Canadian Sport for Life

April 2017

City of Kelowna

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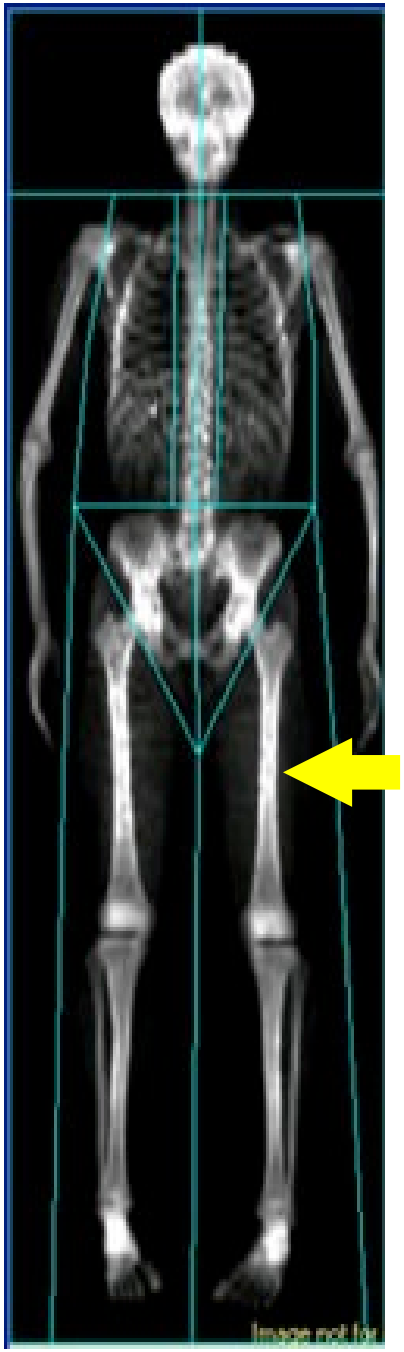
Unstructured play is EXTINCT!
Gone the way of the dinosaur.

"Come home when the street lights come on!"
***Never to be heard again!**

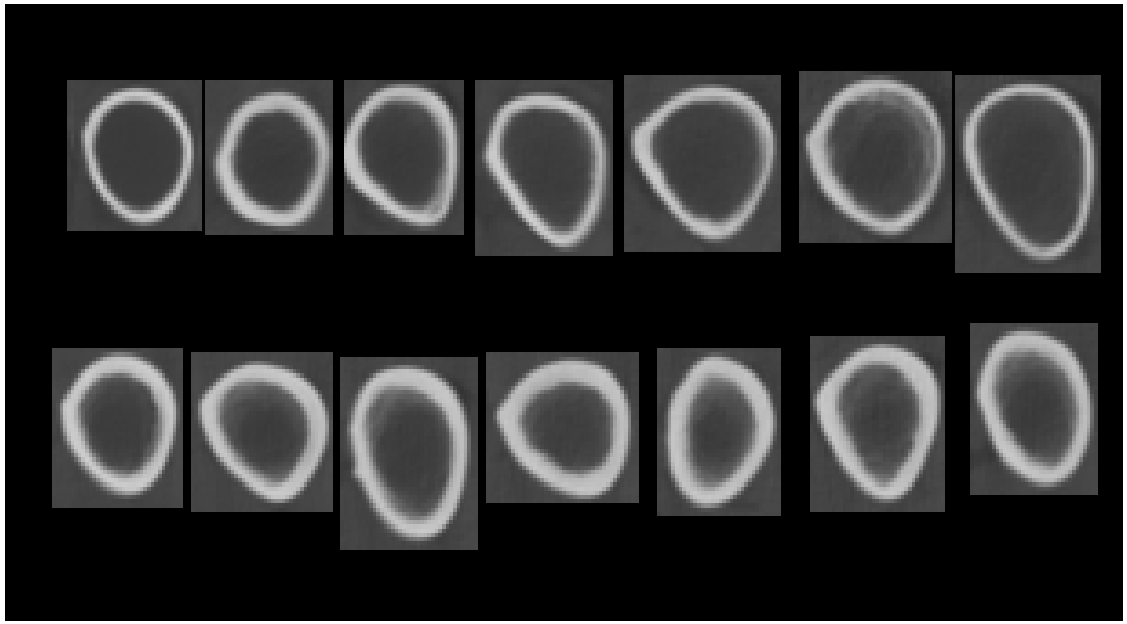
Playgrounds are empty!

