

Teachers Monthly Guide To Physical Literacy NEWSLETTER

OCTOBER 2024

Autumn is here, and the season is changing! Take advantage of the crisp weather and encourage your students (and yourselves) to stay active outdoors. Don't let the cooler temperatures or shifting elements hold you back—embrace the fresh air, enjoy the vibrant fall colors, and make the most of this beautiful time of year!

Let's inspire our students to stay active and connect with the natural world around them.

This month, both students and teachers will be gearing up for their volleyball seasons. In this edition of the newsletter, you'll find tips and ideas for teaching essential volleyball skills, along with guidance on introducing the game's foundational building blocks.

Wishing you a wonderful October, and thank you for your ongoing dedication and hard work. Here's to keeping both minds and bodies active!

Jina Taylor

District Physical Literacy Lead Teacher
School District #71 Comox Valley

Dwayne Roberts

I-SPARC Project Manager
School Physical Activity & Physical Literacy project



NEWS FROM OUR PARTNERS

School Districts are proud to partner with Sport for Life and I-SPARC, two organizations focused on providing physical literacy for Canadians through the School Physical Activity and Physical Literacy project. Please find their updates below for this month.



I-SPARC
Move | Play | Compete

Indigenous Sport,
Physical Activity &
Recreation Council



WHAT'S NEW?

I-SPARC hosts annual Healthy Living Leader Training Sessions across various regions, bringing together community leaders and individuals committed to promoting health and wellness. Curious but unsure? Watch the video below to learn more about what we do!

[About I-SPARC](#)

I-SPARC also offers programs in your area to encourage healthy, active communities through sport, recreation, and physical activity. Click on the calendar below to explore what's available in your region.

[I-SPARC Event Calendar](#)



Sport for Life

WHAT'S NEW?

Supporting Students To Be Active!

In partnership with I-SPARC, Sport for Life has launched the School Physical Activity and Physical Literacy (SPA-PL) project, a comprehensive health promotion initiative for B.C. elementary schools. This project offers both in-person and online professional development opportunities to help educators build their confidence and skills in delivering quality physical activity and literacy programs, while also supporting mental well-being.

As part of the SPA-PL project, Sport for Life provides free resources aligned with the B.C. Physical and Health Education (PHE) curriculum. Explore the full range of tools through the link below.

Learn more [SPA-PL Website and Resources](#)

WE VALUE YOUR FEEDBACK

Integrating Physical Literacy For Life

It is important to us to achieve our goals of supporting teachers within School Districts and First Nation Schools. Submitting your feedback is vital to the growth of the program, to assist fellow teachers, and to guide the program to success. Let's make it happen together.

We look forward to hearing from you. Please send your feedback to drobot@isparc.ca

TEACHING CUES

READY POSTION	CATCHING
✓ Weight on balls of feet	✓ Keep eye on ball
✓ Wide base of support—feet shoulder width apart	✓ Reach arms towards ball
✓ Knees bent	✓ Absorb ball (bring it into body)
✓ Shoulders square to target	✓ Pinkies together if ball below waist; thumbs together if ball above waist
✓ Eyes on target	
VOLLEYING (Setting)	FOREARM PASS (Bump)
✓ Elbows high	✓ Make a flat surface with your arms by laying your left hand flat and placing your right hand on top, flat also. Fold both thumbs in and push your arms flat
✓ Make a diamond shape (pretend to hold a bowl) with your hands at forehead height	✓ Thumbs side by side on top
✓ Bend knees	✓ One foot in front of the other with knees bent
✓ Quick “catch” and push up with your fingers and knees	✓ Extend arms, body and knees to ball
✓ Extend your arms and wrist	✓ Do not swing your arms, meet the ball with your arms straight



FUN GAME—NEWCOMBE BALL

REFERENCE YouTube: [Newcombe Ball](#)

Place 2 teams on a court with or without a net. A net is preferable. The serving team sends the ball over the net from the back of the court. The opposing team must catch the ball and keep it off the floor. The receivers become the servers and return the ball. Play with 8 per court or 4 v 4.

EQUIPMENT

- Tennis, badminton or volleyball court with a net.
- Place net at medium height. If you don't have a net, mark out a 'no-go' zone and require balls to be served above head height of team-mates in the front row.
- One soft volleyball or similar.

HOW TO PLAY

- The game starts with one player tossing the ball from the back half of their court across the net for an opponent to catch.
- Each player must stay within their own playing area.
- A maximum of 3 passes can be made between players before the ball is returned across the net.
- Alternate serves and rotate server each time a point is won.

SCORING

- Servers—a point is scored if the ball touches the ground in the receivers' area.
- Receivers—a point is scored if the servers hit the ball outside the receivers' court.
- Score a set number of points (e.g. 10) or set a time limit (e.g. 4 minutes).
- Cooperative emphasis—make the length of the rally the objective.

