

# Intramural Program

## London Christian Elementary School

### **Benefits of an Intramural Program**

Intramural programs involve children and youth of all skill and ability levels in fun-filled physical activities where there is “something for everyone”. The focus on inclusive activity for its own intrinsic value has a positive impact on how children and youth value physical activity. Children and youth, who have gained this positive appreciation for physical activity at school, are more inclined to participate in physical activity at home and on the weekend with family and friends.

Intramurals are fun! They are inclusive as they provide something for everyone, regardless of their age, gender, size, shape, ability, culture or socio-economic status. They reach traditionally inactive students – even students with low skill levels. Intramurals can include a diverse range of activities that can be done daily, as well as provide opportunities for leadership development for children and youth. They also get children active daily and help to increase their physical activity levels.

### **The LCES Intramural Program**

Intramural sporting activities are offered in a variety of activities throughout the school year. The purpose is to provide all students with an opportunity to enjoy an activity of their choice no matter what their level of skill. Our intramural program is designed to reinforce such concepts and provide opportunities for students. Intramural programs begin in Grade 3 and continue until Grade 6, with different leagues for Grades 3-4, and Grades 5-6. Teams are composed of students in different classes, further emphasizing school community. All students are invited to play, but participation is not mandatory. The only requirement is that students must participate if they sign up. This fosters a sense of commitment and responsibility to fellow team members. Intramural sports are more competitive than Phys. Ed. classes, but less demanding and competitive than competitive sports. Emphasis is placed on participation and fun for all team members.

#### Junior Intramural Activities –

Grades 3-4 students may participate in these intramural activities:

Soccer, Capture the Flag, Throwball, Speedstacking, Scooter Hockey, Dodgeball and Soccer Baseball

#### Senior Intramural Activities –

Grades 5-6 students may participate in these intramural activities:

Soccer, Capture the Flag, Volleyball, Speedstacking, Basketball, Dodgeball and Ultimate Frisbee

Activities will take place during the first nutrition break. Students will either participate on Mondays & Wednesday or Tuesdays & Thursdays.

#### Student Referees & Teacher Supervision

Student referees are used for all teams. The Grade 6 students serve the school by refereeing the Grade 3-4 intramural activities. The Grade 7&8 students serve the school by refereeing the Grade 5-6 activities. At the beginning of each sport, the staff rep for intramurals will meet with the refs for a brief training session.

Teacher supervision is required for all games. Games will not begin until a teacher is present to supervise, guide and encourage the game.