

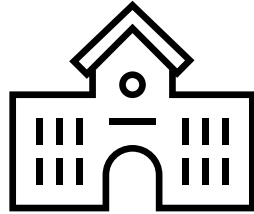


Program overview

Date

Presenter

Playground Activity Leaders in Schools



Peer-based leadership program for elementary schools.



Originally developed by Peel Public Health; adapted by local public health agencies across Ontario.



Updated in 2023



Program Objectives

1

Provide opportunities for student leadership.

2

Increase students' sense of belonging and inclusion.

3

Increase opportunities for physical activity to improve students' physical literacy.



Train-the-Trainer approach

Program Facilitators

- School staff or volunteers
- Coordinate Student Leader training
- Provide ongoing facilitation support

Student Leaders

- Junior and/or intermediate students
- Trained to lead playground games with primary students

Resources Available



- Facilitator Handbook & Student Leader Training Guide
- Student Leader Training Handbook
- Games Book



Resources Required



- 1-2 school staff to facilitate the program
- Students to assume role of PALS leaders
- Equipment needed for some games



At your school board or school








- <<Local Public Health Agency to Customize this Slide based on local implementation approach.>>



A Comprehensive School Program

Improve sense of belonging, decrease conflict and reduce the incidence of playground bullying | Provide leadership opportunities for students | Increase physical activity

 <p>Social and Physical Environment</p>	 <p>Home, School, and Community Partnerships</p>	 <p>Curriculum, Teaching, and Learning</p>	 <p>School and Classroom Leadership (Including Policy)</p>	 <p>Student Engagement</p>
<p>Social Provides a safe space for students to participate in structured activities at recess (belonging). Opportunity to interact and build healthy relationships with peers and mentors/leaders.</p> <p>Physical Structured activities and equipment provides options for students on the playground to be more physically active. Utilizes existing playground assets (fields, blacktop) to offer PALS activities.</p>	<p>Home & School Creates opportunities for Parent engagement (e.g. ask parents to be involved in leading the program/volunteer to help organize student leaders, involve parent council). Leadership opportunity for staff to collaborate with students outside of the classroom.</p> <p>Community Partnerships Facilitates partnership with Public Health Provides opportunity for partnership with local businesses in the community.</p>	<p>Curriculum Social Emotional Learning Skills (creative thinking skills, problem solving, leadership) Healthy Living (healthy relationships, how to respect others, listening, communication, conflict resolution) Active Living (participation in structured school activity during recess). Movement Competence (positive motivation, persevering through challenges, learning new skills)</p> <p>Teaching & Learning Informal instruction and learning opportunities outside the classroom learning environment</p>	<p>Policy Supports the following policies: PPM-144 Bullying Prevention and Intervention (Safe School Teams) PPM-138 Daily Physical Activity In Elementary Schools gr 1-8 PPM-119 Developing and Implementing equity and inclusive education policies</p> <p>School & Classroom Leadership Can be an intervention for committee action plans supporting wellbeing, mental health and safe schools. Contributes to Healthy School Certification activities.</p>	<p>Student Leaders Provides Leadership Opportunities for PALS leaders to develop; communication skills, problem solving skills, and strategies to manage conflicts. Positive role modeling opportunities for student leaders. Promotes student voice (leaders plan, organize and implement activities, provide feedback) Enables students to work as team members with peers, educators and community partners.</p>



A Comprehensive School Program Action Items

Improve sense of belonging, decrease conflict and reduce the incidence of playground bullying | Provide leadership opportunities for students | Increase physical activity



Social and Physical Environment

Social Environment

Use PALS leaders at recess to provide safe and inclusive spaces on the playground
Encourage students to participate in the program to increase physical activity at recess

Develop healthy relationships between PALS leaders and participants

Physical Environment

Design a bulletin board display with PALS leaders photos and schedules
Create morning announcements to promote the games and activities being offered at recess



Home, School, and Community Partnerships

Home & School

Create newsletter inserts: provide instructions to parents to learn how to play PALS games at home
Encourage parents to participate in the games at a parent engagement evening

Ask families to donate a piece of equipment- new or gently used
Approach parent council for funds to support equipment budget

Community Partnerships

Ask local business to donate equipment
Collaborate with a Public Health Nurse to support your PALS program



Curriculum, Teaching, and Learning

Curriculum

Teach games from the PALS program that align with the Health & Physical Education curriculum
Train students to be PALS leaders as part of their Health & Physical Education curriculum

Teaching & Learning

Improve physical literacy skills
Utilize games for DPA or during indoor recess



School and Classroom Leadership (Including Policy)

Policy

Facilitates opportunities to implement policies:
PPM 144 Bullying Prevention & Intervention (Safe School Teams)
PPM 138 Daily Physical Activity in Elementary Schools (grades 1-8)
PPM 119 Developing and Implementing Equity and Inclusive Education Policies

School & Classroom Leadership

Use conflict resolution lesson with Junior/Intermediate students to support healthy relationship skills
Assemble a well-being or safe school committee – make PALS part of the action plan
Implement PALS as part of the Healthy Schools Certification



Student Engagement

Student Engagement

Train PALS leaders to develop communication and problem solving skills, strategies to manage conflicts and positive role modeling
Assign PALS leaders to run the games as part of an intramurals program
Invite junior/intermediate students to teach games to other classes



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