



Connecting the Dots for Quality Sport

Policy and Practice through Coach and Volunteer Training





Welcome and Introductions

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Who is in the room?

Stand Up If.....



What is NCCP FMS?



The NCCP Fundamental Movement Skills are:



Throwing



Catching



Jumping



Striking



Running



Kicking



Agility,
Balance, and
Coordination



Explores these Fundamental Movement Skills in relation to building Physical Literacy in children

Exposes participants to a teaching process that will improve FMS for children

Allows opportunities to practise analysis, teaching, and implementation of games to improve FMS

Helps leaders create safe games where children can practise fundamental movement skills



Delivered through Provincial and Territorial Coaching Organizations

Community Leader

Target: Recreation leaders, sport camp leaders, etc.

Format: 8 hour workshop.

High School Leadership

Target: High school students.

Format: Composed of 9 lesson plans delivered by the Physical Education Teacher at your school.

Coach Professional Development

Target: Coaches or instructors with previous NCCP training/elementary school teachers.

Format: 3 hour workshop.





Quality Matters

Research shows..

- People are more likely to stay active for life if they have a positive experience in sport, recreation and physical activity when they are a child.





What is HIGH FIVE®?

- HIGH FIVE is Canada's quality assurance standard for organizations providing programs to children aged 6 to 12.



HIGH FIVE

Principles & Design Guidelines

A Caring Adult



Friends



Play



Mastery



Participation



Developmentally
Appropriate



Safe



Welcoming of
Diversity & Uniqueness





CS4L, Physical Literacy and HIGH FIVE[®] Where is the fit?



HIGH FIVE Authorized Providers

- Alberta - ARPA
- British Columbia - BCRPA
- Saskatchewan - SPRA
- Manitoba - Recreation Connections Manitoba
- New Brunswick - RNB
- Newfoundland and Labrador - RNL
- Nova Scotia - RNS
- Northwest Territories - NWTRPA
- Nunavut - RPAN
- Ontario - PRO
- PEI - Recreation PEI





LET'S PLAY!





Stage 1



Stage 2



Stage 3





Leaders need to be thoughtful and intentional about how they create positive environments where fundamental movements skills can be developed optimally.





Stage of Long-Term Athlete Development



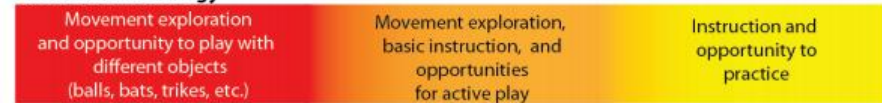
Participants learn



Skills developed during the stage

		(Examples only)
Body control skills	Agility, balance, and co-ordination	Gliding Court movement In the hack Drawing the bow Defensive stance
	Rhythm, poise, expression	Cadence Simple rhythmic gymnastics routine Back dive Full swing Overhead serve
Body movement (locomotor) skills	Walk, run, hop, skip, jump	Long jump Running a pass route Base running Volleyball spike
	Slide, skate, ski, swim	Basic ollie Riding the wake Sculling Slide on skis Backwards skating
Object manipulation skills	Catch, trap, receive	Front crawl Goal keeping Overhead pass Receive a punt Passing
	Throw, strike, push, kick	Ring handling Martial arts throw Pitching Lay up Delivering a bowl Chipping

Instructional Strategy



NCCP Training



* Delivered through the provincial/territorial coaching representatives. For a list go to coach.ca.

** Delivered through the provincial/territorial sport organizations. Examples include but not limited to: Run Jump Throw, Rally Cap, Steve Nash Youth Basketball, Husky Snow Stars, CanSkate, Atomic Volleyball, I Love Waterpolo.



Fundamental Sport Skills

Fundamental Movement Skills

- Balance
- Co-ordination
- Agility
- Catch
- Run
- Skip
- Hop
- Dodge
- Throw
- Jump
- Strike/kick

Fundamental Sport Skill (Soccer)

- Pass
- Shoot
- Fake

Best Practice Ontario

Intentional use of funds in collaborative partner projects that improve leadership.

- Toronto Sport Leadership Program
- Sport Aurora
- Pan Am Legacy – City of Toronto – Lets Get Coaching 2,015 in 2015
- After School Programs Ontario Government – MTCS
 - HIGH FIVE and FMS Combo One Day course



Best Practice Nova Scotia

- FMS Delivery trends

Fundamental Movement Skills	2009-10	2010-11	2011-12	2012-13	2013-14
FMS Community	28	0	13	94	313
FMS Professional Development	0	0	0	132	538
FMS University	0	0	0	13	80
FMS High School Leadership	0	0	43	17	117
FMS Total	28	0	56	256	1048

- Stakeholder Engagement
 - After School Programs
 - Recreation Staff
 - Universities/High School Leadership
 - Elementary schools/Early Childhood Educators



Best Practices Nationally

- Physical Activity Toolkit
- Pre-requisite for employment
- Aboriginal Adaptation
- NSO/PSO Partnerships
- Club Excellence

- Corporate Partnerships





Challenges

- Theory into Practice
- Capacity
- Practice without Policy
- Cost
- Time away for
 - Volunteers, Parents, Full Time Jobs
 - Voluntolds





Opportunities

- Maintenance of Certification
- Evaluation of Coaches
- Study of participants – Longitudinal
- Mentorship for Community Sport Leaders
- Grants
 - For Leadership Development





Thank you for participating!

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