



Abbotsford BC: Successful Alignment with Canadian Sport for Life and Physical Literacy in a Recreation Environment



Introduction

Highlighting the partnership between
the City of Abbotsford Parks Recreation
Culture and PacificSport Fraser Valley

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Through the strong partnership between the City of Abbotsford Parks, Recreation and Culture (PRC) and PacificSport Fraser Valley (PacificSport), this document will highlight how the Canadian Sport for Life framework can be incorporated into a recreation environment. The tools and templates included were originally designed, developed and implemented to enhance the quality of programming delivered by the City of Abbotsford PRC.

Executive Summary

The journey began with an exploratory conversation in December 2011 and has developed into a multi-layer initiative. The intent of the project was to develop resources to assist the City of Abbotsford PRC as well as make all the resources accessible for other recreation departments to access free of charge.

Since December 2011, this initiative has promoted the values of Canadian Sport for Life with an emphasis on incorporating physical literacy into recreation programming. This community-led project is a prime example of how sport, recreation and health sectors can collaborate to combine their strengths to create well-rounded programs offered in a recreation environment.

This document provides an example for how other municipal recreation departments can use the Canadian Sport for Life framework to enhance the quality of programming. Through this process, the many strategies tested are highlighted in the document and will provide insight as to how the initiative was developed and implemented.

This document will evolve over time as this project will continue to uncover new trends and information. As a result, this resource will foster a plan for the City of Abbotsford PRC to develop, provide and sustain high quality programming.



**CANADIAN
SPORT FOR LIFE**

quality sport & physical activity



PacificSport Fraser Valley: An Overview



A legacy of the 1995 Western Canada Summer Games, PacificSport Fraser Valley was created to serve the athletes, coaches, and volunteers of British Columbia's Fraser Valley. By providing a variety of innovative services and programs, the Centre helps athletes earn medals for Canada while introducing sport opportunities to the region's youth.

Currently meeting the needs of almost 200 registered athletes and coaches, the Abbotsford-based Centre, located at the Abbotsford Recreation Centre, is part of a network of five PacificSport Centres and three Canadian Sport Institute campuses around the province. In the Fraser Valley region, PacificSport Fraser Valley has identified four strategic areas on which to focus: Participation, Partnerships, Performance and Sustainability.

With the support of the Province of BC and viaSport, the network of PacificSport Centres, in partnership with Canadian Sport Institute Pacific, collaborates to deliver programs and services to support the full continuum of sport participation to sport excellence. The Centres work jointly to encourage growth in sport participation at the grassroots level and to increase podium performances in communities throughout BC.

PacificSport Centres are catalysts in promoting the Canadian Sport for Life movement to improve the quality of sport and physical activity in Canada. Through partnerships with recreation departments, school districts, health authorities and local sport organizations, efforts are under way toward aligning programming with the Canadian Sport for Life framework.



CITY OF ABBOTSFORD



Situated in the beautiful Fraser Valley, 50 minutes from Vancouver, Abbotsford is a unique blend of urban amenities and rural comfort – truly a city in the country.

As one of the fastest growing economies in the country, Abbotsford is the fifth largest city in BC with a vibrant and culturally diverse population of over 140,000 residents. Abbotsford's scenery and natural beauty are unrivalled, while the community also offers a thriving urban centre with all the amenities of big city living at a fraction of the cost.

abbotsford.ca

Abbotsford is a city that is growing in virtually every way, from businesses and neighbourhoods to cultural and community facilities. In fact, the City is home to world-class facilities such as the fully-accredited University of the Fraser Valley, the Abbotsford Regional Hospital and Cancer Centre and the Abbotsford Entertainment and Sports Centre, which houses the first professional AHL hockey team on the west coast. The Reach Gallery Museum is the cornerstone of the arts and culture scene in Abbotsford, which showcases the City's arts, heritage and culture; past and present. There is always something happening in Abbotsford, with the community hosting more than 200 annual festivals and social events each year, and with 189 parks, it's easy for Abbotsford residents to embrace the outdoor lifestyle. From hiking and biking to running trails, the City's feature attraction is the 35 kilometer Discovery Trail system which links the community from east to west.

The City is economically robust, fuelled primarily by the manufacturing, aerospace and agriculture sectors. Surrounded by an abundance of fertile grounds, Abbotsford is also the largest farm gate in the province, producing over \$450 million annually. Within this rural setting is the Abbotsford International Airport (YXX), which serves over half a million passengers a year. Easy connections and charter sun flights mean residents can fly just about anywhere in the world via Abbotsford.

Abbotsford is a city where the splendor of the natural surroundings meets the promise of the future — truly making it one of the best places in the province to live, work, stay and play.

For more information on the City of Abbotsford, log on to **abbotsford.ca**.



CITY OF ABBOTSFORD

City of Abbotsford Parks, Recreation and Culture (PRC)

The PRC department is responsible for planning, developing, maintaining, and operating all City parks, trails, cemeteries, recreation, and cultural facilities. It consists of four functions: Administration, Parks, Recreation, and Cultural Services

Abbotsford PRC is committed to delivering the highest quality recreation programming for all ages. In its sports programs, the instructors plan all of their lessons to prepare participants to be physically active and gain the fundamental movement skills for life. Instructors are trained to deliver high quality sports programs in a fun environment that will see children develop the skills to run, jump, catch and throw. Each instructor is trained to incorporate the skills associated with physical literacy and integrate them into each program in a way that will encourage, challenge and reward each child. With over 200 games in a games database, children will always be on the move!

At Abbotsford PRC, children and youth programs promote the holistic development of a child. Rather than specializing in specific skills at an early age, these programs encourage social, physical and mental development to help nurture well-rounded and successful individuals. Based on the belief that every child has the right to an active and healthy lifestyle, a variety of activities for all interests, ages and abilities are offered year-round.



PacificSport Fraser Valley and the City of Abbotsford have had an official partnership since 1996. In 2011, the City of Abbotsford invited PacificSport to relocate its head office to the Abbotsford Recreation Centre where it continues to operate.

PARTNERSHIPS

Partnership Between City of Abbotsford PRC, PacificSport Fraser Valley, Healthy Abbotsford and SCOPE

Recognizing health and nutrition as contributing factors toward the development of healthy children, this initiative also led to a new cross-sector partnership which included a local health organization, Healthy Abbotsford. This partnership underscores the value in collaboration and sharing of expertise among organizations toward a common goal of developing healthy and active children. SCOPE's 'Live 5-2-1-0' message is a simple and effective reminder that promotes eating healthy and being active which compliments the Active for Life messaging (see Glossary of Terms). This partnership was highlighted at the 2012 and 2013 Fraser Health 'Healthy Living Trade Show'.

To watch a video that was produced by Fraser Health that highlights the partnership in action go to: [youtube.com/watch?v=XY6XEzgOp6s](https://www.youtube.com/watch?v=XY6XEzgOp6s)

For more information about Healthy Abbotsford visit: healthyabbotsford.ca/

For more information on the SCOPE project and Live 5-2-1-0 visit: childhood-obesity-prevention.org/



Purpose of Document:

This document is designed to be a framework for other communities to reference to learn how a municipal recreation department can align with Canadian Sport for Life.

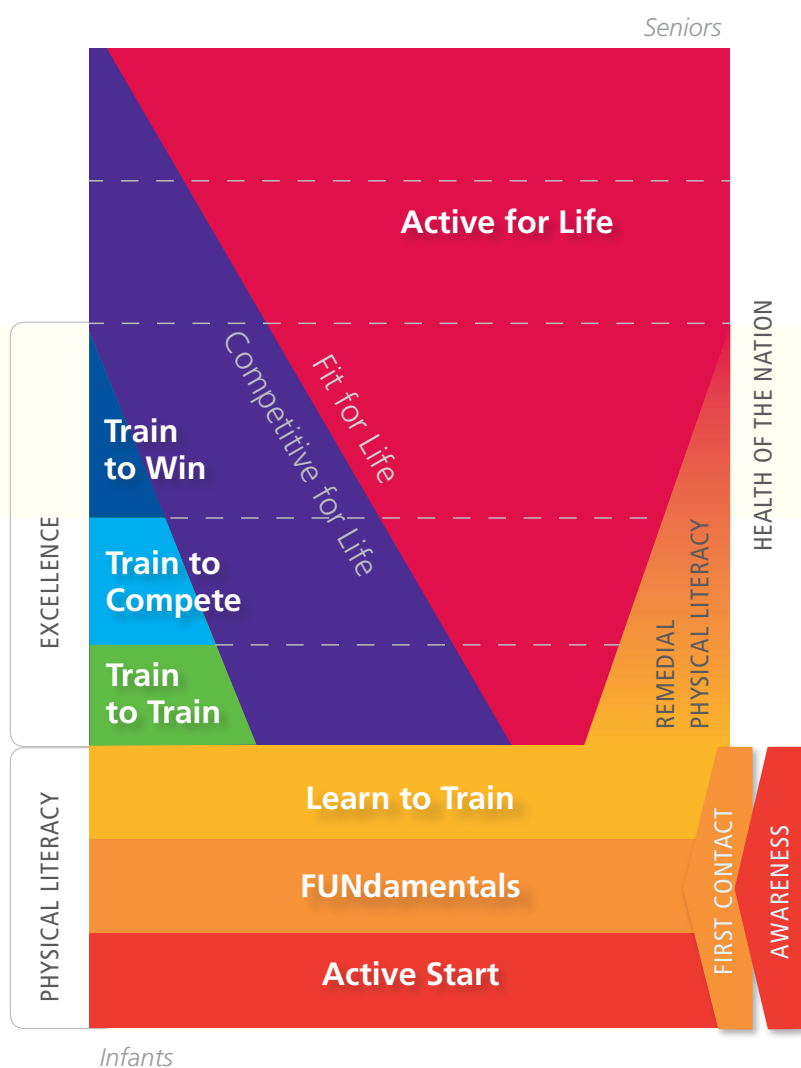
Not everything in this document will apply to every organization; however, there are components that can be taken from this resource and altered to suit other communities. This resource is also meant to highlight that aligning with Canadian Sport for Life does not have to be instantaneous; but, rather, is a process to be phased in over time.

