

Web Hero Video - December Draft



RIDLEY COLLEGE

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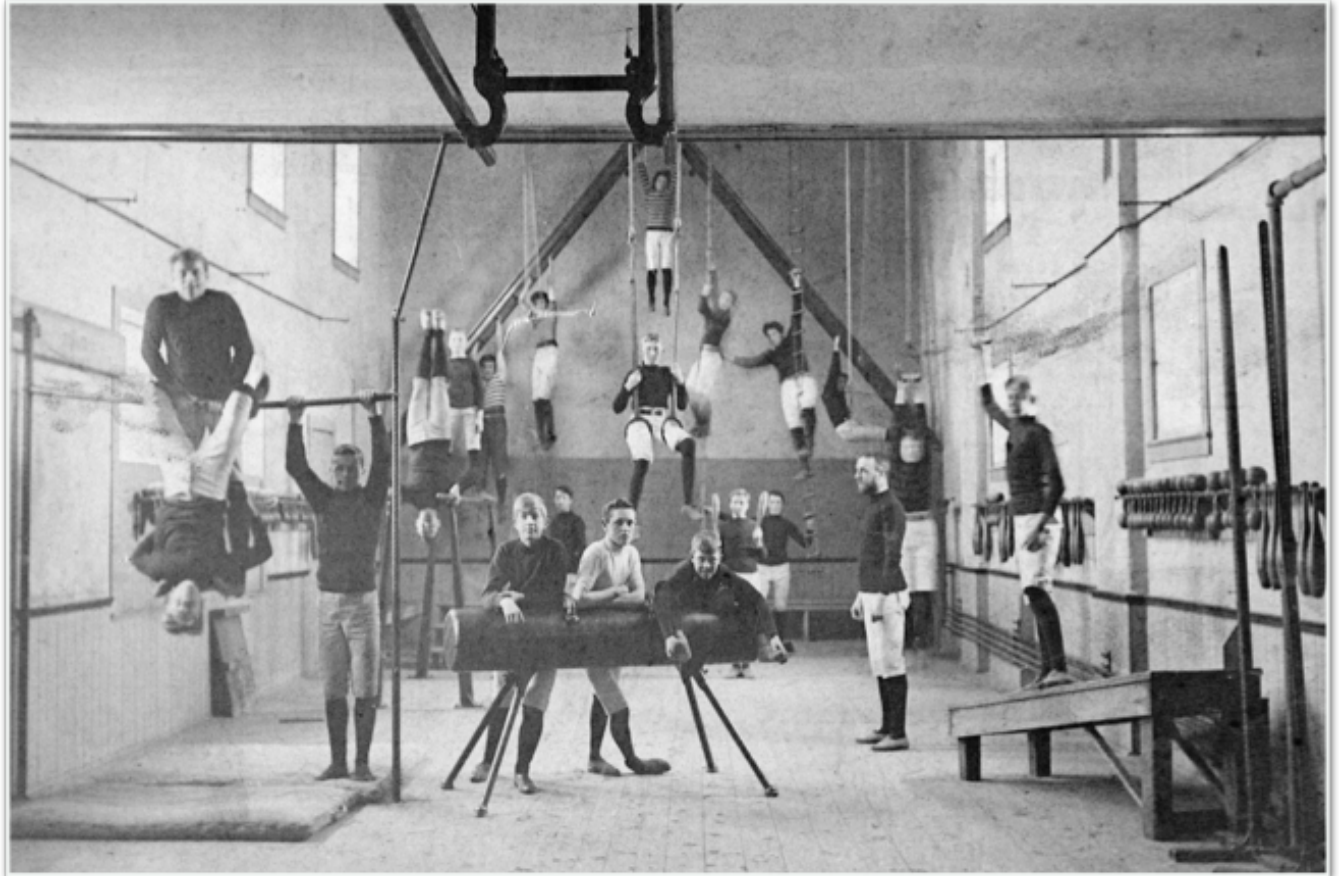
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WHO ARE WE: OUR HISTORY



“The only true education is that which develops the threefold nature of the child, symmetrically.”



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WHO ARE WE TODAY?



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WHO ARE WE TODAY?



- JK to Grade 12/PG
- Co Educational Enrollment- 661
- International Students- 190
- Countries represented- 43
- Upper School- 475 (65% Boarding)
- Lower School-186 (12% Boarding)
- Boarding students- 350
- Boys- 362
- Girls- 299
- IB School with PYP, MYP and OSSD/DP



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WHAT IS STILL CORE?