[CLICK HERE FOR ANOTHER FUN GAME—TRIPLE BALL](#)

FUN GAME—4-SQUARE VOLLEYBALL

REFERENCE YouTube: [4-Square Volleyball](#)

EQUIPMENT

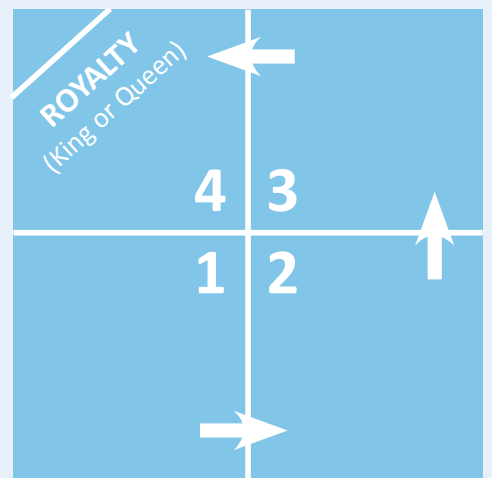
- Volleyball net or set of cones to divide a court into four sections.
- One volleyball or beach ball for each court you set up.

RULES

- Play begins with one player serving from the King/Queen Square (highest ranked square). This is Court 4.
- The serve can be to any of the other three players.
- The player receiving the serve gets one attempt to set or bump the ball to another player without the ball hitting the ground.
- If the player misses or hits the ball out of bounds, then she/he returns to the end of the line. Everyone rotates counter-clockwise to fill the open court. Line comes in at court one.
- Play re-starts with a serve from the King or Queen.

VARIATIONS

- Make the court bigger and play 2 per square of 4 per square depending on the size of the square.



HEALTHY HABITS



Boost your health with the power of fruits and vegetables!

Eating a variety of colorful fruits and veggies provides essential vitamins, minerals, and antioxidants that strengthen your immune system, support digestion, and boost energy.

These nutrient-packed foods can help reduce the risk of chronic disease.

Make fruits and vegetables a staple in your diet for a healthier, happier you!

Check out the link below for great activities for your class.

[Nutrition from the Hart](#)

EQUIPMENT

- Deck of cards.
- Saucer cones.
- Volleyballs, soft fabric volleyballs, beach balls.
- Dodgeballs, playground balls.

WARM UP GAME

Head, Toes, Cone Game

- To start the game, have students facing one another with a saucer cone in between them.
- The leader calls out body parts: “head”, “shoulders”, “toes”, etc.
- Players respond by placing both hands on the named body part.
- The leader continues to call out body parts before giving the last instruction, “cone!”
- Players try to grab the cone, the first player to grab the cone wins that round.
- For the next round, players rotate down one cone to face a new partner. The player at the end of the line would then move to the front of the same line.
- **Variations:** Pyramid formation with winners moving up the pyramid or in a plank position.

SKILLS, FOCUS & CUES

Catching

- Keep eye on the ball.
- Reach arms towards the ball.
- Absorb ball (bring it into the body).
- Pinkies together if ball is below the waist; thumbs together if ball is above the waist.

Volleying (setting)

- Elbows high.
- Make a diamond shape (pretend to hold a bowl) with your hands using your thumb and index fingers.
- Bend knees.
- Quick “catch” and push with your fingers.
- Extend your arms and wrist.

Forearm Pass (bump)

- Make a flat surface with your arms by laying your left hand flat and placing your right hand on top, flat also. Fold both thumbs in and push your arms flat.
- Thumbs side-by-side on top.
- One foot in front of the other with knees bent.
- Extend arms, body and knees to ball.
- Do not swing your arms, meet the ball with your arms straight.

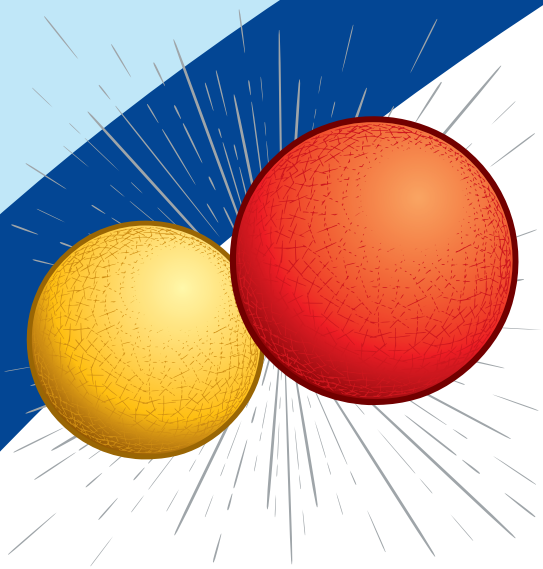
GAME OBJECTIVE & SETUP

Objective

The objective of the game is for your group to keep the ball in the air the number of times indicated on your card and to collect as many cards as possible to achieve the highest score.