This text will also allow readers to get a sense of how the implementation of this project has progressed from the perspective of the City of Abbotsford PRC staff who were directly involved with all steps in this process. To share this perspective, the Manager of the Abbotsford Recreation Centre (ARC) and Community Recreation Coordinator of the ARC have provided

their insight as to how this project has evolved over time. They have highlighted successes, challenges and ideas for future development. Another feature of this document involves getting perspectives from other recreation departments in the Fraser Valley about how this resource would be a useful tool for their community.

It must be noted that phasing-in Canadian Sport for Life was not entirely smooth. Various challenges arose and were overcome throughout the process; these will be highlighted later in this document. Understanding these challenges can serve as cautions and methods of troubleshooting for other communities engaging in the Canadian Sport for Life framework.

Canadian Sport for Life



Canadian Sport for Life (CS4L) is a movement to improve the quality of sport and physical activity in Canada. CS4L links sport, education, recreation and health and aligns community, provincial and national programming. canadiansportforlife.ca

Long-Term Athlete Development (LTAD) is a seven-stage training, competition and recovery pathway guiding an individual's experience in sport and physical activity from infancy through all phases of adulthood.

Physical Literacy means having the fundamental movement skills, fundamental sports skills and motivation that enable an individual to read their environment and make appropriate decisions while moving confidently and with control in a wide range of physical activities in both indoor and outdoor environments.

In summary, this process has demonstrated that aligning with Canadian Sport for Life is not a complete overhaul of what is currently being delivered, but rather, a 'shift in the mindset and a tweak of the programs.'

PROJECT START: INITIAL DISCUSSIONS ABOUT CANADIAN SPORT FOR LIFE & PHYSICAL LITERACY BETWEEN PACIFICSPORT FRASER VALLEY & ABBOTSFORD RECREATION CENTRE MANAGER.

DEVELOPMENT OF MARKETING STRATEGIES, PHYSICAL LITERACY SYMBOL, PROGRAM DESCRIPTION, PROGRAM GUIDE LAYOUT

PRESENTATION TO RECRUIT THE UNIVERSITY OF THE FRASER VALLEY FOURTH YEAR INTERNS

RECREATION ANALYSIS CONDUCTED BY UNIVERSITY OF THE FRASER VALLEY INTERNSHIP STUDENTS & PACIFICSPORT FRASER VALLEY

PHYSICAL LITERACY & GAMES WORKSHOP FOR CITY OF ABBOTSFORD STAFF

CO-HIRED RECENT UFC GRADUATE AND FORMER INTERN TO DEVELOP TOOLS FOR PRC

PACIFICSPORT FRASER VALLEY PRESENTATION AT BCRPA SYMPOSIUM IN VICTORIA, BC ABOUT PARTNERSHIP AND HIGHLIGHTING ANALYSIS

CITY OF ABBOTSFORD: TIMELINE

12-Dec-11

Jan-12

20-Jan-12

30-Jan-12

Feb-Apr-12

Apr-12

Apr-12

May-12

May-July-12

Jun-Aug-12

Sep-12

15-Sep-12

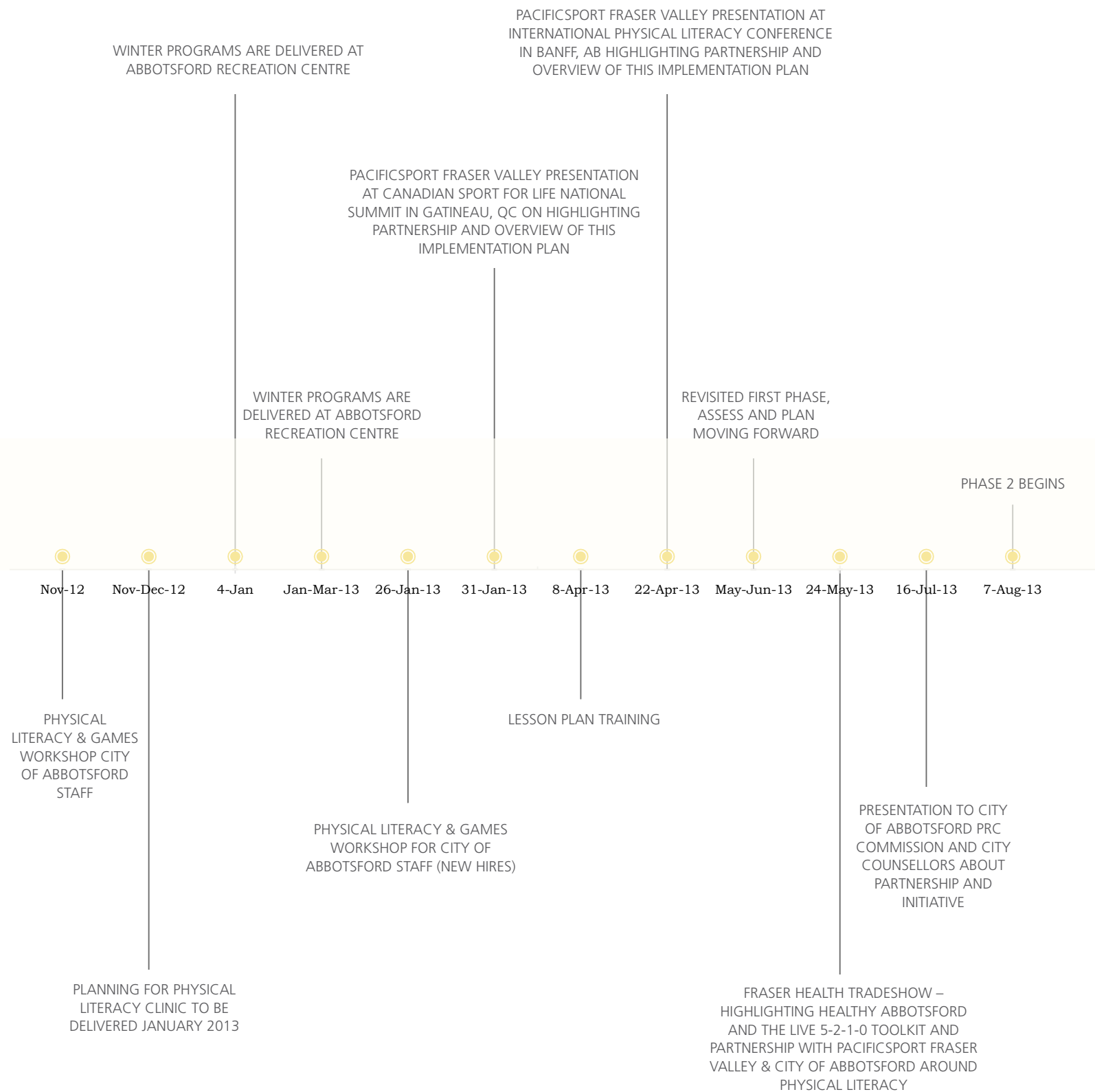
CANADIAN SPORT FOR LIFE & PHYSICAL LITERACY PRESENTATION TO ABBOTSFORD PRC MANAGERS AND DIRECTORS

FIRST DRAFT OF THE STEP BY STEP IMPLEMENTATION PLAN

FRASER HEALTH TRADESHOW – HIGHLIGHTING PARTNERSHIP BETWEEN CITY OF ABBOTSFORD, HEALTHY ABBOTSFORD & PACIFICSPORT FRASER

FINDINGS SHARED WITH ARC MANAGER INCLUDING RECOMMENDATIONS

INFORMAL PRESENTATION TO PRC PROGRAM STAFF ABOUT CANADIAN SPORT FOR LIFE, PHYSICAL LITERACY AND PARTNERSHIP BETWEEN CITY OF ABBOTSFORD & PSFV



CITY OF ABBOTSFORD PRC STEP-BY-STEP IMPLEMENTATION PLAN

This is an evolving document that has been modified several times based on the learnings and challenges encountered throughout this process.

The 'Physical Literacy Implementation Plan' has been divided into three stages as it has taken a phased in approach. Stage 1 focuses on the preparation for rollout, Stage 2 consists of implementation and sustainability and Stage 3 highlights sustainability and adaptability to other PRC program areas (ie. Arenas and Aquatics).

As of August 2013, Stage 1 has been completed and Stage 2 is underway. Below is a breakdown of Stage 1 and provides details on the process and strategies used.

Stage 1: Community Recreation Program – Preparation for Rollout

Step-by-Step Implementation Plan

A

Assess current community recreation sport program offerings

within community recreation department in conjunction with PacificSport and University of the Fraser Valley (UFV) Kinesiology interns by March 2012. (To view the full analysis go to pacificsportfraser valley.com/index.php?p=12_5_Resources)

To better understand how programs were being delivered, PacificSport utilized its partnership with UFV to recruit fourth year Kinesiology student interns to assist in this assessment process. Together, PacificSport and the student interns examined how a few select programs were being delivered.