"Walk to School" has been eradicated in ONE generation.
***2000 steps a day gone!**

City of **Kelowna**



Physical inactivity and the effect on bone density



Inactive

Active

City of **Kelowna**

Cancer

Depression

Osteoporosis

Heart Disease

Type 2 Diabetes

Osteoarthritis

Born to Move

- Better brain
- Better muscle
- Better bone
- Better heart
- Better body
- Better social life
- Better productivity
- Low burden on health care and society

What is CS4L?

"Canadian Sport for Life is a movement to ***improve the quality of sport and physical activity*** *in Canada. CS4L links* ***sport, education, recreation and health****, and aligns* ***community, provincial and national programming****."*

Sport for Life Society, June, 2015

Sport for Life

City of **Kelowna**

Key Aspects of CS4L:

1. **Physical Literacy**
2. **Long-Term Athlete Development**
3. **Active for Life**

Physical literacy

is the...

...to be

active for life

If you can't

Catch
Jump
Run
Swim
Throw

You won't take part in

Soccer
Basketball
Volleyball
Track and Field
Squash
Badminton
Rugby
Tennis

If you can't

Catch
Jump
Throw
Swim
Run

You won't take part in

Baseball
Softball
Bowling
Soccer
Goalball
Football
Rugby

If you can't

Throw
Jump
Swim
Catch
Run

You won't take part in

Swimming
Diving
Water Polo
Scuba
Kayaking
Sailing
Surfing

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Fundamental Movement Skills

BODY

Agility
Balance
Coordination
Speed

LOCOMOTOR

Running
Jumping
Swimming
Sliding / Skating

OBJECT

Sending
Receiving
Dribbling
Striking

Literacy Model
“Skill Based Literacies”

Literacy	Numeracy	Music	Physical Literacy
• ABC • Words • Sentences	• 123 • Fractions • Equations	• Do-re-mi • Scale • Score	• Movement vocabulary • Sequences • Tasks

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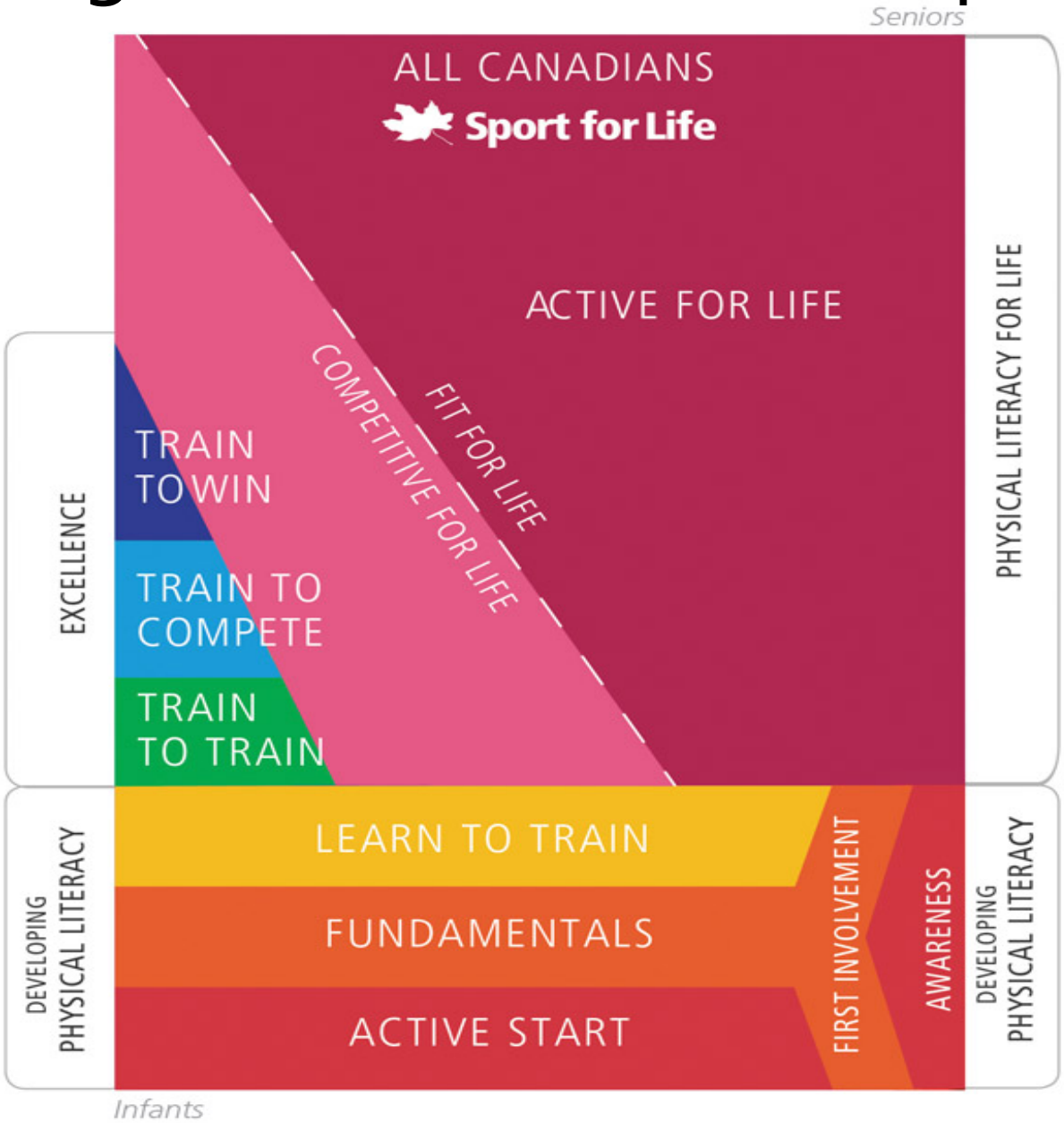
Long-Term Athlete Development



