

ACTIVE YUKON SCHOOLS

WINTER IS COMING

And the Recreation and Parks Association of the Yukon is ready to kick off the winter fun.



Yukon students spend over half their day in school, making school an important place to learn about the benefits of physical activity. Studies show that elementary kids who are active at school are more likely to remain active as teens and in

to adulthood. We also know it benefits their academic, social and emotional selves. Read more to see how the Recreation and Parks Association of the Yukon (RPAY) is committed to helping Yukon educators getting and keeping kids active.

Winter: 2016

What's inside



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Working Together to Build Active Healthy Communities



Ready for Action: What is different with the Action Grants

RPAY was "moved" by the number of applications we received for this year's Action Grant season. We are pleased to say that we were able to fund over sixty Classroom, After-School and Teen Action Grants throughout the Yukon.

Successful applicants will notice that the procedure to receive funds this year did change. Agreements were sent out as per usual, but this year, receipts for approved program items must be submitted BEFORE payment can be made.

If you have any questions or concerns about this change, please contact the RPAY office at rpay@rpay.ca.

Leading the Way: Playground Leadership in the North

Over the past year, I had the privilege of visiting Faro, Haines Junction, Watson Lake and Dawson City to deliver playground leadership workshops to Grades 5/6/7.

It was highly rewarding, watching students work together on various initiatives. They rose to the challenge every time, learning different ways to communicate, experiencing conflict and frustration, along with success and great teamwork.



Teachers commented that they appreciated the opportunity to observe their students and watch how they interacted with one another.

In these workshops, youth learn effective communication skills, how to teach a game (and expand their bag of tricks!), how to problem solve and how to transfer these skills into their daily lives.

Youth are often excellent role models for younger children – what better way to grow positive leaders in your community than to develop playground leaders?

If you would like more information, please contact mia@rpay.ca or call the RPAY office at 668-3010.



Article by Mia Lee.

Mia is the Active Living for School-Aged Kids and Youth (ALSAKY) Programmer for the Recreation and Parks

Let it snow: The Cry of RPAY's Winter Active for Life Coordinator



RPAY's WAFL's coordinator, Jan Downing has snow on her wish list.

WAFL Coordinator Jan Downing has been a busy lady. She is head 'Librarian' for the RPAY ski and snowshoe Lending Library, our program that loans equipment out to rural Yukon schools and after-school organizations to encourage winter fun.

To date, the Lending Library has loaned out: 227 pairs of cross country skis, 244 pairs of ski boots, 92 sets of poles and 198 pairs of snowshoes this season to 15 different group across the Yukon.

In addition to providing equipment, ski and snowshoe programming can be supported through RPAY's RHEAL Leader Program. For more information on how Jan can support you being Winter Active for Life through either of these programs, contact Jan at jan@rpay.ca or call the office at 867.668.2328. And please...let it snow!



Kick Start Winter: RPAY's new activity

The Recreation and Parks Association of the Yukon has long been known for our love of keeping Yukoners active during the winter months with our Winter Active for Life programs. This year the WAFL program is “kick starting” winter with a new way to get out on the snow with six new kicksleds.

What are kicksleds you say?

A kicksled is a bit of Scandinavian genius known as a “Spark” (Spark means kick in Norwegian). They have been popular in Scandinavian countries for more than a century, but less common in North America. The operator skis, steering with the handlebars and there is a seat for a passenger or cargo.

How do they work?

It's a mix of cross-country skiing and riding a scooter. You hold on to the handles with standing behind a wooden chair that sits on two metal runners. You place one foot on a runner, then push off with the other foot

to power the sled, much the same way you would power a scooter or a skateboard.

Who can use them?

In addition to being fun, kicksledding is great cardiovascular workout and provides a real lower body workout. They also offer a way for people with mobility issues to enjoy the snow either by using the sled for stability or taking advantage of the passenger seat. Even the family pet can get in on the fun.

How do I try?

RPAY is excited to have everyone try out our new kicksleds. We will be hosting several “Just Try It” opportunities over the next few months. Keep an eye on our website www.rpay.ca for dates.

If you would like to know more about kicksledding or book one for your next winter event, contact RPAY's WAFL Coordinator Jan Downing at jan@rpay.ca or call the RPAY office at 668-3010.

IT'S TIME FOR A WAKE-UP CALL



Canadian kids are inactive and they may be losing sleep over it.