ARC offers a number of sports programs for children of a wide range of ages, and includes activities such as badminton, floor hockey and soccer. Each of the sports and activities covered in the recreation programs at ARC utilize and have an opportunity for participants to develop a variety of the fundamental movement skills, and potentiating lifelong physical literacy. In order to help ARC best actualize the possible beneficial impact it could have on children in the community, UFV Kinesiology interns and

PacificSport conducted a series of staff and class observation sessions, and several informal discussions as a way to gauge various aspects of the children's recreation class experience.

During these observation sessions, the analysis was conducted using qualitative and quantitative measurement tools. To see which fundamental movement skills were included in the programming and how frequently participants had an opportunity to practice those skills, assessors used a spreadsheet (See Appendix A). Through a modification of the PHE Canada Physical Literacy Checklist, assessors looked at the questions to gain qualitative information and were able to have a few discussions with leaders delivering the programs. For more information visit: phecanada.ca/programs/physical-literacy/physical-literacy-checklist

From this analysis, three main recommendations were made:

- 1) Provide more staff training pertaining to their role**
- 2) Provide resources to assist with lesson plans and game development**
- 3) Develop defined outcomes for each program offered**

B Begin to develop a brand and marketing campaign for implementation of the Physical Literacy Program (Winter/Spring 2013 Program Guide).

Recognizing that the senior staff at the City of Abbotsford PRC had an idea of what the implementation plan was, it was equally important to begin to showcase this through various avenues for the public to become informed. A meeting between PacificSport, City of Abbotsford PRC and City of Abbotsford Marketing Department identified the first steps toward developing a brand and marketing campaign. Given that physical literacy is an emerging term, it became a priority to include such language in the program guides, as well as in other areas of the ARC and in PRC promotional materials provided to the community. In order to begin the education process for the general public around the term of physical literacy, marketing materials, physical literacy language and the use of icons were critical. It was also important for the community to see the changes implemented by the City of Abbotsford PRC thereby demonstrating the extra value attached to signing up for its programs.

C Educating and Training Staff

Since many of the new marketing materials were included in the program guides, it was important for front line workers, coordinators and programmers to have a solid grasp on the concept of physical literacy, as well as the implementation plan.

PacificSport shared knowledge with staff about Canadian Sport for Life, physical literacy and the staff's role when delivering programs. Also discussed was how to communicate with parents about physical literacy. Some key resources were highlighted, enabling the staff to become more knowledgeable about the importance of physical literacy (see resources at the back of the document).

The next step was to provide specific training to staff members to increase their technical and practical knowledge to better equip them to design, coordinate and deliver programs. City of Abbotsford PRC Coordinators and Programmers took the National Coaching Certification Program (NCCP) Fundamental Movement Skills Community Leaders Course. This course

covered the technical knowledge to assist community leaders to teach skills, and also how to incorporate skill development opportunities into games. For more information about the NCCP Fundamental Movement Skills Course visit: coachesbc.ca/multi-sport-coaching-courses.

PacificSport delivered two Physical Literacy and Games Workshops for the front line staff who would be leading the sports programs included in the first stage of programs that incorporated physical literacy. Although tailored for the front line staff, coordinators and programmers also attended these workshops. The workshops provided necessary background information, an overview of physical literacy and tips on how to design and deliver quality games. For more information on the Physical Literacy and Games Workshop, and a testimonial from a City of Abbotsford Recreation Coordinator, see appendix B.

The full document can be downloaded at pacificsportfraservalley.com/web_documents/coa_pl_in_rec_setting.pdf

One of the three main recommendations of the analysis conducted by UFV interns and PacificSport was that there needed to be more of an emphasis on lesson plans to ensure each game, drill and session has a purpose. Chilliwack Sports Academy (chilliwacksportsacademy.com/COACHING_CLINICS.html) offers a Lesson Plan Training Workshop and delivered a session that provided front line workers knowledge and tools to develop quality lesson plans that include game progressions and other considerations.

PacificSport and City of Abbotsford PRC also hired a contract worker to design a lesson plan template and games database for community recreation staff to use in preparation for the start of the spring/summer programs. The lesson plan template is available at pacificsportfraservalley.com/index.php?p=12_5_Resources.

1. Incorporate physical literacy into existing child and youth sport programs within the City of Abbotsford - January 2013

Since this rollout took a phased-in approach, sports programs offered were transformed first to incorporate what had been learned in the training and then to how the programs should be delivered. In the 2012-13 Winter/Spring Guide, these programs were identified with an icon. Underneath the icon it mentions to



“Look for this symbol throughout our program sections for activities that promote and incorporate the development of physical literacy”.

Stage 1 Outcomes

2. Increase public awareness of the benefits of physical literacy - September 2012

- Program guide included common language around Canadian Sport for Life, physical literacy and Active for Life
- Marketing materials have been developed and signage implemented at the Abbotsford Recreation Department
- A sign board outside the ARC
- A poster (see appendix D)
- Display at entrance at ARC
- A webpage was created to provide information online about physical literacy and the programs offered at the ARC:
abbotsford.ca/parksrecreationandculture/recreation/physical_literacy.htm
- A parent letter was distributed to parents of program participants providing information about physical literacy and how the City of Abbotsford PRC is doing their part to develop well-rounded children (see example in Appendix E)

Discovering
Physical Literacy

The Total
Kid Formula!

Active Start (NB - 6yrs)
At the Active Start Stage, children should be encouraged to run, jump, catch, throw, balance and alter their body shape.

Look for these Active Start programs in the PRC Program Guide:

- Soccer
- Tot-T-Ball
- Tumbling Tots
- Rumble Tumble
- Preschool Mix it Up Sports
- Floor Hockey Mini Superstars

What is Physical Literacy? Just as children need to be taught to read and write, they also need to be taught how to run, jump and throw! Children that develop the fundamental movement skills will participate in physical activity more and be active for life!

Look for this symbol for programs that incorporate Physical Literacy.

Physical Literacy Clinics (2yrs - 12yrs)

Come and experience what physical literacy is all about as we explore the skills of running, jumping and throwing through fun games and activities. This is an introduction to the fundamental movement skills taught through our sport programs.



Abbotsford Recreation Centre

Active Start (2yrs - 3yrs)

Jan 4 F 9:30am - 10:15am 1/\$5 193580

Active Start (4yrs - 7yrs)

Jan 4 F 10:30am - 12:30pm 1/\$7 193581

Fundamental Sports Skills (8yrs - 12yrs)

Jan 4 F 1pm - 4pm 1/\$10 193582



Style Guides

Canadian Sport for Life has plans to develop a style guide designed to assist communities with standard marketing materials that can be used to spread the key messages. The style guide will contain the Canadian Sport for Life logos, the major figures/graphics that are used, as well as graphic standards and guidelines. The goal of this guide is to ensure partners have easy access to the proper marketing tools which will help maintain the integrity and consistency of the Canadian Sport for Life content across the communities embracing the Canadian Sport for Life movement and the Long-term Athlete Development framework.

Stage 1 Outcomes

Physical Literacy Clinic

This event was intended to provide parents with a learning opportunity and children with a chance to participate in a wide range of games led by trained staff. It was highlighted in the Fall 2012 PRC Program Guide and the 2012-2013 Winterfest Guide (included in the file available to download at: pacificsportfraservalley.com/index.php?p=12_5_Resources).

Of the three sessions offered, only one session was delivered due to low registration. Below are the details regarding the event. January 2013 at Abbotsford Recreation Centre – 20 children

Instruction: Two hours of age and developmental appropriate games that included a wide range of fundamental movement skills.

Presentation to Parents – PacificSport and a City of Abbotsford PRC Programmer delivered a brief presentation to provide some background information on the initiative. A letter about Canadian Sport for Life, physical literacy and how the City of Abbotsford is applying these principles to certain programs was provided to parents. (See Appendix E)

Parent Survey (See Appendix F)

Below are some perspectives from the City of Abbotsford PRC staff and PacificSport Fraser Valley staff on the physical literacy initiative.

1. OVERALL ROLES (PLANNING AND IMPLEMENTATION)

Jenny Thornton – Manager of Abbotsford Recreation Centre

As the Manager of Community Recreation, I was the first point of contact in meeting with PacificSport to discuss the physical literacy initiative and potential partnership. Community Recreation was a natural fit to implementing physical literacy based on the children's sport programs planned through this department. Once a partnership agreement was made between PRC and PacificSport, I developed a project framework to outline the steps required to implement the program. This framework included 3 phases to identify the importance of physical literacy being implemented and advocated in community recreation and beyond, into other recreation areas and to our local schools and sport organizations. At this point I engaged our Community Recreation Coordinator and had this individual take the lead with PacificSport for phase 1 implementation (program delivery analysis, lesson plan template and game resources and staff training). At the same time, I took the lead on working with our marketing department to develop the physical literacy marketing plan. This included a logo and tag line, icons, material in the program guide, poster templates, website page etc. I also took the lead on overseeing the entire project on behalf of PRC and communicating information to senior management and department colleagues.

Ryan Coreau – Community Recreation Coordinator

My role in the project was to incorporate physical literacy into our sport programs. This meant developing training for staff, educating staff on the lesson plans and games database, ensuring that physical literacy language and games were being used in the programs, developing tools to educate parents about physical literacy and gaining valuable feedback on the outcomes of the programs.

Eric Sinker – Sport Participation Coordinator with PacificSport Fraser Valley

My role with PRC began with presenting ideas on how our organizations could collaborate on bringing the Canadian Sport for Life movement and the Long-term Athlete Development framework into the PRC's program offerings. I was involved with informing the department on Canadian Sport for Life, explaining concept of physical literacy and how recreation plays an integral role. I assisted the ARC Manager on the implementation plan, delivered several presentations to staff and facilitated the NCCP Fundamental Movement Skills Course and Physical Literacy and Games Workshops. It really helped that our office is located at the ARC since we were able to be in close contact throughout the initial stages of the project.

