



Girl Guides of Canada Guides du Canada

LOUGHEED AREA

## LOUGHEED AREA GETS ACTIVE

A PHYSICAL LITERACY CHALLENGE  
FROM LOUGHEED AREA PROGRAM  
AND INSPIRED BY THE PARTICIPACTION 150 PLAYLIST

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# Lougheed Area Gets Active Challenge

## Introduction

This challenge was created to help the girls and Guiders in Lougheed Area to learn about and understand the importance of physical literacy and for units/individuals to become more active in their Guiding programs.

## Objectives

- To learn about Physical Literacy
- To try a variety of types of physical activity that will promote a lifelong enjoyment of physical activity.

## Challenge Requirements

The Lougheed Area Gets Active Challenge consists of 3 pieces:

- Part 1: to be completed over a five month period;
- Part 2: to be completed over a five month period;
- Part 3: ParticipACTION event at Coquitlam Town Centre.

For each part that is completed by Lougheed Area Girls and Guiders, a free crest is available. To obtain the crests, follow directions in this challenge.

## Parts 1 and 2: Each part is to be completed over a five month period

### Complete the following requirements for each part:

- one of the activities under the “Learn About Physical Literacy” section.
- Complete the physical activity section as indicated in the “Get Active” section.
- Log your activities using either:  
the online site at <https://form.jotform.com/70051096402243>  
**OR**  
the form contained in this challenge.
- Take photos of at least 3 activities showing your girls and Guiders taking part in the activities.
- Send an email to [lougheedprogram@gmail.com](mailto:lougheedprogram@gmail.com) saying that you’ve completed the challenge and would like to receive the free crests. Make sure you say how many you need.

### Part 3: November 30<sup>th</sup>, 2017

There is only one requirement for this part, and that is to participate in the ParticipACTION event being sponsored by ParticipACTION / City of Coquitlam and Lougheed Area Girl Guides.

- Date: November 30<sup>th</sup>, 2017. Event is open from 3:30 to 8:30 pm
- Location: Percy Perry Stadium at Coquitlam Town Centre
- What is it: At this event, you will be able to try different activities from the 150 Playlist. There will be activities that will be targeted for all age ranges from Sparks to Rangers. **PLAN TO MAKE THIS YOUR UNIT EVENT FOR THE WEEK!!**
- Information can be found at <https://www.participaction.com/en-ca/programs/participaction-150-play-list/events> - search for Coquitlam, BC

**To order the crests (available only to Lougheed Area Members):** When you have fulfilled the requirements and everything has been logged online or sent in, please send an email to [lougheedprogram@gmail.com](mailto:lougheedprogram@gmail.com) to order the crests.



## I. Learn About Physical Literacy!

Learn about physical literacy by sharing and discussing the information below and or by choosing one of the activities suggested. Use different activities for Part 1 and Part 2.

### What is Physical Literacy

Physical literacy is the breaking down of movements into key components called fundamental movement skills. These help children learn and understand the skills required for physical activities, giving them the confidence and competence to enjoy a life of being physically active.

**Stats relating to girls and and physical literacy:** [girlsactionfoundation.ca/files/physical\\_activity\\_1.pdf](http://girlsactionfoundation.ca/files/physical_activity_1.pdf)

- 4% of Canadian girls get enough daily activity compared to 9% of boys
- 70% of girls regularly participated in sports during the previous 12 months, compared to 81% of boys
- Girls become less active as they move into adolescence. Between 5 and 12, 56% of girls are not active enough. This increases to 70% in teen years.
- Beginning at age 12, involvement in physical activity declines until only 11% are involved at 16-17 years.
- Only 10% of girls take PE as a school elective.
- Girls and women from ethnic communities are less likely to participate in sports or recreation activities.
- Participation in sports is close to 80% higher for aboriginal boys than girls. Those who participate in cultural activities are more likely to be involved in sports
- 58% of girls in grades 5 to 8 spend 2 or more hours every day talking on the phone, texting or instant messaging.

