



 **Peel Region**



# Aperçu du programme

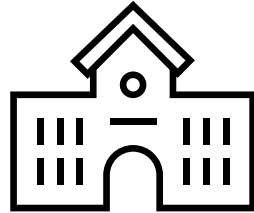
**Date**

**Présentateur**





# Programme d'activités ludiques en milieu scolaire



Programme de leadership par les pairs pour les écoles primaires.



Développé à l'origine par le bureau de santé publique de Peel; adapté par les bureaux locaux de santé publique à travers l'Ontario.



Mis à jour en 2023



# Objectifs du programme



1

Offrir des possibilités de leadership aux élèves.

2

Accroître le sentiment d'appartenance et d'inclusion des élèves.

3

Augmenter les occasions de faire de l'activité physique afin d'améliorer la littératie physique des élèves.



# L'approche de formation des formateurs



## Animateurs de programme

- Personnel de l'école ou bénévoles
- Coordonner la formation des élèves leaders
- Fournir un soutien continu à l'animation

## Élèves leaders

- Élèves des cycles moyen et/ou intermédiaire
- Formés pour animer des jeux de cour de récréation avec des élèves du primaire



# Ressources disponibles



- Manuel de l'animateur et Guide de formation des élèves leaders
- Manuel de formation des élèves leaders
- Livre de jeux





# Ressources nécessaires



- 1 à 2 membres du personnel de l'école pour faciliter le programme
- Les élèves assumeront le rôle de leaders PALS
- Matériel nécessaire pour certains jeux





# Auprès de votre conseil scolaire ou de votre école








- <<Le bureau local de santé publique doit personnaliser cette diapositive en fonction de l'approche locale de mise en œuvre.>>



# Un programme scolaire complet

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

 <p><b>Social and Physical Environment</b></p>	 <p><b>Home, School, and Community Partnerships</b></p>	 <p><b>Curriculum, Teaching, and Learning</b></p>	 <p><b>School and Classroom Leadership (Including Policy)</b></p>	 <p><b>Student Engagement</b></p>
<p><b>Social</b> 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><b>Physical</b> 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><b>Home &amp; School</b> 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><b>Community Partnerships</b> Facilitates partnership with Public Health Provides opportunity for partnership with local businesses in the community.</p>	<p><b>Curriculum</b> 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><b>Teaching &amp; Learning</b> Informal instruction and learning opportunities outside the classroom learning environment</p>	<p><b>Policy</b> 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><b>School &amp; Classroom Leadership</b> Can be an intervention for committee action plans supporting wellbeing, mental health and safe schools. Contributes to Healthy School Certification activities.</p>	<p><b>Student Leaders</b> 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>





# Un programme scolaire complet – Mesures à prendre

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



**Playground Activity Leaders in Schools**