Perspectives

2. PERSPECTIVE ON THE INITIATIVE AS A WHOLE

Jenny Thornton – Manager of Abbotsford Recreation Centre

This initiative is a great collaboration of expertise and resources between two organizations that promotes the importance of a child's early development in health, wellness and basic movement skills. PacificSport is the conduit and resource to provincial and federal sport organizations including Canadian Sport for Life and Active for Life; two key resources in the planning and implementation of the Physical Literacy Partnership Program. PRC is the key provider of sport and recreation program delivery and has a strong connection to the community at a local level in advocating the importance of health and wellness initiatives. Combining these key organizational strengths created a very successful program.

It is important to note the continuation of the partnership once physical literacy programming has been implemented to continue advocating and promoting physical literacy to the community.

Jenny Thornton *cont.* Physical literacy is the foundation on which we deliver activities in our recreation programs and ensures we are the main providers for children in developing the fundamental movement skills for lifelong enjoyment and success in sport and recreation.

Ryan Coreau - Community Recreation Coordinator

Bringing physical literacy into recreation programs is a logical progression as we are here to encourage the overall development of healthy, active children. Our programs are targeted at those starting out in sports and, through the development fundamental movement skills through the Active Start and FUNdamentals stages, we are able to see children participate in a wide variety of programs.

Perspectives

Eric Sinker – PacificSport Fraser Valley

This initiative has further entrenched PacificSport as being a regional expert in the Fraser Valley. It has been an incredible journey thus far as it has been a shared learning experience and a prime example of how sport, recreation and health can share expertise with a common goal for a healthier community. It has also strengthened relationships with key community partners including the City of Abbotsford PRC, UFV and Healthy Abbotsford.

3. HIGHLIGHTS FROM THE PROCESS

Jenny Thornton – Manager of Abbotsford Recreation Centre

Marketing Plan and bringing the program to life

The great work produced from the practicum students in the program evaluation, lesson plan template and game resources

Strong working relationship between PacificSport and PRC (key component!)

Ryan Coreau – Community Recreation Coordinator

Letter to parents at the beginning of the program highlighting physical literacy

Evaluation at the end of program

Games resources

Lesson Plans

Staff training, Lesson Plan Training Workshop, NCCP Fundamental Movement Skills Course, Physical Literacy and Games Workshop

Write-ups in the Recreation Guide highlighting physical literacy

Logo in the Recreation Guide highlighting programs that incorporate physical literacy

Ads and posters with programs that incorporate physical literacy

The Physical Literacy Clinic

Eric Sinker – PacificSport Fraser Valley

Step-by-step Implementation Plan

Fraser Health video highlighting the partnerships in Abbotsford

Opportunity to highlight the work that is being done in Abbotsford at provincial, national and international conferences

Completing the phase 1 outcomes

Enhanced relationship between community partners

Development of a free resource other communities can use

4. WHAT WERE SOME OF THE CHALLENGES YOU FACED THROUGHOUT THIS PROCESS?

Jenny Thornton – Manager of Abbotsford Recreation Centre

Developing and implementing the program in conjunction with an already heavy work load for both the Community Recreation Manager and Coordinator

Staff training, staff buy-in, attendance at training and follow through with physical literacy implementation. We use part time contract staff for our program delivery

Getting information out to the community in a clear and effective manner

Ryan Coreau - Community Recreation Coordinator

Staff turnover in positions due to availability

Training staff who were then not available during program times

No clear set of objectives outlined in classes. For example, in swimming they are in a group set by skill level rather than age, and need to be able to do specific elements before they progress. Skill levels can be all over the map so one child who can jump well might be far better than another child who is new to the sport but they are still in the same program.

Wide variety of programming so the focus from one program does not relate to the focus in another program

Staff plan programs from home but do not have access to the general data base at home

Limited use of computer time at recreation centres means that storing and sharing of program ideas is limited

Eric Sinker – PacificSport Fraser Valley

Staff turnover

PacificSport services ten other communities in the Fraser Valley

5. HOW CAN THESE RESOURCES BE USED WITHIN THE CITY OF ABBOTSFORD?

Jenny Thornton – Manager of Abbotsford Recreation Centre

All of the physical literacy resources are being used in our community recreation sport programs for children between the ages of 3 - 9 years. A central location on our computer network includes all of the resource material for lesson planning, games and activities and staff training information. In addition, the Canadian Sport for Life Framework and the Active for Life Project were key resources in the Physical Literacy Project Plan.

Ryan Coreau – Community Recreation Coordinator

The training sessions, NCCP Fundamental Movement Skills Course and Physical Literacy and Games Workshop helped to teach and develop learning outcomes for the staff and the resources build on that. The resources we use are the NCCP Fundamental Movement Skills Manual, Games Workshop worksheet and the games and lesson plan databases. These resources are used by the instructors to plan and implement the programs that incorporate physical literacy.

6. HOW CAN THESE RESOURCES BE HELPFUL TO OTHER RECREATION DEPARTMENTS?

Jenny Thornton - Manager of Abbotsford Recreation Centre

We can share these templates and resources for other recreation departments to utilize.

Ryan Coreau - Community Recreation Coordinator

The resources provide training and common games that can be shared amongst instructors. They give a starting point for training new instructors.

Summary of Strategies on Aligning Recreation with Canadian Sport for Life

A) RECREATION'S ROLE WITHIN CANADIAN SPORT FOR LIFE FRAMEWORK

Keep it simple! Include simple messaging in program guides. Below are some key messages and quotes from the Winter/Spring 2013 Program Guide. This guide can be downloaded from: pacificsportfraser valley.com/index.php?p=12_5_Resources

"The Total Kid Formula" and "Active Kids are Super Kids"

"Research studies report that parents who work on the physical intelligence of their child, as much as any other aspect of their child's growth, will have a more balanced and successful child"

Use of Canadian Sport for Life language in program descriptions

Use consistent program titles and descriptions that are delivered at all recreation centres. Example: Tot T-ball (3 - 5 years)

"Get an Active Start and get your little one introduced to the fundamental movement skills and t-ball skills such as throwing, catching and hitting through fun games and activities"

Create the association between programs offered and how they develop physical literacy with an emphasis on the development of the whole individual

Summary of Strategies

"Forget Sugar and Spice! We know that active kids are made of running, jumping and throwing. These types of movements are the basis of physical literacy. Children with physical literacy are capable of anything!"

Quotes from the Canadian Sport for Life website: "From 0-6 years, boys and girls need to be engaged in daily active play. Through play and movement, they develop the fundamental movement skills that will provide the foundation for learning fundamental sports skills at older ages. Children in the Active Start stage should see physical activity as a fun and exciting part of everyday life."

"At Abbotsford Parks, Recreation and Culture, our children and youth programs promote the holistic development of a child. Rather than specializing in specific skills at an early age, our programs encourage social, physical and mental development to help nurture well-rounded and successful individuals."

Use testimonials from parents:

"Adam was in the Floor Hockey Superstars program in the spring, and he had a blast! I didn't know about physical literacy, but it makes sense to develop all their athletic abilities the same way I want him to be involved in music, sports and academics to become a well-rounded individual. I could see that Adam was learning more than just hockey skills, as he was becoming more coordinated when running, jumping and balancing."

B) EMPHASIS ON BRANDING AND MARKETING

Use program guides, posters and video boards to inform and educate the public on why the programs being offered will help develop the whole child.

See Appendix D for a sample of two posters that were used at the Abbotsford Recreation Centre.

C) PROVIDING A LETTER FOR PARENTS

Letters to parents are a great way to reach the target audience and for parents to learn more about what their child will be learning. It also increases the accountability on those who are delivering the program to ensure they are working towards specific outcomes of each program.

See example in Appendix E.

D) TRAINING STAFF TO DELIVER WELL ROUNDED PROGRAMS

Develops awareness, knowledge, skills, confidence to those delivering programs so they can also communicate to parents

E) INTRODUCTORY PROGRAMS AND THE LINK TO LOCAL SPORT ORGANIZATIONS

A long-term goal of this initiative is to engage local sport organizations to create opportunities for children to learn fundamental movement skills in a variety of environments by a program that encompasses swimming, skating, gymnastics, karate and games.

F) DEVELOP KEY PARTNERSHIPS IN THE COMMUNITY

Align with health authorities and organizations that promote healthy kids (ie Healthy Abbotsford and the 5-2-1-0 Message.)

