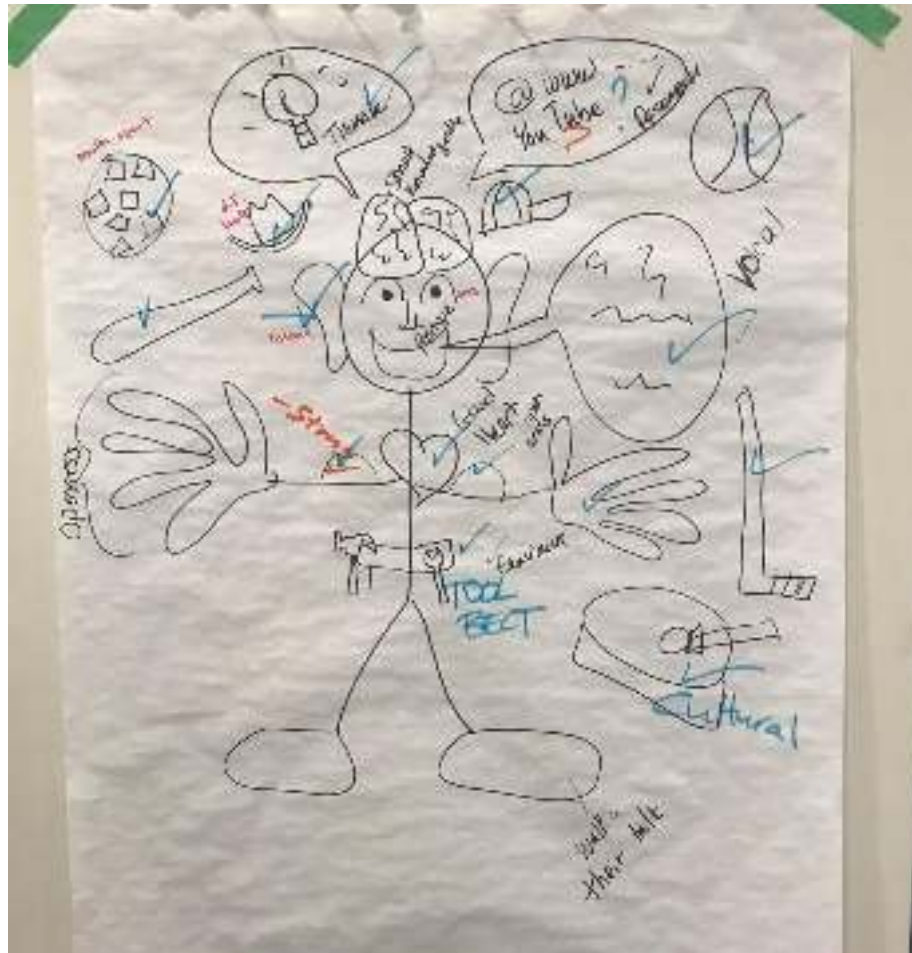


# TEAMWORK





# A Picture is worth a 1000 words



# Creativity and Problem Solving

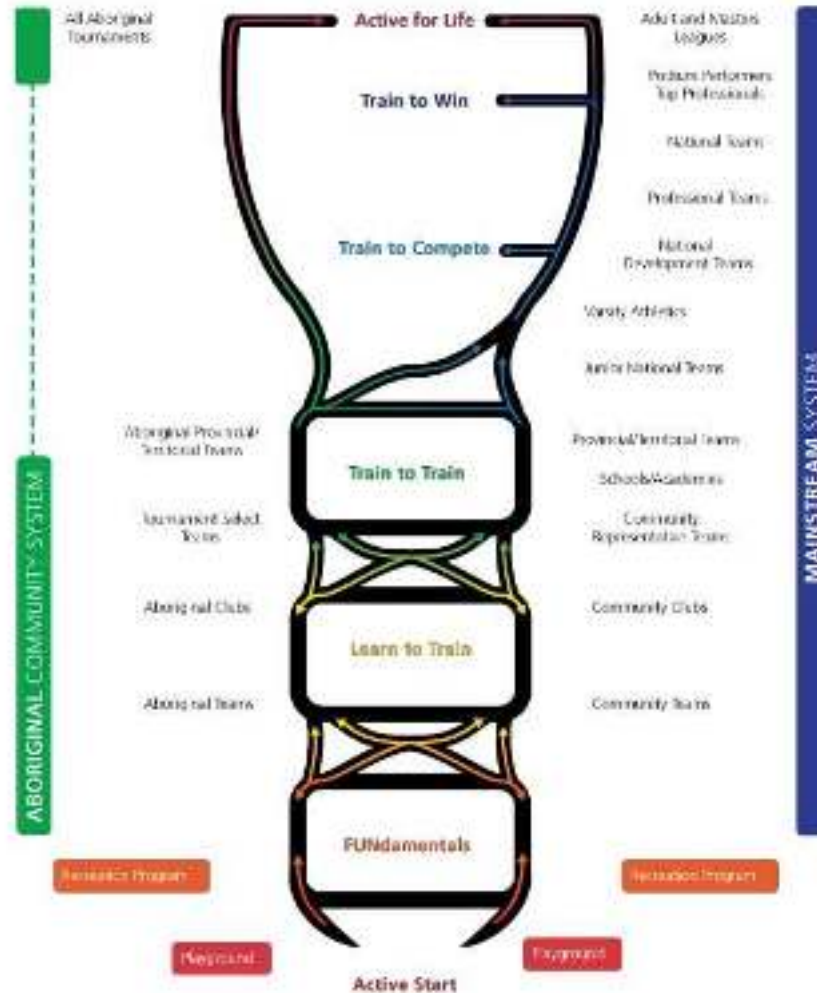


# THE FUTURE



# TWO STREAMS

FROM PLAYGROUND TO PODIUM:  
SUPPORTED BY FAMILY, FRIENDS, INSTRUCTORS, VOLUNTEERS, AND COACHES



# How to Create Quality Experiences in Sport and Activity

**FUN**

**WITH PURPOSE**

**EVERYONE INCLUDED & PARTICIPANT CENTERED**

**ALWAYS MOVING**

**PROGRESSIVE & CHALLENGING**



# Learn to Move and Learn to Play