### Stats from ParticipACTION – 2016 Report Card

- 24% of 5-17 year olds walk or bike to and from school while 62% are driven (2014-2015 PAM)
- High school students in Canada spend an average of 8 hours in screen-based sedentary behavior each day (2012-2013 COMPASS)

**Stats relating to the benefits of physical activity:** <http://youthreport.projectplay.us/the-solution/>

- Up to 40% achieve higher test scores
- 15% are more likely to go to college
- 7-8% have a higher annual income
- They are more productive at work
- There is less chance of heart disease, stroke, cancer and diabetes



### Guest Speaker Suggestions:

- a speaker from CAAWS to come and talk to your unit about the benefits of physical activity
- a female Athlete to come and speak about their sport and its benefits
- A Recreation professional who can speak about physical literacy and carry out an activity

**Video** followed by discussion on the importance of physical literacy

- **Sparks/Brownies:** Hands Up / 1 - Introduction of Physical & Health Literacy - [https://youtu.be/\\_okRtLv-7Sk](https://youtu.be/_okRtLv-7Sk)
- **Guides:** Hands Up / 2 – Exploring Physical & Health Literacy - <https://youtu.be/e4PiX9mXYq8>
- **Pathfinders/Rangers:** Hands Up / 3 – Applying Physical & Health Literacy - <https://youtu.be/cDudzvfZdBs>
- **Rangers/Adults:** What is Physical Literacy: <https://youtu.be/Ayl6FQJ1-78>

### Game:

#### Which Fits Best?

##### **Prior to the meeting:**

1. Clip a paperclip on the top of every activity card
2. Punch a hole where indicated on the Fundamental Movement Headings. Tie a one meter string to it so that when it is put on the wall, the girls can attach the card with paperclip to the string.

##### **Supplies**

- Fundamental Movement cards
- Activity Cards:
- Paper Clips
- String
- Hole punch
- Tape

##### **Directions:**

1. Tape the Fundamental Movements on the wall at the end of the room OR Tie a string between two posts and attach the Fundamental Movements at intervals along the string.
2. Set girls up in teams with each team having the identical sports activities to match to Fundamental Movements.
3. The first girl in the team takes an activity card, runs to the headings and attaches it to the heading that she feels is most necessary to the success of the activity, e.g. for baseball, she may choose running. She cannot attach it to a heading where that sport has already been attached. She runs back and tags the next team member.
4. The next girl takes an activity from the pile and does the same thing, attaching her card under a Fundamental movement, then runs back and tags the next team member.
5. Play continues until one team is finished.

**Debrief:**

1. How many found it difficult to figure out which fundamental movement an activity belongs to. You'll notice there is a lot of overlap with sports and activities that require more than one fundamental movement to be able to perform successfully. Adapted sports take into account that there are some people unable to develop those skills.
2. If physical literacy is not developed before a girl reaches 9, it is much harder to achieve.
3. By engaging girls in physical activities that interest them, even after 9 years old, there is the opportunity to improve physical literacy skills. Success in different activities will help them feel confident and empowered to try new activities in new environments which may lead to developing an interest and a passion in physical activity of a type that will keep them active for a lifetime.

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## II. Get Active!

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**For Parts 1 and 2, you will be required to complete the following:**

- Using the ParticipACTION 150 Playlist found in this challenge or at <https://www.participaction.com/en-ca/programs/participaction-150-play-list>, take part in 150 minutes of physical activity for a period of 5 months  
**OR**  
**AS A UNIT**, Complete a minimum of 10 **new** activities (Sparks / Brownies) or 15 **new** activities (Guides / Pathfinders / Rangers) during a period of 5 months.  
***For Part 2 of the challenge, your activities will need to be different than the ones in Part 1.***
- Non-Guiding activities count – some activities won't be able to be done in Guiding, but if you take part in them with your family, they count!
- You are required to take photos of the girls and guiders taking part in a minimum of 3 activities during the five month period.

**Complete the following requirements:**

- Log your activities using the online site <https://form.jotform.com/70051096402243> or use the form in this challenge. Submit along with photos from at least 3 activities showing girls and Guiders taking part in the activities.
- Follow Directions on page 4 to receive your crest.

### III. Participation in the ParticipACTION / Guiding Event

- **What:** ParticipACTION / Guiding / Community Get Active Event
- **When:** November 30, 2017
- **Where:** Town Centre Stadium in Coquitlam.
- **Who and Why:** To get Lougheed Area Guiding Members active and visible in the community, Lougheed Area is partnering with ParticipACTION to provide an opportunity for girls, guiders, families and community members to experience some of the activities from the ParticipACTION 150 Playlist. **CONSIDER CANCELING YOUR MEETING THAT WEEK AND PLAN TO PARTICIPATE!**



### IV. Log your information and submit your photos to get your crest

- Submit a log of your activity information (type of activity, duration and number of participants) either online or using the form in this challenge. It is your responsibility to keep track of which girls participate.
- Submit photos of girls / Guiders doing the activity. **Remember that you must submit photos as part of the criteria.**
- If everyone in the photos doesn't have an image release, you need to make note of it as these photos may be used on Facebook and the website.
- Once a part has been completed, send an email to [LougheedProgram@gmail.com](mailto:LougheedProgram@gmail.com) to receive your crests.