Engaging post-secondary Institutions in the area (kinesiology, health promotion, Nursing)

Students to assist with research

Stroke recovery seminars

Future program leaders

Camp leaders

Athletics department and varsity teams (camps, staff, leadership)

Information sharing with other municipalities

Local sport organizations/sport councils

School districts (leadership classes and prospective leaders to deliver summer/spring/winter camps)

Summary of Strategies on How to Incorporate Physical Literacy into Programming

- Plan and outline
- Develop a strategy that works for your community
- Create a plan with defined outcomes and timelines
- Determine priorities
- Staff training
- NCCP Fundamental Movement Skills Course, HIGH FIVE® training, Physical Literacy and Games Workshop, Lesson Plan Training Workshop
- Learning outcomes for each program include social, emotional, cognitive and physical development opportunities
- Ensure sustainability because once lesson plans are finished they can be compiled and used so they do not have to be redeveloped in the event of staff turnover
- Engaging parents
- Design program guide layouts with non-technical language
- Provide a parent information letter upon registration of program (*see Appendix D*)
- Deliver presentations and seminars to educate and inform about goals of department (this could be done right after the children are dropped off to ensure captive audience)
- Hiring certified leaders to deliver programs

Next Steps with the City of Abbotsford

- Identify goals for each program will elevate the program quality. It may take a while for each program to adopt specific learning outcomes, but the long-term benefits will make it worthwhile.
- Ensuring more accountability on the staff who are delivering the sessions
- Providing a framework for staff who are designing lesson plans
- Quality lesson plans
- Provide the base for consistent quality programs
- Works towards each lesson plan is designed to work toward program outcomes
- Incorporate a wide range of games that can develop multiple fundamental movement skills and keep children engaged
- Include progressions for games that can be adapted based on participants skill level
- Connect and partner with local sport organizations
- Recruit kinesiology pedagogy students
- Incorporate templates into spring sessions (spring/summer 2013)
- Program outcomes/checklist (fall 2013)
- Each lesson plan will have a purpose toward the specific program outcomes
- Physical Literacy Program (2014)
- City of Abbotsford PRC will partner with local sport organizations and fully utilizing facilities at ARC (swimming, skating, karate, gymnastics etc)
- ARC has a pool, ice rink, gymnasium, fitness centre
- Provide HIGH FIVE® training for staff (highfive.org)

- Highlight one staff member to become a NCCP Fundamental Movement Skills Learning Facilitator to:

1. Deliver in-house training to staff
2. Be the point of contact for NCCP Fundamental Movement Skills Course for community coaches
3. Provide parent letters and conduct surveys (before and after)

- Collect and compare data from before to two years followed with a survey using CLASS software
- Conduct a follow up to the analysis that was completed in winter/spring 2012 (tentative plan: winter/spring 2015)

- Incorporate the *PLAYfun* Tools in order to track progress in skill development (physicalliteracy.ca/resources/4)
- Include a self-analysis sheet for each leader to ensure program goals are being met (see Appendix A and PHE Canada Physical Literacy Checklist: phecanada.ca/programs/physical-literacy/physical-literacy-checklist)

DOCUMENT SUMMARY CHECKLIST

The department's internal commitment to Canadian Sport for Life:

- Department strategy and plan for community recreation
 - Short-term goals
 - Long-term goals
- Environmental scan
 - Analysis of current programming
 - Analysis of current programs offered

Marketing Canadian Sport for Life and physical literacy:

- Canadian Sport for Life and physical literacy language in program guide (ie the Long-term Athlete Development stage names Active Start, FUNdamentals, etc.)
- Posters around facility
- Parent letters

Partnerships with community partners who can assist with goals and objectives and who have similar values:

- Health
- Education
- Sport
- Post-secondary institutions

Staff training:

- NCCP Fundamental Movement Skills Course
- HIGH FIVE®
- Lesson Plan Training Workshop
- Physical Literacy and Games Workshop
- Hiring certified leaders

For more comprehensive checklists on becoming a Canadian Sport for Life community, refer to the document developed by the Edmonton Sport Council and Canadian Sport for Life: **[canadiansportforlife.ca/resources/becoming-Canadian Sport for Life-community](http://canadiansportforlife.ca/resources/becoming-Canadian-Sport-for-Life-community)**



Perspectives: District of Kent

PERSPECTIVES FROM OTHER RECREATION DEPARTMENTS IN THE FRASER VALLEY



DISTRICT OF KENT

Kerry Hilts - Director of Community Services

A well-kept secret hidden within the Upper Fraser Valley of BC's southwest coastal region and located 90 minutes east of Vancouver - a playground where on the same day you can swim, tan, boat, fish, tee-off at one of the five area golf- courses, mountain bike, hike, ski, hang glide at one of two world class jump off points or wander and explore along the dozens of valley floor and mountain trails within the region.

Farming and other agricultural uses are the predominant make-up of the rich heritage, history and community spirit of Agassiz. Cultural events, historical sites and museums such as the Kilby Store at Harrison Mills or the Agassiz Museum offer glimpses of the past and provide the basis for the rich heritage and community spirit that abound within our borders.

The Vision of the Community Services Department is to provide quality proactive recreation and leisure opportunities through leadership, partnerships, and direct delivery.

Our dynamic recreation team serves an area population of 10,000 plus residents that includes Agassiz, Mount Woodside, Harrison Mills, Harrison Hot Springs, First Nation Communities and other rural neighbouring communities

What are your overall impressions of the document?

The document will provide the District of Kent with practical best practices based on the Abbotsford experience to move forward with our physical literacy initiatives.

What are your department goals for contributing to children's skill development?

The District of Kent, Community Services Department believes in the value of play. We strive to provide programs that emphasize a child's self-discover through participation, socialization, fundamental movement skills and creativity. The District is in the infancy stages of our involvement in the Canadian Sport for Life initiative and will continue to grow forward with our partnership with PacificSport.

Are there components of this resource package that can be incorporated into your department?

Information on Abbotsford's experiences, best practices and evaluation tools are all components that will assist the District of Kent as we move forward.

Which community partners could you engage to assist with aligning programming with Canadian Sport for Life and staff training?

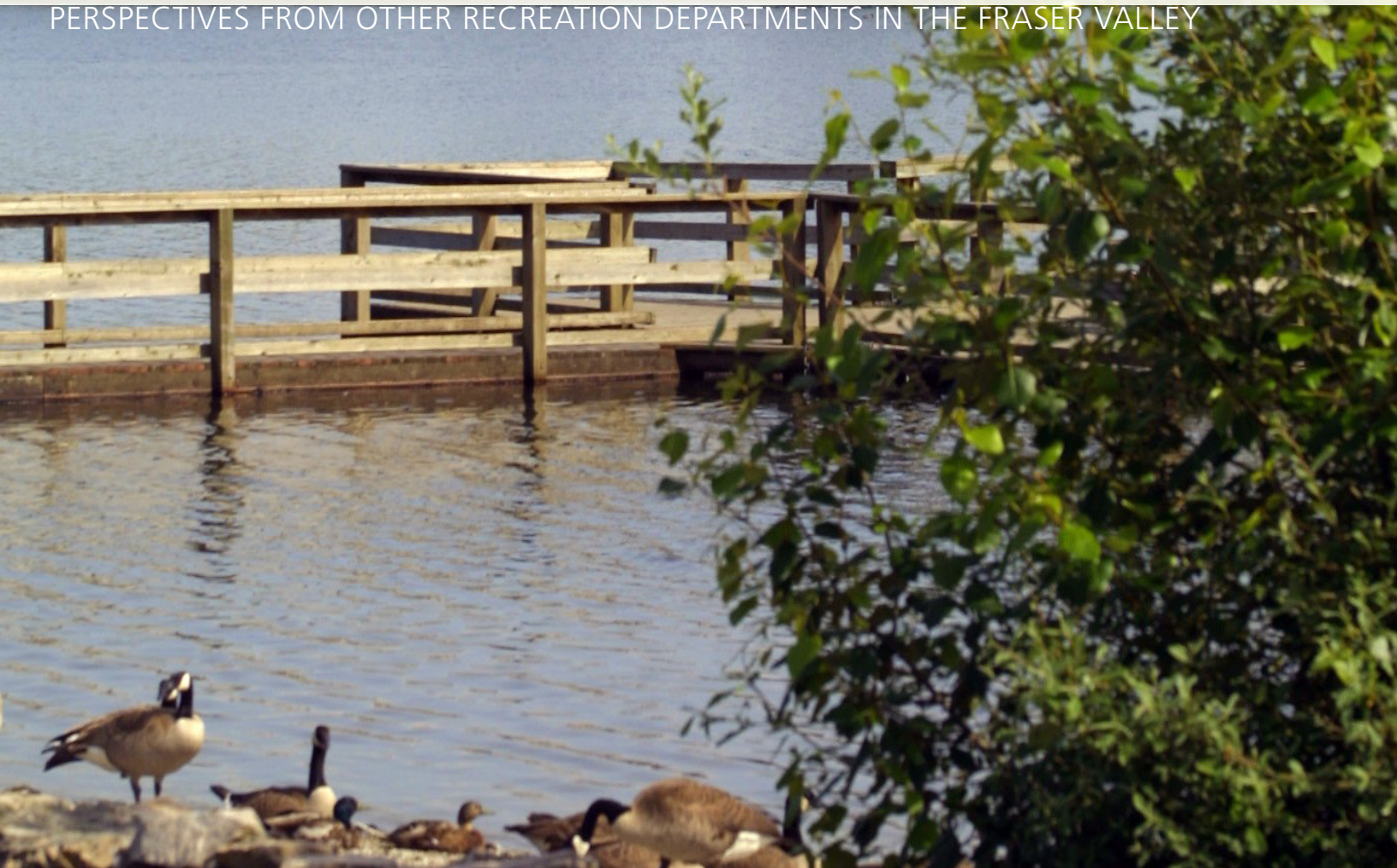
PacificSport will continue to be an important partner. Fraser Health, Community Organizations, Health Communities and the School District will also play instrumental roles in integrating physical literacy and Canadian Sport for Life into our communities.





