

# Intramurals and Student Leadership

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# Session Overview

- What is student leadership?
- What are intramurals and why have them?
- Different intramural models
- Arthur A. Leach intramural programming and student leadership
- How to get started....getting admin and community support
- Resources
- Round table discussions and sharing ideas
- Overcoming obstacles and wrap-up discussions

# What is student leadership?

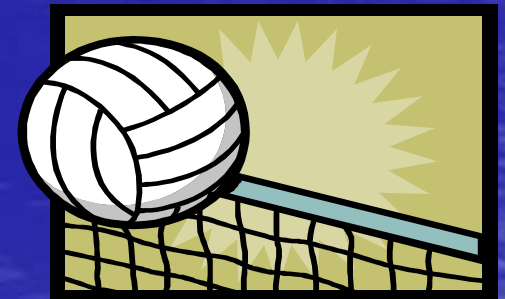
- It is students getting involved in school by planning and implementing intramural programs and special events.
- Allows the school to offer more activities and programs by getting senior students involved.
- Creates a positive school environment.
- Develops strong community ties.

# Student Leadership Models

- Course for credit (during school hours) or extra-curricular activity (am, pm, or during the lunch hour)
- Athlete's councils
- Voluntary sign-up or course option
- Students recruited or students sign-up

# Why have intramurals?

- Adolescents need 60 to 90 minutes of activity a day.
- Intramurals build school spirit and a sense of belonging to the school.
- Build connections with students.
- Practice skills.
- Keeps students busy at lunch.
- Can be a competitive outlet.



# What are intramurals and who are they for?

- Are physical activities that are implemented by student leaders for students.
- Are designed to get as many different students as possible involved.

# Strategies



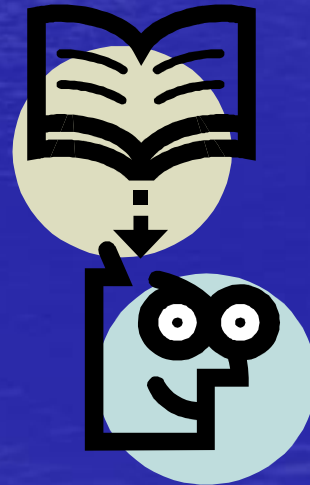
- Know your population.
  - Athletic
  - Recreational
  - Both.
  - Need structure or unstructured activities.
- Determine your time frame.
  - How long is your lunch?
  - Event length. (days or weeks)
  - Supervision scheduled time.

# Strategies continued

- Who is in the gym?
  - Supervision. How many?
  - Student leaders? (leadership or volunteers)
  - Train students and set high expectations.
  - Behaviour of spectators and players.

# Strategies continued

- Takes time to build a program.
  - Focus on younger grades if you are having trouble getting started.
- Get student input on activities they like.
- Play loud music.
- Limit set-up time.



# Models

- Grade designated days.
- Girls only day? (philosophical choice).
- Themed Days.
- Homeroom challenges.
- House system.
- Activity designated days.
- Sign up days.
- Tournaments.



# Grade Designated Days

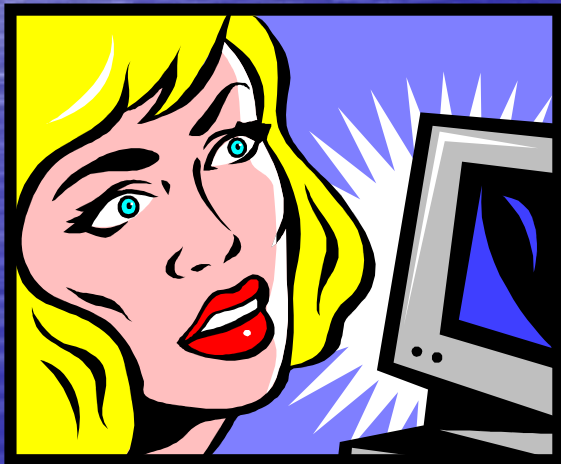
- E.g. Monday grade 7 day.
- Choice of activities or specific activity.
- Student directed activities.
- Off set intramurals with other noon hour activities such library or computer labs.



# Girls Only Day



- Philosophical choice.
- How does your admin view this?
- Dramatic increase in female participation.
- Organized activities or student lead.



# Themed Days

## Fun days

- Running Man
- Star Wars
- Brig
- Cross-over tag
- Challenges versus the teachers
- Spirit Daze
- Gym Blast



# Homeroom Challenges

- Creates school spirit
- Increased participation
- Easy to implement and promote
- Examples: extreme dodgeball challenge, homeroom volleyball challenge
- Points for participation

# House System

- Increases participation
- Can become more competitive and increase school spirit
- Interdisciplinary benefits (incorporates academics)
- Requires total school involvement (sometimes involuntary)

# Activity Designated Days

- Monday - Basketball day
- Tuesday - Volleyball day
- Wednesday - Floor hockey day



Open to all students in the school on each day. Creates whole school concept.

# Sign up days

- Good for activities/facilities which have limited space (badminton, table tennis).
- Students must sign-up by a specific time on the same day at a specific location.
- Sign-up in physical education classes or homerooms.



# Tournaments

- Sport specific
- Set up different divisions
  - Girls - Guys
  - Grades
  - Competitive - Recreational
- Sign up procedures
- Captain's meetings
- Potential limited access



# Student Leadership and Intramurals....the Perfect Fit

- Students complete hours of school community service
- Journal writing and reflection
- Intramural activities meet the needs of students and school schedules
- Students get involved in intramural and special events planning by working on committees

# Student Leadership and Intramurals...the Perfect Fit

- Leadership students get involved with peer teaching and coaching.
- Student leaders help organize and facilitate school tournaments and extra-curricular activities.
- Student leaders get a variety of hands on and theoretical instruction.
- Student leaders get involved in the community.

# How to get started....

- Identify obstacles (timetabling, student interest, etc.)
- Parent advisory councils
- Communicate with school admin on philosophy, resources, etc.
- Establish contacts with feeder schools
- Creative timetabling

# Resources

- Sport Manitoba (table tennis, bowling)
- CAPHERD QSIR (quality school intramural recreation) <http://www.cahperd.ca/>
- Pembina Trails website for PE teachers [http://www.pembinatrails.ca/program/physical\\_education/Physical\\_Education.htm](http://www.pembinatrails.ca/program/physical_education/Physical_Education.htm)

# Round Table Discussions



- What's happening in schools today?
- Special event ideas
- Organizational ideas
- Obstacles



# Overcoming obstacles

- Be persistent
- Get students to do the work
- Get parents on board