**Have Fun and Get Active!**





## Following is a checklist of the ParticipACTION 150 Activities.

This list can be used for planning. Some activities may not be appropriate for your units age group or for Guiding in general, but families may want to participate in them on their own. Girls can still count them towards their 150 minutes per month of activity. Each activity on the list links with the ParticipACTION activity description. Have fun and keep active!!

<input type="checkbox"/> 1. <a href="#">Aquafit</a>	<input type="checkbox"/> 51. <a href="#">Gardening</a>	<input type="checkbox"/> 101. <a href="#">Running</a>
<input type="checkbox"/> 2. <a href="#">Archery</a>	<input type="checkbox"/> 52. <a href="#">Geocaching</a>	<input type="checkbox"/> 102. <a href="#">Sailing</a>
<input type="checkbox"/> 3. <a href="#">Athletics</a>	<input type="checkbox"/> 53. <a href="#">Goalball</a>	<input type="checkbox"/> 103. <a href="#">Scavenger Hunt</a>
<input type="checkbox"/> 4. <a href="#">Axe Throwing</a>	<input type="checkbox"/> 53. <a href="#">Golf</a>	<input type="checkbox"/> 104. <a href="#">Scootering</a>
<input type="checkbox"/> 5. <a href="#">Badminton</a>	<input type="checkbox"/> 55. <a href="#">Grounders</a>	<input type="checkbox"/> 105. <a href="#">Shoreline/Community Cleanup</a>
<input type="checkbox"/> 6. <a href="#">Baseball</a>	<input type="checkbox"/> 56. <a href="#">Gymnastics</a>	<input type="checkbox"/> 106. <a href="#">Shuffleboard</a>
<input type="checkbox"/> 7. <a href="#">Basketball</a>	<input type="checkbox"/> 57. <a href="#">Hacky Sack</a>	<input type="checkbox"/> 107. <a href="#">Side Reach</a>
<input type="checkbox"/> 8. <a href="#">Baton Twirling</a>	<input type="checkbox"/> 58. <a href="#">Handball</a>	<input type="checkbox"/> 108. <a href="#">Sitting Volleyball</a>
<input type="checkbox"/> 9. <a href="#">Beach Volleyball</a>	<input type="checkbox"/> 59. <a href="#">Hide-and-seek</a>	<input type="checkbox"/> 109. <a href="#">Skateboarding</a>
<input type="checkbox"/> 10. <a href="#">Bean Bag Toss</a>	<input type="checkbox"/> 60. <a href="#">Highland Games</a>	<input type="checkbox"/> 110. <a href="#">Skating</a>
<input type="checkbox"/> 11. <a href="#">Billiards</a>	<input type="checkbox"/> 61. <a href="#">Hiking</a>	<input type="checkbox"/> 111. <a href="#">Slacklining</a>
<input type="checkbox"/> 12. <a href="#">Bird Watching</a>	<input type="checkbox"/> 62. <a href="#">Hockey</a>	<input type="checkbox"/> 112. <a href="#">Sledge Hockey</a>
<input type="checkbox"/> 13. <a href="#">Bocce/Pétanque</a>	<input type="checkbox"/> 63. <a href="#">Hopscotch</a>	<input type="checkbox"/> 113. <a href="#">Snorkelling</a>
<input type="checkbox"/> 14. <a href="#">Boccia</a>	<input type="checkbox"/> 64. <a href="#">Horseback Riding</a>	<input type="checkbox"/> 114. <a href="#">Snowball Fight</a>
<input type="checkbox"/> 15. <a href="#">Boxing</a>	<input type="checkbox"/> 65. <a href="#">Horseshoes</a>	<input type="checkbox"/> 115. <a href="#">Snowboarding</a>
<input type="checkbox"/> 16. <a href="#">Broomball</a>	<input type="checkbox"/> 66. <a href="#">Housework</a>	<input type="checkbox"/> 116. <a href="#">Snow Fort Building</a>
<input type="checkbox"/> 17. <a href="#">Building a Sandcastle</a>	<input type="checkbox"/> 67. <a href="#">Hula Hooping</a>	<input type="checkbox"/> 117. <a href="#">Snowmobiling</a>