Perspectives: Township of Langley

PERSPECTIVES FROM OTHER RECREATION DEPARTMENTS IN THE FRASER VALLEY



TOWNSHIP OF LANGLEY

Keith Miller - Community Recreation Manager

The Township of Langley is located in the southwest corner of the province of BC, Canada. We are 45 km east of the City of Vancouver in the beautiful agriculture-rich Fraser Valley. The northern municipal boundary is the Fraser River; the southern boundary is the United States border. Our western neighbours are the City of Surrey and the City of Langley; our eastern neighbour is the City of Abbotsford. The municipality was incorporated in Fort Langley in 1873 and is known as the 'Birthplace of BC'. A community unlike any other, the Township of Langley is a place where the rich heritage of the past is combined with a vibrant vision for the future. Rural beauty is complemented by an energetic urban atmosphere. The municipality has a population of approximately 104,000, and we pride ourselves on developing vibrant, complete neighbourhoods which offer flexible, affordable, and mixed housing options and the opportunity to live, work, shop, and play in a safe community. With six unique, distinct communities located within our municipality, the Township boasts a number of exciting urban centres that provide an abundance of opportunities and experiences. Go for a swim, shop in one of the lower mainland's largest retail centres, enjoy dinner out, see a play in a cozy theatre or take in a hockey game in a 5,200-seat arena. It can all be done here in the Township of Langley.

What are your overall impressions of the document?

This document gives a good overview of the partnership between PacificSport and the City of Abbotsford to incorporate physical literacy into recreation programs and align with Canadian Sport for Life. Covering communications and marketing, program evaluation and development, and staff training, with the support of a number of practical resources and tools, there are many resources included that other communities and organizations can draw from.

What are your department goals for contributing to children's skill develop?

We believe in building individuals and communities to be active and healthy for life. To achieve this end, we are working to ensure that our physically active children's recreation programs are incorporating and promoting physical literacy. More specifically, we are striving to provide staff with the tools and training needed to ensure that they are aware of physical literacy, the possible ways to promote it, include it and teach it, with a focus on developing the fundamental movement skills required to build physical literacy. We are also striving to ensure that our marketing and communications material effectively promotes the concepts and benefits of physical literacy to parents, children, and the greater community. We are starting with a localized approach in specific, targeted programs to ensure identified outcomes and goals are achieved before expanding to include more of our programs.

Are there components of this resource package that can be incorporated into your department?

The Lesson Planning Workshop and templates, and the games database would greatly benefit our program staff as we grow our focus on physical literacy. Further training for instructors, including NCCP Fundamental Movement Skills Course, would also benefit instructor staff. The work done to develop the language, branding, marketing, and communications tools would also greatly benefit our department's efforts to promote physical literacy. Some of these items are more easily taken from the resource package, while others would require more work or the growth of our partnership with PacificSport to further develop and implement.

Which community partners could you engage to assist with aligning programming with Canadian Sport for Life and staff training?

PacificSport has been and will continue to be an important partner for the Township to develop its physical literacy programming, including staff training, marketing, and communications. Further down the road, Fraser Health, the school district, and local sports organizations will also play key roles in the promotion of Canadian Sport for Life.

**Township of
Langley**

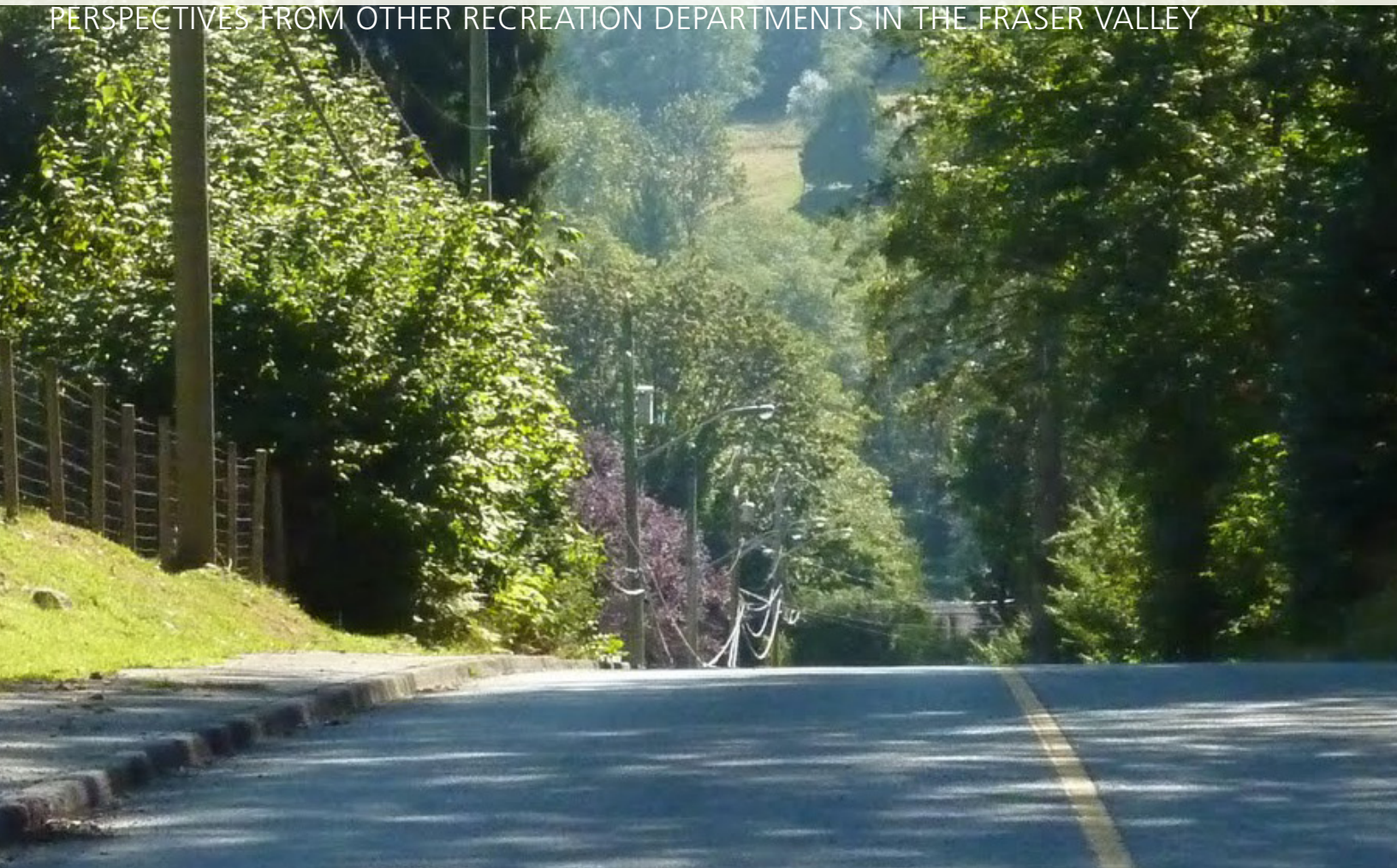


Est. 1873



Perspectives: Maple Ridge Pitt Meadows

PERSPECTIVES FROM OTHER RECREATION DEPARTMENTS IN THE FRASER VALLEY



MAPLE RIDGE PITT MEADOWS PARKS AND LEISURE SERVICES

Russ Brummer - Health and Wellness Coordinator

Maple Ridge and Pitt Meadows work together to provide recreation programming and services for their citizens. Together their population exceeds 92,500. The District of Maple Ridge lies on the north shore of the Fraser River, 45 km east of the City of Vancouver. Nestled against the Coast Mountains, Maple Ridge is a community that combines small-town atmosphere with close proximity to a major trade centre. Public festivals, concerts, memorial services, and other events bring thousands of people into the downtown core and thousands more make use of the town centre facilities each day. Directly to west of Maple Ridge is the community of Pitt Meadows. Nestled between the mighty Fraser River and the majestic Golden Ears mountains, Pitt Meadows is a dynamic municipality with a growing population. With an ongoing commitment to building a better community for residents, businesses and visitors, Pitt Meadows is the natural place to live and work.

What are your overall impressions of the document?

The documents provide a good overview of how PacificSport and Abbotsford incorporated physical literacy into their recreation programs for children. There's a good amount of practical information that pertains to marketing, staff training and parent education.

What are your department goals for contributing to children's skill development?

Maple Ridge and Pitt Meadows Parks and Leisure Services believe in the importance of developing their whole child through our programs and services. We strive to provide programming that emphasizes the strength of each child and encourages their social, emotional and physical development. Physical literacy has been a great addition to our programming model. The following statement says it best: 'Canadian Sport for Life is not a complete overhaul of what is currently being delivered but rather a shift in the mindset and tweak of the programs.' We are currently focusing our energy on marketing and staff training. We hope to roll out new lesson plans that incorporate fundamental movement skills by 2014.

