

## GAME ON! Program Information

GameON! Youth Activity engages children and youth of all genders to be active and participate in year round sport & recreation activities in 7 rural Renfrew County communities (participants from 22 communities currently attend). Serving youth in grades 3-8, GameON! is designed with 5 pillars which support youth success: accessibility, fundamental movement skills development, social and emotional literacy, food literacy, and positive youth engagement.

Our programs recognize that children and youth need opportunities to develop fundamental movement skills to help them find success in all sports. Our inclusive programs utilize fun, games and outdoor risky play to engage children and youth. All youth have assets, we work on engaging youth in physical activity that builds on their abilities and skills, allows them to connect with other youth, takes the pressure off and creates fun opportunities for all youth to be active.

Rural Renfrew County youth face numerous healthy lifestyle challenges. KidActive (2011) identified risk factors including low income, poor health/environment, isolation/exclusion, low resource neighbourhoods, inactivity, and unhealthy body weight. A Canadian Tire Jumpstart Grant will allow us to address these health concerns by supporting the Community Resource Centre to take our successful GAME ON! Program out to the communities that need it most.

GAME ON! Mobile Youth Activity Program works to create healthier youth communities by focusing on 3 areas of youth development to combat local health challenges:

- Fundamental movement skills development. Participants will learn and practice Movement Skills in accordance with stages 1-3 & 7 of the Long-term Athlete Development Continuum (Canadian Sport for Life). Sessions highlight one skill (run, jump...) and engage children/youth to learn through play rather than competition/sport.
- Social and emotional literacy. GAME ON! Mobile Youth Activity provides participants with an opportunity to develop a better understanding of their social and emotional needs, and that of others around them. Activities are designed to support participants in understanding and managing emotions, improving self-expression and growing self-esteem. Participants also practice problem-solving, active listening, cooperation and team building. GAME ON! is an excellent environment for children who are confident in social interactions and for those who are still working to develop their skills. Groups are inclusive, inviting and are an excellent place to build new friendships.
- Food literacy. GAME ON! Mobile Youth Activity Program provides all program participants with a healthy snack each session. Children need healthy food to fuel their active play, without it they can't move or have fun. We engage children in making a simple, healthy snack that they can then easily replicate at home.

GAME ON! aligns with the HIGH FIVE Principles of Healthy Child Development that are essential for quality programs:

1. A Caring Adult,

2. Opportunities to make Friends,
3. Opportunities to Play,
4. Opportunities to Master Skills,
5. Opportunities to Participate

During July & August, GAME ON! Mobile Youth Activity Program shifts to a Summer Day Camp Format:

- Physical Activity Free-Time. Participants spend the first 20minutes of our groups enjoying free play in. This gives everyone a chance to get the wiggles out and to visit with friends before groups begin.
- Opening Circle & Welcome. Children take turns sharing their name, pronouns and answer a fun daily question. We also use this time to share and program updates and reminders.
- MOVEMENT Session #1 Fundamental Movement skills Building through Physical Activities & Games. Participants enjoy a morning block of activity. This time is made up of structured active games selected by staff to give children an opportunity to practice their fundamental movement skills in a fun and structured way.
- Lunch Break
- MOVEMENT Session #2 Fundamental Movement skills Building through Physical Activities & Games. Participants enjoy a morning block of activity. This time is made up of structured active games selected by staff to give children an opportunity to practice their fundamental movement skills in a fun and structured way.
- Healthy Snack.
- MOVEMENT Session #3 Fundamental Movement skills Building through Physical Activities & Games. Participants enjoy a morning block of activity. This time is made up of structured active games selected by staff to give children an opportunity to practice their fundamental movement skills in a fun and structured way
- Youth Selected & Led Activities and Games. We have a game selection tool that works well in our groups called Dotmocracy. Youth helpers take a list of 4 or 5 favourite program games and ask each participant to put a dot beside their top two choices to play that evening. Once everyone has voted, games are selected based on the participant vote. Youth then help to lead these activities. Program favourites include mini sticks hockey, basketball, dodgeball and tail-tag.
- Closing Circle & End of Day Reminders.