

# Take the Lead: Age Focus Grades 6-8

## Is your community, school or organization looking to achieve any of the following goals?

- The promotion of Healthy Active Living during leisure time?
- Increased youth leadership opportunities where youth take responsibility for planning, implementing and assessing play activities for their peers?
- Increased respect for and effective use of play space and equipment?

## If you answered yes to any of the above questions, then you are ready to "Take the Lead!"

"Take the Lead!" promotes youth to plan, deliver and participate in regular active play programs. Adults within the community have an opportunity to become Leadership Coaches who support and assist the young leaders as they strive to provide healthy, developmentally appropriate and safe active play opportunities to lead other children.

## "Take the Lead!" Leader Training requires a minimum of one full day session.

Training components: leadership, teamwork, cooperation, and communication, fair - play, conflict resolution, organization and planning, safety awareness, activity sessions, resources, and an implementation plan.

## The Benefits of "Take the Lead!" include:

- Active children
- Development of Youth Leadership Skills
- Support of your community's in motion goals
- Promotion of an Active Living Attitude/Culture
- Facilitation of new games and activities for youth
- Reduction of playground incidents
- Play resources for your community
- Building positive relationships with peers
- Drawing out life skills in youth who may not otherwise be a natural leader
- Youth exhibit a positive attitude toward physical activity and participation

Thanks to our pilot schools, success stories can be heard from Lindale School, St. Mary's School, Glentworth School and Avonlea School principals.

For more information please contact:

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