<input type="checkbox"/> 18. <a href="#">Building a Snowman</a>	<input type="checkbox"/> 68. <a href="#">Hunting *</a>	<input type="checkbox"/> 118. <a href="#">Snowshoeing</a>
<input type="checkbox"/> 19. <a href="#">Camping</a>	<input type="checkbox"/> 69. <a href="#">Judo</a>	<input type="checkbox"/> 119. <a href="#">Snow Shovelling</a>
<input type="checkbox"/> 20. <a href="#">Canoeing</a>	<input type="checkbox"/> 70. <a href="#">Jump Rope</a>	<input type="checkbox"/> 120. <a href="#">Snowsnake</a>
<input type="checkbox"/> 21. <a href="#">Capture the Flag</a>	<input type="checkbox"/> 71. <a href="#">Karate</a>	<input type="checkbox"/> 121. <a href="#">Soccer</a>
<input type="checkbox"/> 22. <a href="#">Cheerleading</a>	<input type="checkbox"/> 72. <a href="#">Kayaking</a>	<input type="checkbox"/> 122. <a href="#">Softball</a>
<input type="checkbox"/> 23. <a href="#">Chopping Wood</a>	<input type="checkbox"/> 73. <a href="#">Kickball</a>	<input type="checkbox"/> 123. <a href="#">Squash</a>
<input type="checkbox"/> 24. <a href="#">Circus Arts</a>	<input type="checkbox"/> 74. <a href="#">Kin-Ball</a>	<input type="checkbox"/> 124. <a href="#">Stick Pull</a>
<input type="checkbox"/> 25. <a href="#">Cricket</a>	<input type="checkbox"/> 75. <a href="#">Knuckle Hop</a>	<input type="checkbox"/> 125. <a href="#">Surfing</a>
<input type="checkbox"/> 26. <a href="#">Croquet</a>	<input type="checkbox"/> 76. <a href="#">Lacrosse</a>	<input type="checkbox"/> 126. <a href="#">Swimming</a>
<input type="checkbox"/> 27. <a href="#">Cross Country Skiing</a>	<input type="checkbox"/> 77. <a href="#">Ladder Toss</a>	<input type="checkbox"/> 127. <a href="#">Swinging on a Swing</a>
<input type="checkbox"/> 28. <a href="#">Curling</a>	<input type="checkbox"/> 78. <a href="#">Lawn Bowling</a>	<input type="checkbox"/> 128. <a href="#">Synchronized Swimming</a>
<input type="checkbox"/> 29. <a href="#">Cycling</a>	<input type="checkbox"/> 79. <a href="#">Lawn Mowing</a>	<input type="checkbox"/> 129. <a href="#">Table Tennis</a>
<input type="checkbox"/> 30. <a href="#">Dancing</a>	<input type="checkbox"/> 80. <a href="#">Marco Polo</a>	<input type="checkbox"/> 130. <a href="#">Taekwondo</a>
<input type="checkbox"/> 31. <a href="#">Disc Golf</a>	<input type="checkbox"/> 81. <a href="#">Mini Putt</a>	<input type="checkbox"/> 131. <a href="#">Tag</a>
<input type="checkbox"/> 32. <a href="#">Diving</a>	<input type="checkbox"/> 82. <a href="#">Monkey Bars</a>	<input type="checkbox"/> 132. <a href="#">Tai Chi</a>
<input type="checkbox"/> 33. <a href="#">Dodgeball</a>	<input type="checkbox"/> 83. <a href="#">Netball</a>	<input type="checkbox"/> 133. <a href="#">Tennis</a>
<input type="checkbox"/> 34. <a href="#">Dog Sledding</a>	<input type="checkbox"/> 84. <a href="#">Obstacle Course Race</a>	<input type="checkbox"/> 134. <a href="#">Tobogganing</a>
<input type="checkbox"/> 35. <a href="#">Dog Walking/Agility</a>	<input type="checkbox"/> 85. <a href="#">One Foot High Kick</a>	<input type="checkbox"/> 135. <a href="#">Trampolining</a>
<input type="checkbox"/> 36. <a href="#">Double Ball</a>	<input type="checkbox"/> 86. <a href="#">Orienteering</a>	<input type="checkbox"/> 136. <a href="#">Tree Climbing</a>