If you think kids can get a little physical activity and then play video games into the wee hours, yet remain healthy, you're in for a rude awakening. Emerging research, which spurred Canada to develop the world's first **24-Hour Movement Guidelines**, shows that physical activity, sedentary behaviour – and sleep – are closely interrelated.

Kids who are tired out from running around sleep better, and those who have slept well have more energy to run around.^{27,26} And society is starting to pay attention to the fact that the reverse is also true and troubling: kids aren't moving enough to be tired, and they may also be too tired to move. A groundswell of interest in the connection between these behaviours is highlighting the fact that sleep deprivation is a problem in Canadian kids:

- **Only 9% of Canadian kids** aged 5 to 17 get the 60 minutes of heart-pumping activity they need each day.^{2012-13 CHMS}
- **Only 24% of 5- to 17-year-olds** meet the Canadian Sedentary Behaviour Guidelines recommendation of no more than 2 hours of recreational screen time per day.^{2012-13 CHMS}
- **In recent decades**, children's nightly sleep duration has decreased by about 30 to 60 minutes.^{14,15}
- **Every hour kids spend** in sedentary activities delays their bedtime by 3 minutes.¹⁶ And the average 5- to 17-year-old Canadian spends 8.5 hours being sedentary each day.^{2012-13 CHMS}
- **33% of Canadian children aged 5 to 13**, and 45% of youth aged 14 to 17, have trouble falling asleep or staying asleep at least some of the time.^{2012-13 CHMS}
- **36% of 14- to 17-year-olds** find it difficult to stay awake during the day.^{2012-13 CHMS}
- **31% of school-aged kids** and 26% of adolescents in Canada are sleep-deprived.¹⁷



Overall Physical Activity

70% of children aged 3 to 4 meet the recommendation of 180 minutes of daily activity at any intensity. However, as the guidelines change to 60 minutes of moderate- to vigorous-intensity physical activity per day for those aged **5 to 17**, **only 9%** are meeting the guidelines.^{2012-13 CHMS}

DAILY BEHAVIOURS	SETTINGS & SOURCES OF INFLUENCE	STRATEGIES & INVESTMENTS
<p>B Organized Sport & Physical Activity Participation</p> <ul style="list-style-type: none"> According to parents, 77% of 5- to 19-year-olds participate in organized physical activities or sport.^{2014-15 CANPLAY} Less than 30% of 3- to 21-year-olds with severe developmental disabilities play team sports.⁵¹ <p>D+ Active Play</p> <ul style="list-style-type: none"> 37% of 11- to 15-year-olds play outdoors for more than 2 hours each day.^{2013-14 HBSC} According to parents, 75% of 5- to 19-year-olds participate in unorganized physical activities or sports after school.^{2014-15 CANPLAY} <p>D Active Transportation</p> <ul style="list-style-type: none"> Only 25% of Canadian parents say their kids, aged 5 to 17, typically walk or wheel to and from school, while 58% say their kids are typically driven.^{Subsample of the 2014-15 PAM} Of kids aged 11 to 15, 24% walk to school and 2% bike.^{2013-14 HBSC} 	<p>D+ Physical Literacy</p> <ul style="list-style-type: none"> 44% of 8- to 12-year-olds meet the minimum recommended level of physical literacy.^{2011-16 CAPL} At least one study shows kids who have good motor skills at age 6 are more active during their leisure time at age 26.^{2015 ParticipACTION Report Card} <p>B Sleep</p> <ul style="list-style-type: none"> 79% of 5- to 13-year-olds get the recommended 9 to 11 hours of sleep per night, and 68% of 14- to 17-year-olds get the recommended 8 to 10 hours per night.^{2012-13 CHMS} 33% of Canadian children aged 5 to 13 and 45% of youth aged 14 to 17 have trouble falling asleep or staying asleep at least some of the time.^{2012-13 CHMS} 43% of 16- to 17-year-olds are not getting enough sleep on weekdays.¹⁷ 31% of school-aged kids and 26% of adolescents in Canada are sleep-deprived.¹⁷ <p>F Sedentary Behaviours</p> <ul style="list-style-type: none"> 15% of children aged 3 to 4 meet the guideline of less than 1 hour of screen time per day; 24% of those aged 5 to 11 and 24% of those aged 12 to 17 meet the guideline of no more than 2 hours of screen time per day.^{2012-13 CHMS} High school students in Canada spend an average of 8.2 hours in screen-based sedentary behaviour each day.^{2012-2013 COMPASS} <p>C+ Family & Peers</p> <ul style="list-style-type: none"> 79% of parents financially support their kids' physical activity.^{2010-11 PAM} 36% of parents with 5- to 17-year-olds report playing active games with their kids.^{Subsample of the 2014-15 PAM} <p>B School</p> <ul style="list-style-type: none"> Three quarters of schools in Canada report using a physical education (PE) specialist to teach PE in their school.^{2015 OPASS} Schools report many facilities on-site including gymnasiums (94%), playing fields (88%), areas with playground equipment (71%) and bicycle racks (80%).^{2015 OPASS} <p>A- Community & Environment</p> <ul style="list-style-type: none"> Among municipalities with more than 1,000 residents, 35% have a physical activity and sport strategy, 56% consider physical activity a high priority and 81% have a shared use agreement with school boards for facilities.^{2015 Physical Activity Opportunities in Canadian Communities survey} Less than 20% of parents report that crime, safety or poorly maintained sidewalks are an issue in their neighbourhood.^{Subsample of the 2014-15 PAM} 	<p>B- Government</p> <ul style="list-style-type: none"> The majority of provinces and territories reported increased or maintained funding to sport and physical activity for children and youth. 2015 federal government Ministerial Mandate letters call out priorities related to sport, recreation and physical activity for Ministers of Sport and Persons with a Disability, Infrastructure and Communities, and Environment and Climate Change.¹⁹¹⁻¹⁹⁴ Since 2013, the Public Health Agency of Canada has leveraged over \$34 million in non-governmental funding through its Multi-sectoral Partnerships Approach to increase the impact of federal programs aimed at increasing physical activity and healthy behaviours. In 2015-16, Sport Canada invested \$16 million in sport participation for children and youth. <p>A- Non-Government</p> <ul style="list-style-type: none"> The majority of NGOs and corporations report their level of investment to increase physical activity among children and youth has increased, or stayed the same. The Lawson Foundation's new Outdoor Play Strategy aims to increase children's opportunities for self-directed play outdoors and includes \$2.7 million in funding.