## LIFE AS AN ACTIVE STORY

When we provide opportunities for our children to move and play from early ages, they gain movement skills.



As our kids practice movement skills, they gain the confidence to do those movements in different situations.

The more movements they can do, the more activities are available for them to take part in.



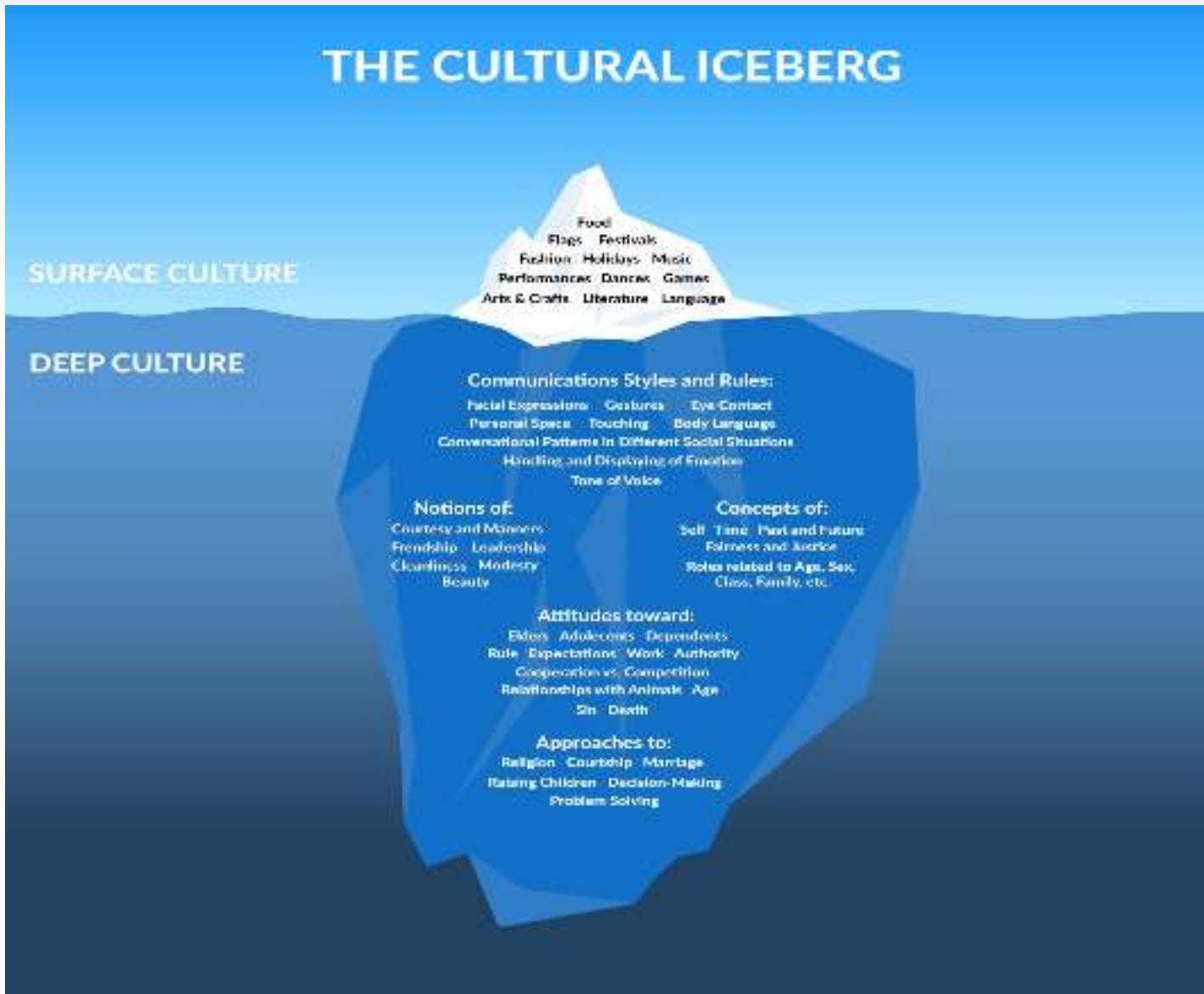
Fundamental movement skills like running, wheeling, jumping, throwing, catching, and many more are the building blocks to all movements.