<input type="checkbox"/> 37. <a href="#">Downhill Skiing</a>	<input type="checkbox"/> 87. <a href="#">Paddleboarding</a>	<input type="checkbox"/> 137. <a href="#">Tree Planting</a>
<input type="checkbox"/> 38. <a href="#">Dragon Boating</a>	<input type="checkbox"/> 88. <a href="#">Pickleball</a>	<input type="checkbox"/> 138. <a href="#">Triathlon</a>
<input type="checkbox"/> 39. <a href="#">Drumming</a>	<input type="checkbox"/> 89. <a href="#">Pilates</a>	<input type="checkbox"/> 139. <a href="#">Tug-of-war</a>
<input type="checkbox"/> 40. <a href="#">Fencing</a>	<input type="checkbox"/> 90. <a href="#">Pillow Fight</a>	<input type="checkbox"/> 140. <a href="#">Ultimate Frisbee</a>
<input type="checkbox"/> 41. <a href="#">Field Hockey</a>	<input type="checkbox"/> 91. <a href="#">Polar Bear Dip</a>	<input type="checkbox"/> 141. <a href="#">Volleyball</a>
<input type="checkbox"/> 42. <a href="#">Fishing</a>	<input type="checkbox"/> 92. <a href="#">Potato Sack Racing</a>	<input type="checkbox"/> 142. <a href="#">Walking</a>
<input type="checkbox"/> 43. <a href="#">Fitness Activities</a>	<input type="checkbox"/> 93. <a href="#">Quidditch</a>	<input type="checkbox"/> 143. <a href="#">Washing the Car</a>
<input type="checkbox"/> 44. <a href="#">Five-Pin Bowling</a>	<input type="checkbox"/> 94. <a href="#">Raking Leaves</a>	<input type="checkbox"/> 144. <a href="#">Water Polo</a>
<input type="checkbox"/> 45. <a href="#">Floorball</a>	<input type="checkbox"/> 95. <a href="#">Ringette</a>	<input type="checkbox"/> 145. <a href="#">Waterskiing/Wakeboarding</a>
<input type="checkbox"/> 46. <a href="#">Flying a Kite</a>	<input type="checkbox"/> 96. <a href="#">Rock-climbing</a>	<input type="checkbox"/> 146. <a href="#">Weightlifting</a>
<input type="checkbox"/> 47. <a href="#">Folk/Cultural Dances</a>	<input type="checkbox"/> 97. <a href="#">Rollerblading</a>	<input type="checkbox"/> 147. <a href="#">Wheelchair Basketball</a>
<input type="checkbox"/> 48. <a href="#">Football</a>	<input type="checkbox"/> 98. <a href="#">Roller Derby</a>	<input type="checkbox"/> 148. <a href="#">Whitewater Rafting</a>
<input type="checkbox"/> 49. <a href="#">Four-Square</a>	<input type="checkbox"/> 99. <a href="#">Rowing</a>	<input type="checkbox"/> 149. <a href="#">Wrestling</a>
<input type="checkbox"/> 50. <a href="#">Fruit Picking</a>	<input type="checkbox"/> 100. <a href="#">Rugby</a>	<input type="checkbox"/> 150. <a href="#">Yoga</a>

# LOUGHEED AREA GETS ACTIVE TRACKING SHEET

Send your completed form to: [LougheedProgram@gmail.com](mailto:LougheedProgram@gmail.com)

NAME	Physical Literacy Activity Date Complete:	Activity: Date: Duration:	Activity: Date: Duration:	Activity: Date: Duration:	Activity: Date: Duration:	Activity: Date: Duration:

## FUNDAMENTAL MOVEMENT CARDS

**DODGE**



**LOG ROLL**

**STORK STAND**



**JUMP**

KICK



dribbble

THROW

Catch

RUN



STRIKE

## ACTIVITY CARDS

<b>Soccer</b>	<b>Basketball</b>	<b>Volleyball</b>
<b>Track &amp; Field</b>	<b>Squash</b>	<b>Badminton</b>
<b>Rugby</b>	<b>Tennis</b>	<b>Baseball</b>
<b>Softball</b>	<b>Bowling</b>	<b>Soccer</b>
<b>Goalball</b>	<b>Football</b>	<b>Rugby</b>
<b>Swimming</b>	<b>Diving</b>	<b>Water Polo</b>
<b>Scuba</b>	<b>Kayaking</b>	<b>Sailing</b>
<b>Surfing</b>		