



# Guiding Principles to INTRAMURALS

Quality intramurals are focused on ensuring every student can experience the social, emotional, cognitive, and physical benefits from participating in, contributing to, and/or leading intramural activities at school.

The Guiding Principles provide a foundation to review, reflect on, and re-imagine an intramural program

## Quality intramural programs:

### Are student-centred

- Contribute to each student's unique physical literacy journey
- Offer opportunities for student voice/choice
- Engage students throughout the process



### Offer a variety of opportunities

- Offer activities based on diversity of student input
- Offer activities at various times and in different settings, where possible
- Use a range of approaches (e.g., structured schedules, drop-in), groupings (e.g., individual, small group, and teams) and focus (e.g., competitive, non-competitive, cooperative)



### Encourage meaningful connections

- Promote opportunities for personal growth and connections with one's self
- Encourage social and emotional connections with peers
- Promote connections to opportunities available within the school and broader community



### Are inclusive of every student

- Promote opportunities to build a sense of belonging
- Create multiple entry points for student involvement/participation
- Offer equitable opportunities for engagement and leadership for every student, including students who are underrepresented



### Encourage collaborative leadership

- Offer a variety of opportunities for student leadership
- Encourage shared leadership and mentorship among school staff
- Encourage collaboration between school and community partners



### Are physically and emotionally safe

- Use the Ontario Physical Activity Safety Standards in Education as the minimum standard for safety
- Promote emotionally and physically safer environments for participation
- Offer a range of challenges, with appropriate levels of support

