

Lasting Impact:

Developing a Lifelong Love for Physical Activity



Collaboration

Collaboration among and between the education system, the sport system, and local community recreation providers would create a seamless physical activity and physical literacy pathway for students.

Community Recreation

Schools would benefit from collaboration with the community recreation system to work on:

- school use of community sport and recreation facilities;
- access to Learn to Swim, Learn to Skate, and other similar programs;
- access to programs for students otherwise unable to afford to participate;
- community use of school facilities when not in use by the school; and
- access to expertise and specialized equipment for physical activity for students with special needs.

Health and Active Living

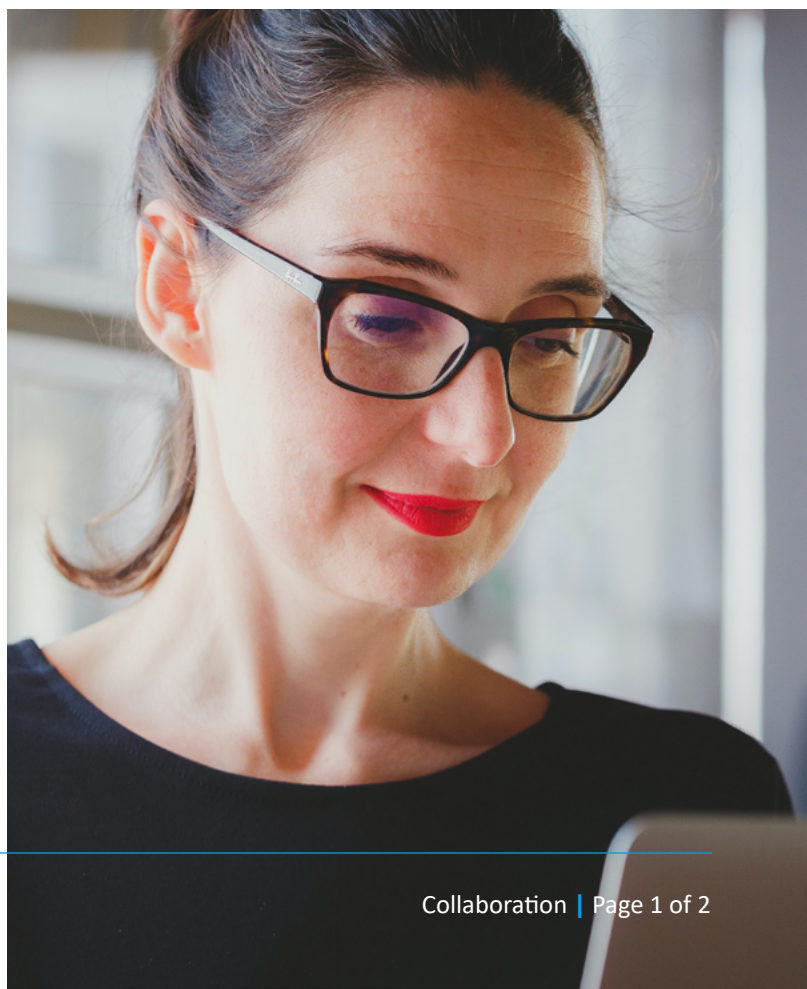
Schools would benefit from collaboration with health and active living organizations to work on:

- having health and physical activity specialists from public health and the medical community increase student knowledge of health benefits of physical activity; and
- coordinating school and public health messaging around the physical activity and screen time components of the Canadian 24-Hour Movement Guidelines for Children and Youth*.

Sport

Schools would benefit from collaborating with local sport organizations to work on:

- coordinating sport seasons for students playing the sport in school and also playing the sport in the community;
- ensuring that students playing a sport in and out of school play under the same rules, using the same equipment, and with the same developmental focus;
- making sure that the cumulative training and competition load on students from in-school and out-of-school sport participation does not lead to overuse injuries.



*www.csepguidelines.ca/children-and-youth-5-17

Steps in Collaboration



Collaboration Takes Time and Effort

Collaboration among and between organizations takes perseverance and energy – but the results are usually worth it. Collaboration works when organizations trust each other, and building trust takes time.