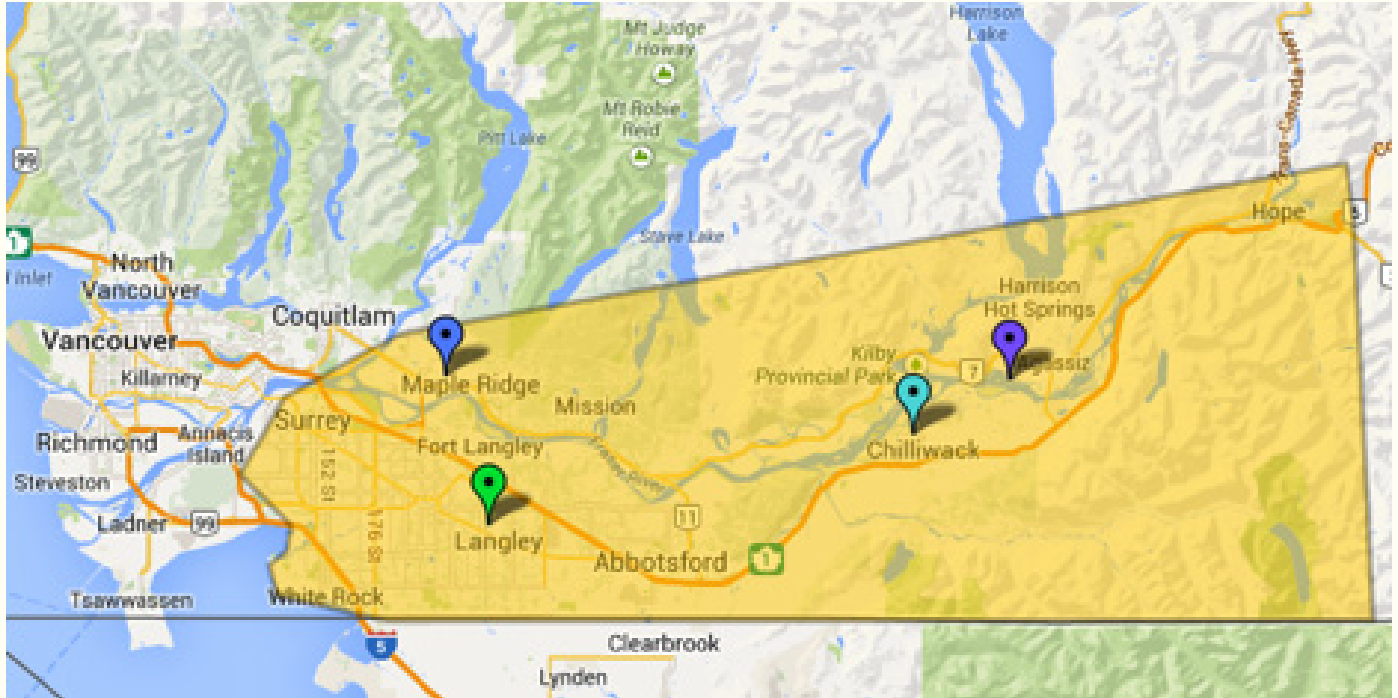
Are there components of this resource package that can be incorporated into your department?

The evaluation of current programs and recommendations to incorporate fundamental movement skills would benefit our department. I also really appreciate the introductory letter to parents and simple and fun messaging that was used to market physical literacy."

Which community partners could you engage to assist with aligning programming with Canadian Sport for Life and staff training?

PacificSport will continue to be an important partner. Fraser Health, Sports Clubs and the school district will also play instrumental roles in integrating physical literacy and Canadian Sport for Life into our communities.





PERSPECTIVES FROM OTHER RECREATION DEPARTMENTS IN THE FRASER VALLEY

- Shaded Area – PacificSport Fraser Valley coverage
- Green – Township of Langley
- Blue – Maple Ridge Pitt Meadows
- Teal – City of Chilliwack
- Purple – District of Kent

PacificSport Provincial Network

PacificSport Centres service communities across British Columbia. Refer to the list below and the map to see which of our centres service your region. Simply Click on the Centre's Name below or on the map and you will be redirected to their Website.

PacificSport Fraser Valley

Phone: 604.746.0601

Address: 2499 McMillan Road, Abbotsford, BC V2S 7R3



PacificSport Interior BC

Phone: 250.828.3344

Address: Tournament Capital Centre, 910 McGill Road, Kamloops, BC V2C 6N6



PacificSport Northern BC

Phone: 250.960.5348

Address: Charles Jago Northern Sport Centre, Prince George, BC V2N 4Z9



PacificSport Okanagan

Phone: 250.469.8854

Address: Sport Kelowna Centre, 645 Dodd Road, Kelowna, BC V1X 5H1



PacificSport Vancouver Island

Phone: 250.740.6572

Address: Building 100, 900 5th Street, Nanaimo, BC V9R 5S5



GLOSSARY OF TERMS

Active for Life

Active for Life is the place where parents go to learn about activities for kids. Physical education leads to Physical literacy, which is critical for child development. Physical literacy also gives active kids the best chance to someday compete in high-performance sport. For more information go to activeforlife.ca

Canadian Sport for Life

Canadian Sport for Life (CS4L) is a movement to improve the quality of sport and physical activity in Canada. CS4L links sport, education, recreation and health and aligns community, provincial and national programming. canadiansportforlife.ca

Long-Term Athlete Development

Long-Term Athlete Development (LTAD) is a seven-stage training, competition and recovery pathway guiding an individual's experience in sport and physical activity from infancy through all phases of adulthood.

Physical Literacy

Physical Literacy means having the fundamental movement skills, fundamental sports skills and motivation that enable an individual to read their environment and make appropriate decisions while moving confidently and with control in a wide range of physical activities in both indoor and outdoor environments.

For parents: Individuals are physically literate when they have acquired the skills and confidence to enjoy a variety of sports and physical activities.

For coach and instructor: Individuals are physically literate when they demonstrate competence and confidence in fundamental movement skills and foundation sport skills combined with the ability to read their environment and make appropriate decisions. Physical literacy allows individuals to enjoy a variety of sports and physical activities.

For educators and health practitioners: Individuals who are physically literate move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person (phecanada.ca/programs/physical-literacy/what-physical-literacy)

For more information on physical literacy go to physicalliteracy.ca

RESOURCES

CS4L.ca/resources

Becoming a Canadian Sport for Life Community 2.0

Edmonton Sport Council and Canadian Sport for Life developed a resource on Building an Activation Plan that works for your community.

Building Enhanced Collaboration Between Recreation and Sport

A joint paper by Canadian Sport for Life and Canadian Parks and Recreation Association outlining:

- The broad roles of municipal recreation
- The roles that it can and does play in supporting sport
- The key shifts in sport in terms of policy and focus
- The nature of the partnership and common challenges
- Key areas in which collaborative approaches may take place

CS4L.ca/resources

Canadian Sport for Life – Long-Term Athlete Development Resource Paper 2.0

A resource paper describing the seven-stage framework of Long-Term Athlete Development and the Canadian Sport for Life Movement.

Supplementary documents for this initiative can be found on the PacificSport Fraser Valley website at:

pacificsportfraservalley.com/index.php?p=12_5_Resources

- City of Abbotsford Implementation Plan
- City of Abbotsford Recreation Program Analysis
- Lesson Plan template and document for how to edit
- Program guide evolution
- Entire copy of Winter/Spring 2013 PRC Guide
- Free online resources

REFERENCES

Active for Life – activeforlife.ca
Canadian Sport for Life – canadiansportforlife.ca
City of Abbotsford PRC – abbotsford.ca/parksrecreationandculture.htm
ViaSport – viasport.ca
Healthy Abbotsford – healthyabbotsford.ca
HIGH FIVE® Training – highfive.org
PacificSport – pacificsport.com
PHE Canada – phecanada.ca
SCOPE – childhood-obesity-prevention.org

SPECIAL THANKS

Throughout this initiative there were several individuals who made contributions to this document. A special thanks to the following people:

- | | |
|-----------------|-------------------|
| Brenda Adams | Carolyn Marleau |
| Thom Brennan | Jocelyn McGrandle |
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| Ryan Coreau | Drew Mitchell |
| James Ewert | Linda Palm |
| Mandy Hadfield | Mike Rastad |
| Keith Holloway | Jordan Ross |
| Kerry Hilts | Christine Scott |
| Codie Hindle | Joanna Sheppard |
| Laura Loudon | Jenny Thornton |

“We are all in this together!”

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THE J.W. McCONNELL
FAMILY FOUNDATION
LA FONDATION DE LA
FAMILLE J.W. McCONNELL



APPENDIX A: HOW TO USE THE PROGRAM ASSESSMENT OF FUNDAMENTAL MOVEMENT SKILLS

This rubric has been used by individuals observing program delivery to get an idea of which fundamental movement skills were included in the games that were led by the leaders. It also allows for quantifying how frequent the participants were able to practice those skills using the 1-3 scale.

At the end of the session, calculate the averages and find out which Fundamental Movement Skill can be included next time to allow as many opportunities for participants to develop their wide repertoire of skills.

This tool has been adopted from the original program assessment tool developed by Darren Peterson, City of Vancouver.

Please go online to PacificSport Fraser Valley's website to download template so it can be edited to work for your community!

Appendix A

Program Assessment of Fundamental Movement Skills									
1 = Never									
2 = Infrequent									
3 = Frequent									
(Date)	FMS	Game							Summary
		A	B	C	D	E	F	G	
ABCs of Physical Literacy	Agility								
	Balance								
	Coordination								
	Speed								
Locomotion and Body Skills	Running								
	Jumping								
	Walking								
	Skipping								
	Dodge								
	Skipping								
	Galloping								
	Dance								
Object Manipulation	Swimming/Skating								
	Kicking								
	Throwing								
	Striking								
Receiving Skills	Catching								
	Trapping								
	Dribbling								
	Ball Handling								

APPENDIX B: PHYSICAL LITERACY AND GAMES WORKSHOP

OVERVIEW

Using the Canadian Sport for Life framework, the Physical Literacy and Games Workshop is designed to provide the knowledge and tools necessary to succeed and thrive while delivering quality programming. Using the 'Teaching Games for Understanding' thematic game approach, this practical workshop is set up to be a training tool with 'real' situations and progressive game analysis and application of how to develop physical literacy. This will ensure that all participants are enjoying the activities while developing physical literacy! The Physical Literacy and Games Workshop is interactive and will allow staff the ability to be participants as well as leaders.

