

Intramural Year-End Reflection Tool

The end of the school year is a great time to celebrate and reflect on intramural accomplishments. This is also an optimal time to start thinking about what intramurals will look like next year. This short Reflection Tool can help highlight accomplishments, track progress, and start planning for next year.

Part 1: Intramural Inventory

Over the past school year:

1. How many different intramural opportunities were offered?
2. What division(s)/grade(s) were provided with these intramural opportunities?
 - a. Kindergarten
 - b. Primary (Grades 1-3)
 - c. Junior (grades 4-6)
 - d. Intermediate (Grades 7-10)
 - e. Senior (Grades 11-12)
3. Were there student groups that were less likely to participate in the intramural opportunities provided? (e.g., division(s)/grade(s), abilities, gender(s))
4. For next year, what strategies could be used to increase the number of students in the school who participated in intramural activities?

Part 2: Student Engagement

Use the scale provided to reflect on:

1. How much student voice and choice was considered during the planning process?
None, A little, A fair amount, or A lot
2. How much student voice and choice was considered when determining the activities to be offered?
None, A little, A fair amount, or A lot
3. How much student voice and choice was considered when identifying how students could participate in the intramural activities (e.g., participant, student coach, referee/official, scorekeeper)?
None, A little, A fair amount, or A lot
4. For next year, what strategies could be used to increase the opportunities for student voice and choice in intramural activities?

Part 3: Intramural Environment

1. What strategies were used to make the intramural environment emotionally and physically safe for every student?
2. For next year, what strategies could be used to enhance/improve the intramural environment?

Part 4: Activities

Over the past school year, were the following offered:

1. Intramural activities such as: (Check all that apply.)
 - a. Team sports/activities
 - b. Modified team sports/activities
 - c. Parasport/activities
 - d. Individual activities (e.g., skipping, walk/run/wheel clubs, dance, fitness)
 - e. Open gym
 - f. Other (please explain)
2. Intramural activities during: (Check all that apply.)
 - a. Recess
 - b. Lunch
 - c. Before school
 - d. After school
 - e. Other (please explain)
3. Intramural activities during the following months: (Check all that apply.)
 - a. September/October
 - b. November/December
 - c. January/February
 - d. March/April
 - e. May/June
 - f. July/August

For next year, how could the following be offered:

4. Different types of/new activities other than those currently offered to help increase the number of students involved in intramural activities?
5. Activities at different/new times to help increase the number of students involved in intramural activities?