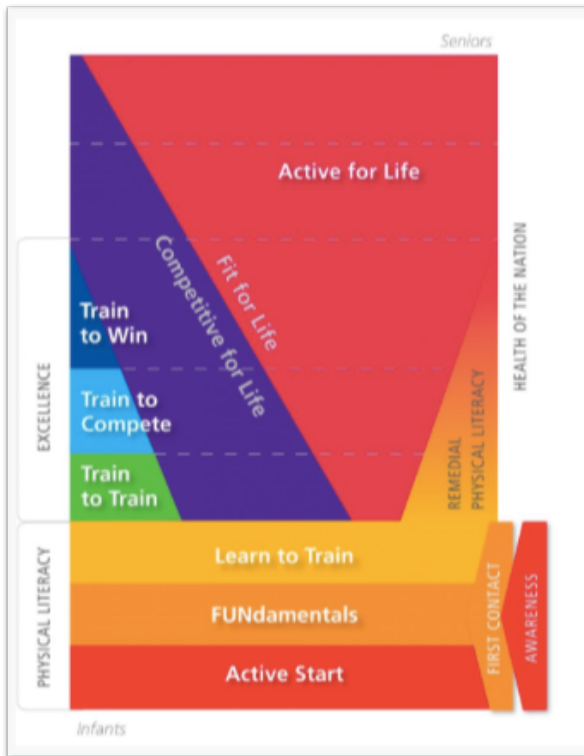
Quality Daily Physical Activity
Competitive Sport – Recreational Sport



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A UNIVERSAL LANGUAGE TO MAKE OUR OWN



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EARLY INITIATIVES



- Introduction of the functional fitness charts into physical education classes
- Teaching Games For Understanding (TGfU) Lower School Research study with Brock University
- Passport For Life Assessments from grade 3 - 11

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FOCUS FOR 2016



- Synergy between our curricular and co-curricular program for delivery of PL
- Continue to build on our Teaching Games For Understanding model
- Improved delivery of Cardiovascular fitness options
- Improved delivery of our Swim (Water) & Learn to Skate (Ice) initiatives school wide
- Expansion of Dance and Gymnastics in the Phys. Ed and Co-Curricular program
- Review of our delivery of all programming to identify areas for more creative play

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USE THE TOOLS

WELLNESS TO WORLD CUP



Canadian Soccer Association

LONG-TERM PLAYER DEVELOPMENT



LTAD
long-term athlete development

VOLLEYBALL FOR LIFE: LONG-TERM ATHLETE DEVELOPMENT FOR VOLLEYBALL IN CANADA



**CANADIAN
BASKETBALL**
ATHLETE DEVELOPMENT MODEL



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AWESOME IDEA...

WHO WANTS TO PLAY?

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CONGRATULATIONS TO TOBIN IRELAND!

U12 SOCCER

- 21 Participants
(5 Girls, 16 Boys)
- 8 weeks
- Trained on two
35m x 45m Fields
- 24 practices on
- 4 - 8 v 8 matches
- 1 hybrid match

U12 VOLLEYBALL

- 23 Participants
(10 Girls, 13 Boys)
- 7 weeks
- Trained on three
badminton courts
- 21 practices on
- 3 - 4 v 4 matches
- 1 hybrid match

U12 BASKETBALL

- 24 Participants
(12 Girls, 12 Boys)
- 7 weeks
- Trained on two
half courts
- 21 practices on
- 4 - 4 v 4 matches
- 1 hybrid match

Student Reflections

Positive thoughts about the new 8 v 8 soccer initiative

- Less confusion about positions
- Big fields make it too hard to pass and score
- Fun to experience something new

Critiques of the new initiative (8v8, small field/net, more local play) include:

- Good players who kick the ball far will end up kicking the ball out of bounds too easily
- 11v11 on larger fields feels more natural because we are used to it
- The nets were too small and made it too hard to score
- Not making cuts wasn't fair for the more serious players
- Small fields don't give enough space/time to think

Coaches Reflections

- Players had to adjust to smaller sized fields, smaller nets, and fewer players on the field, which allowed players to individually have more game time and more touches with the ball.
- Players were able to apply newly learned skills and footwork during games since fewer players were on the field.
- Travelling locally was amazing. We rarely missed class time and still arrived home for regular dismissal. It was nice to have families attend games and support players at local games.
- Coaches quote after playing Hybrid (8v8 half, then 11v11 half):

“Smaller fields are SO much better!! Too much running and not enough touches on the ball.”