LONG TERM
ATHLETE DEVELOPMENT

Key Considerations

- Fundamental Movement Skills
- Developmental Age
- Mental, Cognitive and Emotional Development
- System Alignment & Integration
- Continuous Improvement

Active for Life

- Stage in LTAD
- Outcome of CS4L

City of **Kelowna**

ACTIVE FOR LIFE

1. Competitive for Life
2. Fit for Life
3. Sport and Physical Activity Leaders

City of **Kelowna**

CS4L provides the framework for a lifelong relationship with sport and physical activity

Physical Literacy Project

- Started in 2014 – RBC grant
- Partnership with PacificSport Okanagan
- FMS Training & Mentorship Program
  - Phase 1 – Recreation
  - Phase 2 – Education
  - Phase 3 – Sport
- CS4L Integration plan

Long-Term Athlete Development Integration

- Inclusive, accessible and developmentally appropriate sport and recreation opportunities
- CS4L principles adopted into LSO programs and competitions
- Community education programs

Community Sport Plan

Why do we need it?

- Lack of CS4L awareness
- LTAD not being utilized
- Capacity of Local Sport Organizations
- Minimal correspondence with provincial or national sport bodies
- Lack of collaboration between sport organizations
- Siloed-approach of sectors working independently
- Limited facility space
- Facility development needs

Community Sport Plan Development

What are the anticipated outcomes?

- Increased participation
- Enhanced sport experience
- Strategic approach to resource allocation
- Leadership related to CS4L
- Balanced schedule of City Facilities
- Identified needs and priorities for sport facilities
- Increased revenue opportunities

Community Sport Plan Development

Timeline:

Council Check-in Points

- Forming Project Steering Team — **Early Spring 2017**
- Conducting System Review and Community Engagement Process — **Spring 2017**
- Analyzing the Information — **Late Spring 2017**
- Developing the Plan — **Summer 2017**
- Creating an Actionable Implementation Strategy — **Fall 2017**
- Review and **Final Report** — **Winter 2017**

Community Sport Plan Development

Leadership Team

- Terms of Reference – Project Steering Team
- Multi-sectoral representation – Sport, Health, Education, Recreation

System Review

- Research and review sport plans, strategies, policies and best practices
- Consult with municipal, provincial and federal agencies

Community Engagement Process

- Open house and survey opportunities
- Input gathering with key stakeholders across sectors

Key CS4L Sites:

www.sportforlife.ca

www.physicalliteracy.ca

www.activeforlife.ca

www.phecanada.ca

www.lin.ca

www.pacificsportokanagan.com

Special Acknowledgements to the
Sport for Life Society and PacificSport Okanagan

Sport for Life

PACIFICSPORT OKANAGAN

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Questions?

For more information, visit **kelowna.ca**.