

Miawpukek First Nation - Lunch Time Basketball

Goal: Increase physical activities among elementary students

CYCLE 1

<p>PLAN</p>		<p>Create a peer-to-peer lead activity:</p> <ul style="list-style-type: none"> Facilitators from the team met with junior high school students to discuss the idea of peer-to-peer lunch time basketball for elementary students
<p>DO</p>	<p>What are we trying to accomplish?</p>	<p>The team decided to:</p> <ul style="list-style-type: none"> Get a teacher, CRHSS addictions worker and a parent to supervise & implement sporting activities Invitation letters were sent to parents of students in Grades 2-3 for the peer leadership basketball game All parents received consent forms and were asked to provide bag lunches and gym clothes
<p>STUDY</p>	<p>How will we know that a change is an improvement?</p>	<p>The team found:</p> <ul style="list-style-type: none"> Peer leaders were a little uncomfortable with the role of organizing students Students were very excited but did not understand the leadership role of the junior high students The gym was very chaotic
<p>ACT</p>	<p>What small changes can we make that will result in improvement?</p>	<p>Based on the team's assessment of the event:</p> <ul style="list-style-type: none"> A teacher would be assigned to coach and assist peer leaders Grades would be broken up and provided different dates for different grades Students would be gathered to learn the roles of peer leaders and help develop rapport

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CYCLE 2/3

<p>PLAN</p>		<p>(Cycle 2) Due to a weather emergency, the planned event was cancelled but a Grade 3 peer leadership basketball camp (Cycle 3) was planned over lunch hour</p>
<p>DO</p>	<p>What are we trying to accomplish?</p>	<p>Peer leadership event:</p> <ul style="list-style-type: none"> • With assistance from a coach, peer leaders were organized into colour-coded teams • Peer leaders organized groups, conducted drills and explained the rules to the students
<p>STUDY</p>	<p>How will we know that a change is an improvement?</p>	<p>Following the event:</p> <ul style="list-style-type: none"> • Students appeared to enjoy learning from other youth • Teachers and SW noticed the children were engaged in physical activity and enjoyed learning how to play the game
<p>ACT</p>	<p>What small changes can we make that will result in improvement?</p>	<p>Staff and school administration inquired about organizing a game with a neighboring school</p>

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CYCLE 4

PLAN		The team planned a date and time for a Grade 2 peer leadership basketball camp
DO	What are we trying to accomplish?	<p>With assistance from a coach, peer leaders were organized into colour-coded teams:</p> <ul style="list-style-type: none">• Again, peer leaders organized groups, conducted drills and explained the rules to the students
STUDY	How will we know that a change is an improvement?	<p>The team found:</p> <ul style="list-style-type: none">• Grade 2 students were harder to keep engaged and had difficulty understanding the rules of basketball• The students still enjoyed the physical activity
ACT	What small changes can we make that will result in improvement?	Staff would organize Grade 4-5 basketball camps and meet with students in Grade 2 to see if there is another sport they would like to try