Straight from the resource: Yukon Physical Literacy Program

Following the development of a Sport School at F.H. Collins School in Whitehorse, the teaching staff identified a significant deficit in the physical literacy of the students entering the program. To bridge the gap, The Yukon Physical Literacy Program was developed to provide teachers with a "how to guide" to teach the Physical Literacy Skills to students in grades 3 to 7.

Twelve (12) physical literacy skills were identified by a working group of consultants from the Departments of Education and Community Services, teachers, physical education specialists and Sport Yukon staff.

The "draft" resource presently includes 3 to 5 different lesson plans for a number of the skills for teachers. Once we receive feedback on the resource we will complete the 3-5 lesson plans for each skill. The goal of each lesson plan is not only the skill as it relates to games, but rather the "how to's" of how to teach the skill so that the teacher can instruct the student to become confident and competent in their ability to do the skill.

The formal launch of this resource is planned for September 2017.



The Sport and Recreation Branch are currently looking for feedback on this draft. Please contact trevor.twardochleb@gov.yk.ca for more information.

Strong Movements: Fitness is becoming a growing trend



For more information on upcoming fitness training opportunities contact Adrienne at adrienne@rpay.ca

RPAY has noticed a strong movement in the popularity of fitness programs in the Yukon through application to our Action Grant and RHEAL leader programs in Yukon communities this winter.

The Active Living Coordinator for RPAY (and fitness buff herself) Adrienne Marsh feels this is because it's an activity for everyone. "With fitness, you just go at your own pace. You don't need a team or a lot of equipment. Just the drive to do it."

Are you interested in running a fitness program for your class or after school program and would like to learn more about anatomy, fitness assessment or program design?

RPAY is now a proud partner in providing national level fitness certifications through canfitpro (Canadian Fitness Professionals).

Email adrienne@rpay.ca to learn more about upcoming training opportunities and possible subsidies.

Team Yukon: North American Indigenous Games



The North American Indigenous Games were created in 1990 to improve the quality of life for Indigenous People from across North America through sport and culture.

The Games provides Indigenous youth status and non-status, aged 13-19, an opportunity to showcase their athletic abilities through 14 sports and to celebrate their heritage through numerous cultural events.