Set Up

- Place students in groups between 3-7. Have them form a circle.
- Equipment: Volleyballs (older grades), dodgeballs, playground balls, beach balls (younger grades), deck of cards.
- Place the cards scattered or in a bin in the middle of the gym or playing area.
- For the younger students, this can be a tossing and catching game using a dodgeball, playground ball or a beach ball.
- For the older students, this is a volleyball game where they practice their volleying and forearm passing skills using a volleyball, a soft fabric volleyball or a beach ball.



GAME PLAY – Check it out on YouTube–[Beat the Card](#)

Game Description

- A student from each group will pick up a card from the center of the gym and bring it back to their group.
- Whatever the card is, the group must try to beat the playing card.

Card Values (choose cards in the deck depending on the grade level of the group)

1-10the number on the card (best for the younger grades)

Jack11 passes

Queen12 passes

King13 passes

Ace1 pass

For example: If the group gets an 8, they must pass the ball 8 times without letting it touch the ground. For the younger students, they can pass and catch the ball, while older students can focus on developing their volleyball skills such as passing and volleying.


- If the group beats the card, the group gets to keep that card and go into the center and choose another card.
- If they do not get the number of consecutive passes on the card, then they must put the card back in the pile and choose again.
- For every card they beat, they get that number of points. They are competing to see which group can collect the most points.

Extension / Modification

- Increase/decrease the number of chances with each number.
- Can have students complete an exercise if they do not beat the card.
- Change the type of ball that is used (bigger/smaller).
- For the younger students, only use the small numbers in the deck of cards.




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SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	EXERCISE Plank for 30 seconds x 3 times. Hold an airplane position for 30 seconds x 3 times	EXERCISE 1 Stretch—See below for examples of stretches. Do each stretch for 30 seconds and switch sides	YOUTUBE 2 Break the Lasers	EXERCISE 3 10 Jumping jacks 10 Arm circles 10 Toe touches 10 Squats 10 Burpees	EXERCISE 4 Partner Toss—Using a paper ball, toss back and forth with a partner 50 times	5
6	YOUTUBE 7 Kids Exercise Video	YOUTUBE 8 Rock, Paper, Scissors Train Ride Icebreaker	YOUTUBE 9 Woody's Turkey Run	EXERCISE 10 Place a book on your head and balance it—move around the class. Who can last the longest?	YOUTUBE 11 Turkey Run	12
13	THANKSGIVING DAY 14 No School	YOUTUBE 15 Fitness Freeze Kids Exercise	YOUTUBE 16 Rock, Paper, Scissors Games	YOUTUBE 17 Paper Ball Games Choose one of the games	EXERCISE 18 10 Sit ups 10 Desk push ups Plank position—Hold a plank position. Who can last the longest?	19
20	YOUTUBE 21 Paper Ball Games Choose another game different from the one you played on the 17 th	EXERCISE 22 Knee highs—How many high knees can you do in 2 minutes? Skipping—Skip on the spot for 1 minute	YOUTUBE 23 Minions Halloween Jump Battle	EXERCISE 24 10 Hip circles each way 20 Squats Ski Jumps—How many ski jumps (jump right and left quickly) can you do in 2 minutes	PRO-D DAY 25 No School	26
27	YOUTUBE 28 Yoga Freeze Warm Up Song	EXERCISE 29 Stretch—See below for examples of stretches. Do each stretch for 30 seconds and switch sides	YOUTUBE 30 Halloween Races	YOUTUBE 31 Minions Halloween Chase	HAPPY HALLOWEEN 	

The Importance of Stretching

Stretching is especially important for children as their bodies are growing and developing rapidly. Regular stretching helps maintain flexibility, improves posture, and supports healthy muscle and joint function, which is crucial for physical activities and play. Stretching can improve coordination and balance, enhancing overall motor skills, which are essential during a child's developmental years. Additionally, incorporating stretching into their routine teaches children healthy habits that promote physical well-being, relaxation, and stress relief—skills they can carry into adulthood.



Shoulder Stretch	Quad Stretch	Calf Stretch	Hamstring Stretch	Lunges	Squats
Hold your right arm over your chest with your left arm. Repeat on each side. 	Steady yourself by holding on to a wall or the back of a chair. Grab your right ankle, pulling your heel up and back to your backside. Keep your knees pressed together. Repeat on each side.	Steady yourself against a wall, flexing your right foot upward so your toes rest against the wall. Move closer to the wall until you feel a stretch. Repeat on each side.	Lie down on the floor next to a wall. Raise your right leg, resting your heel against the wall. Straighten your leg until you feel a stretch. Repeat on each side.	Stand in a split stance, so one foot is a few feet in front of the other. Keep your torso straight, and then bend your knees until your back knee is a few inches from the floor and your front thigh is parallel to the floor. Push through your heels to return to the starting position.	Lower yourself like you are sitting in a chair. Keep your feet shoulder-width apart and your feet flat on the floor. Push back up to standing.