Appendix B

Part 1 - Introduction

- Canadian Sport for Life
- What is physical literacy?
- Active for Life
- Teaching Games for Understanding(TG4U) – Thematic Game Approach
- Considerations / Adaptations for games
- Communicating physical literacy to parents
- Live 5-2-1-0
- Designing Lesson Plans
- Outcomes from this Workshop

Part 2 – Large Group Game

- Breakdown of game and discussion about considerations/ adaptations

Part 3 – Participants are broken into 4 groups and each assigned a category of TG4U

- Teach games to different age groups
- Identify what fundamental movement skills are included games
- What is the purpose of this game in developing physical literacy?
- Highlight key considerations when developing games

Part 4 – Teaching other groups how to play the game

- 10-15 minutes each, stopping at points to talk about progressions, adaptations and considerations

Part 5 – Recap of the Day

- What did we learn?
- How can this be incorporated into the programming? What are some next steps?

PERSPECTIVE FROM THE CITY OF ABBOTSFORD STAFF

Yue-Ching Cheng is a *Community Recreation Coordinator* with the City of Abbotsford Parks, Recreation & Culture. He participated in the Physical Literacy & Games Workshop in November 2012 and provided this feedback.

1) What are your overall thoughts about the Physical Literacy & Games Workshop?

It was a great workshop! It provided a good overview of what we're trying to achieve within the City of Abbotsford PRC.

2) What were some positives from attending the session?

I got to see how the staff perceive instruction and teaching, their understanding of Physical Literacy, and their ability to teach.

3) Was the presentation clear and messaging appropriate for staff?

I didn't have any problems understanding the material. I think it was pretty clear

4) As a Community Recreation Coordinator, do you think you could deliver a Physical Literacy and Games Workshop as part of future in-service training with staff?

I think it should serve as the majority of the content in the next training session with staff. I felt that we need some standardization with program instruction. This Workshop provides a great overview and can be easily catered to our specific programs our department offer.

5) What are some next steps for ensuring physical literacy is incorporated into programs offered?

Create a standard of what is required knowledge for a community recreation instructor in teaching in the following areas:

- Long-term lesson planning
- Short-term lesson planning
- Safety considerations
- Behaviour management
- Proper equipment use
- Teaching/learning methods (how to engage different types of learners, demo-describe-do)
- Effective communication
- Physical literacy

From the standard of what is required knowledge, develop an in-house training program that would cover these topics

Determine who would be responsible for delivering these components to instructors

Determine the timeline in which new staff need to be trained up in all these things (maximum training time)

Canadian Sport for Life is a movement to improve the quality of sport and physical activity in Canada

Physical literacy: Acquiring skills and confidence allows individuals to enjoy a variety of sports and physical activities. (Canadian Sport for Life 2012)
Individuals who are physically literate move with competence in a wide variety of physical activities that benefit the development of the whole person (PHE Canada)

Thematic Games Approach

Target-Type games

- Target-type games emphasize accuracy and control.

Net/Wall-Type Games

- Net/wall-type games involve moving, controlling and hitting an object within a specified space.

Striking/Fielding-Type Games

- Striking/fielding-type games can involve running, striking, throwing, kicking and catching.

Invasion/Territory-Type Games

- Invasion/territory-type games involve controlling an object, keeping it away from opponents, and moving it into a scoring position in order to attack a goal

Considerations

Clear Rules & Expectations
Challenge
Collaboration
Inclusion

Relevance
Role/Responsibility
Engaging & Fun
Safety & Environment

Key words to 'Google' for links to more information and resources

Canadian Sport for Life
PHE Canada
Play Sport

Active for Life
Developing Physical Literacy (.pdf)
Teaching Games for Understanding

Messages to take away from today...

Encourage unstructured play
Develop efficient movers!
Physical activity creates healthier communities
Create experiences that are enjoyable and fun!
Critical role in enhancing physical, mental and emotional development
-build confidence, develop posture and balance, build strong bones and muscles,
promote healthy weight, reduce stress, improve sleep, learn to move skillfully,
valuable life skills *and learn to enjoy being active.*

Appendix C

Discovering Physical Literacy The Total Kid Formula!

Active Start (NB - 6yrs)

At the Active Start Stage, children should be encouraged to run, jump, catch, throw, balance and alter their body shape.

Look for these Active Start programs in the PRC Program Guide:

- Soccer
- Tot-T-Ball
- Tumbling Tots
- Rumble Tumble
- Preschool Mix it Up Sports
- Floor Hockey Mini Superstars

What is Physical Literacy? Just as children need to be taught to read and write, they also need to be taught how to run, jump and throw! Children that develop the fundamental movement skills will participate in physical activity more and be active for life!

Pacific
SPORT

Discovering Physical Literacy The Total Kid Formula!

FUNDamentals (6yrs - 9yrs)

The FUNDamentals stage is when the foundations of many advanced skills are established.

Look for these FUNDamental programs in the PRC Program Guide:

- Badminton
- Soccer Kidz
- Floor Hockey Superstars

What is Physical Literacy? Just as children need to be taught to read and write, they also need to be taught how to run, jump and throw! Children that develop the fundamental movement skills will participate in physical activity more and be active for life!



Look for this symbol for programs that incorporate Physical Literacy.

Pacific
SPORT

ABBOTSFORD
PARKS, RECREATION & CULTURE

Appendix D

APPENDIX D: THE CITY OF ABBOTSFORD PARKS, RECREATION AND CULTURE POSTERS

Appendix E

APPENDIX E: SAMPLE LETTER TO PARENTS



January 27, 2013

Dear Parents:

Re: Discovering Physical Literacy

Abbotsford Parks, Recreation & Culture is teaming up with PacificSport Fraser Valley to implement an exciting new structure for the City of Abbotsford's community recreation sport programs. This structure will be based on the concept of 'physical literacy'.

What is physical literacy? Similar to learning the alphabet and understanding phonics to read and write, the learning and practice of physical literacy is the building block for competencies in physical activity. From Active Start through to the FUNdamentals stage, skills such as running, jumping and throwing are built on each other to allow outcomes that support being Active for Life.

Active Start (NB - 6yrs)

At the Active Start Stage, children should be encouraged to run, jump, catch, throw, balance and alter their body shape. Trying a variety of land and water activities will introduce a young child to these fundamental skills and prepare them to successfully participate in all physical activity.

FUNdamentals (6yrs - 9yrs)

The FUNdamentals stage is when the foundations of many advanced skills are established. Skill development at this age is best achieved through unstructured play in a safe and challenging environment combined with quality instruction.

Our programs! The games and activities you will see in our sports programs are reflective of Physical Literacy. They incorporate all aspects of fundamental movement skills within the chosen sport. The games and activities are meant to develop, challenge and excite the participants while using the basic fundamental sports skills, running, jumping, catching, kicking, throwing, swinging and hitting.

For more information on physical literacy please visit:

Active for Life - www.activeforlife.ca

PacificSport Fraser Valley - www.pacificsportfraservalley.com;

Canadian Sport for Life - www.canadiansportforlife.ca;

Abbotsford Parks, Recreation & Culture - www.abbotsford.ca/prc

Yours truly,

Ryan Coreau
Community Recreation Coordinator
Abbotsford Recreation Centre

Abbotsford Recreation Centre 3231.5 South Fraser Way, Abbotsford, BC, V2T 1W7 | T: 604.853.4221 | F: 604.855.8741

www.abbotsford.ca

APPENDIX F: PARENT SURVEY

Below are the results from the parent survey.

1) How did you hear about the Physical Literacy Clinic offered at the Abbotsford Recreation Centre?

ANSWERS:

- a) From a friend and the winter break Rec Guide*
- b) Advertisement through Direct 2 Rec*
- c) Through a friend who is very involved in recreation center*
- d) Rec Guide*
- e) Through Godson Elementary*
- f) Winterfest brochure*
- g) ARC book/guide*
- h) Through the ARC winter schedule*
- i) Heard from ARC*

2) What comes to mind when you hear the term physical literacy?

ANSWERS:

- a) Learning the fundamentals of sports, basic running, jumping etc.*
- b) Understanding and developing all of the fundamental movements skills, as well as strength, cardiovascular endurance.
To be able to learn the skills to be able to learn and play sports.*
- c) Nothing: very vague – because the word ‘literacy’ is in it, I thought of ‘alphabet?’
I just signed the kids up because a) cheap b) exercise of some type*
- d) Skills to participate in physical activity*
- e) Learning about different sports*
- f) Readiness and basics for learning sports*
- g) Practicing/learning basic skills like throwing, catching, running, etc.*
- h) Learning to increasing physical activity in kids and their everyday lifestyle*
- i) I agree when children are young they need to learn how to function their body*

3) Would you be interested in attending a free one hour ‘Community Introduction to physical literacy’ session?

ANSWERS:

Yes: 4

No: 4

Response left blank: 1

Appendix F

CS4L Champion



Eric Sinker

As a graduate from the Brock University Sport Management program Eric has held a variety of roles with organizations such as City of Quinte West Parks & Recreation, VANOC, University of the Fraser Valley Athletics and PacificSport Fraser Valley. While at PacificSport as Sport Participation Coordinator he worked with community partners in health, sport, recreation and education. Eric enjoyed the challenge of helping these sectors work together and apply the Canadian Sport for Life framework. He acted as a CS4L catalyst educating communities on the movement while provided support and strategic direction for community stakeholders in the Fraser Valley who were interested in moving forward.

From the initial meeting, Eric took a lead on developing the 'Aligning CS4L in a Recreation Environment' resource as he worked very closely with the staff of City of Abbotsford Parks, Recreation and Culture department. He was able to highlight this resource and partnership by presenting at the 2012 BCRPA Symposium, 2013 CS4L Summit and 2013 International Physical Literacy Conference.

As a Master Learning Facilitator for the NCCP Fundamental Movement Skills course, Eric has taken a keen interest in ensuring everyone has the opportunity to enjoy sports and empowering all to create their own pathway to become Active for Life.

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