Since 1990 the North American Indigenous Games have been held 9 times across North America. The Next Games will be held in Toronto Ontario on July 16-23, 2017. The Toronto 2017 North American Indigenous Games (NAIG) is expected to be the largest sporting and cultural gathering of

Indigenous Peoples in North America. The Toronto 2017 NAIG will host more than 5,000 participants, 2,000 volunteers and countless spectators for 14 sport categories being held within world-class venues located across the Greater Toronto Area, including the Region of Hamilton and Six Nations of the Grand River.

The Toronto 2017 North American Indigenous Games (NAIG) will unite individuals and communities across North America through sport to celebrate our past (heritage), present (unity) and future (youth). In the spirit of the NAIG movement, the Toronto 2017 NAIG strives to promote the unity of Indigenous Peoples across North America and that together, we are 'All One' - 'Past, Present, Future.

Follow Toronto 2017 NAIG on Twitter and Facebook @naig2017 to and join the conversation with hashtag #AllOne. Visit www.naig2017 for more information or email tara.wardle@gov.yk.ca at the Yukon Sport and Recreation Branch.

SPORT	AGE CATEGORY	YEARS OF BIRTH	SPORT	AGE CATEGORY	YEARS OF BIRTH
3-D Archery	16U, 19U	2001 & later, 1998 & later	Rifle Shooting	16U, 19U	2001 & later, 1998 & later
Athletics	14U, 16U, 19U	2003 & later, 2001 & later, 1998 & later	Swimming	14U, 16U, 19U	2003 & later, 2001 & later, 1998 & later
Badminton	16U, 19U	2001 & later, 1998 & later	Volleyball	16U, 19U	2001 & later, 1998 & later
Basketball	14U, 16U, 19U	2003 & later, 2001 & later, 1998 & later	Wrestling	16-18, 15 can upgrade	2001-1999, 2002 upgrade
Box Lacrosse	Males 16U, 19U, Females 19U	2001 & later, 1998 & later			
Canoe/Kayak	14U, 16U, 19U	2003 & later, 2001 & later, 1998 & later			
Golf	17U, 19U	2001 & later, 1999 & later			

NORTH AMERICAN
INDIGENOUS
GAMES 2017
TORONTO • ONTARIO



2017 JEUX
AUTOCHTONES
DE L'AMÉRIQUE DU NORD
TORONTO • ONTARIO

The Recreation and Parks Association of the Yukon (RPAY)

Upcoming Opportunities:

RPAY's Christmas gift to you:

To celebrate the season, RPAY would like to offer all Yukoners the gift of health. Enjoy a free swim and skate on us at the Canada Games Centre in Whitehorse!

Swim: December 21 600-830 pm

Skate: December 28 1045 am-1245



Teen Challenge Action Grants:

Designed to increase levels of physical activity among inactive Yukon teens 13-19. Up to \$500 is available for programs that run at least twice per week for several weeks or up to \$250 are for one-time, special events that introduce inactive youth to a new, lifelong activity.

Applications deadline is January 23, 2017. Visit www.rpay.ca/action-grants for more information.



canfitpro.

Yukon Moves-A Leadership Experience:

February 7-10, 2017

Join RPAY, in Whitehorse, for free training sessions for after-school program leaders and others who encourage increased physical activity and/or support active recreation for Yukon children and youth at school, after school and in the community.

Watch for updates at www.rpay.ca or contact rpay@rpay.ca to learn more.

Canadian Fitness Professionals Certification Courses:

**Personal Trainer Specialist (PTS)
January 4, 5, 21, 22-2017**

This comprehensive in-class and online course is designed to increase your knowledge to train clients in a one-on-one or small group setting.

**Fitness Instructor Specialist (FIS)
February 4, 5, 18, 19-2017**

This 25 hour course will increase your knowledge and confidence level to lead a group fitness class to music in various formats of cardiovascular conditioning, muscle strength and endurance training and stretching and relaxation.

Contact Adrienne at adrienne@rpay.ca to learn more.

Working Together to Build Active Healthy Communities

Yukon
Community Services
Sport and Recreation Branch

Recreation and Parks
RPAY Association of the Yukon

We are very "Social"



Facebook:

Recreation and Parks Association of the Yukon uses the Facebook page @goRPAY to stay in touch and share information.

Funding and upcoming training opportunities are also promoted on this site.

Want to know what is happening? Like us.



Twitter:

Did you know we tweet?

RPAY regularly uses our Twitter account

@ActiveYukonScho to share up to date information and fun ideas geared specifically for Yukon Schools and educators. Special projects or events happening in your school? Tweet us.