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Tobin's Reflections - Challenges

- Building a schedule with local schools can be tough because confirmations don't happen far in advance and many local schools are not looking for extra competition.
- The level of competition has been very inconsistent. Some schools are far better than us (and they are often the schools looking for more games), while some schools are below our ability level and do not have appropriate facilities.
- Some players and parents don't see the value and reasoning behind the changes (both the LTAD modifications, and scheduling changes).
- Some experienced players (in volleyball) were probably not challenged enough due to the very basic skill level of many of the athletes new to the sport.

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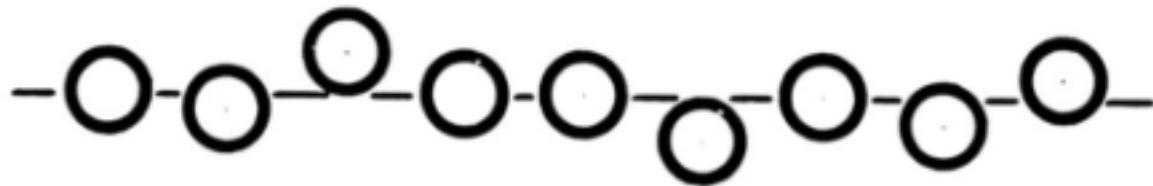
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From 30,000 feet - Alignment



in ALIGNMENT



out of ALIGNMENT

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From 30,000 feet - Competition



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From 30,000 feet - Purpose



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From 30,000 feet - Communication



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From 30,000 feet - Coaching



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PASSPORT FOR LIFE

Emerging
1

Developing
2

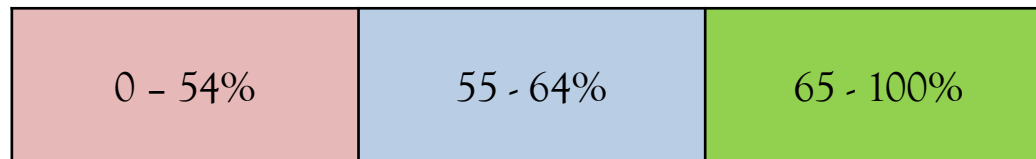
Acquired
3

Accomplished
4

Emerging + Developing = **Developing** | **Acquired** = Acquired + Accomplished

Emerging + Developing = Developing

Acquired + Accomplished = Acquired



PASSPORT FOR LIFE

Emerging
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Emerging + Developing = Developing



Acquired + Accomplished = Acquired

0 - 54%

55 - 64%

65 - 100%



Cardiovascular Fitness

	Grade 3		Grade 4		Grade 5		Grade 6	
Component: Cardiovascular: Four Station Circuit	Developing	Aquired	Developing	Aquired	Developing	Aquired	Developing	Aquired
2014	64%	36%	93%	7%	75%	25%	62%	38%
2015	36%	64%	44%	56%	12%	88%	20%	80%
2016	42%	58%	75%	25%	33%	67%	0%	100%

Legend

0 - 54%

Emerging + Developing = Developing

55 - 64%

65 - 100%

Acquired+ Accomplished = Acquired





Fitness & Movement Skills

Grade 6 Basline Data

	2014		2015		2016	
	Developing	Aquired	Developing	Aquired	Developing	Aquired
Balance/Dynamic Stability: Lateral Bound	52%	48%	31%	69%	19%	81%
Core Muscle Endurance: Plank Challenge	61%	39%	13%	88%	5%	95%
Cardiovascular: Four Station Circuit	62%	38%	20%	80%	0%	100%
Locomotion: Run, Side Shuffle, Back Pedal	83%	17%	36%	64%	27%	73%
Object Control: Throwing and Catching	61%	39%	13%	88%	21%	79%
Object Manipulation: Punt and Catch	47%	53%	47%	53%	35%	65%

Legend

0 - 54%

Emerging + Developing = Developing

55 - 64%

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Acquired+ Accomplished = Acquired



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www.ridleycollege.com

Tobin_Ireland@ridleycollege.com

Jay_Tredway@ridleycollege.com

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