As our kids do different movements and activities, they gain the confidence to participate in those activities.

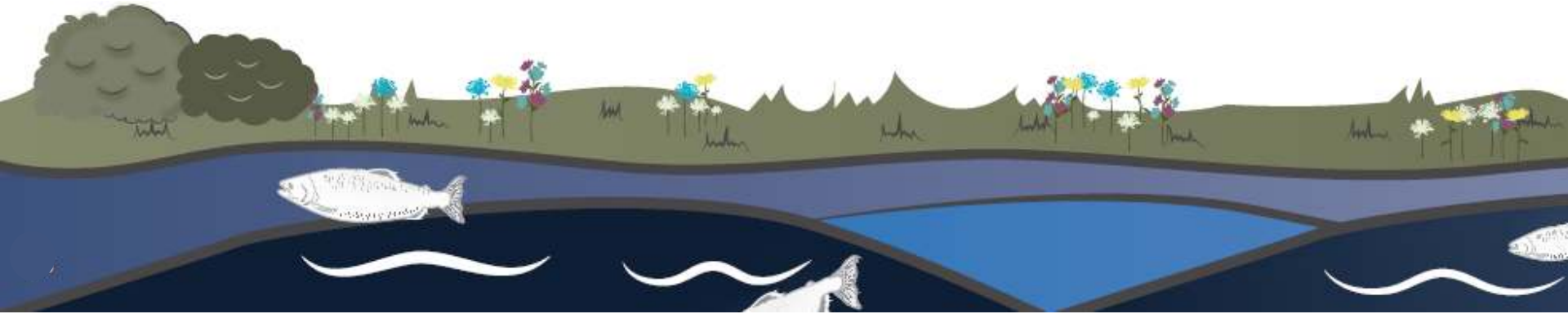


If they have fun, positive experiences, they will be motivated to keep coming back and to try more activities.

# The Tip of the Iceberg



# The Aboriginal Communities: Active for Life A Holistic Journey



## REFLECTION

WHAT WILL BE YOUR NEXT STEP?





# Aboriginal Sport for Life

## Resources & Workshops

### AUDIENCES

MAINSTREAM SPORT LEADERS



COACHES & LEADERS DELIVERING PROGRAMS TO ABORIGINAL PARTICIPANTS



ABORIGINAL COMMUNITY CHAMPIONS



### RESOURCES

Aboriginal Long-Term Participant Development Pathway 1.1

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Aboriginal Communities Active for Life

### WORKSHOPS

"Developing Cultural Appreciation to better include Aboriginal Participants in Sport and Physical Activity"

"Stepping Stones to Sport Participation"

"Developing Quality Sport and Physical Activity Programs in Aboriginal Communities"

### OUTCOMES

Increase cultural recognition & understanding/humility  
 Increase understanding of two streams  
 Increase support & inclusion of Aboriginal participants  
 Create & implement action plan

Increase understanding of the stages of LTAD/ALTPD  
 Do the best thing, the best way, at the best time  
 Improve the ability to run developmentally appropriate programs

Improve the quality of programs  
 Increase training & skill of community leaders  
 Develop physical literacy

What is the pathway?

- Positive, welcoming and inclusive environments for Aboriginal Participants
  - More athletes achieving their potential
- Healthy, happy and successful Aboriginal Peoples

# Thank You!



Interested in hosting or attending a workshop?

Contact: [Emily@sportforlife.ca](mailto:Emily@sportforlife.ca)

Visit: [www.sportforlife.ca/aboriginal-peoples/](http://www.sportforlife.ca/aboriginal-peoples/)

