

Field Ambassadors

Activity

Resource: Ideas for Action

Grade(s): 1 2 3 4 5 6 7 8 9 10 11 12

What Is it All About?

Older fitness buddies learn a variety of unique co-operative games and take turns leading younger students while in activity areas.

Why Do It?

Older students develop leadership skills while inspiring active living and fun through the leading of various physical activities in school activity areas.

How Do We Do It?

Student leaders interview younger students to determine the types of activities and equipment they would be interested in using during recess.

Student leaders provide assistance, organize games, and distribute playground equipment to younger students at recess.

What Else Do We Need?

Balls and equipment unique to games and activities determined by students

How Do We Get Creative?

Student leaders work with a local community centre to develop games that are creative and fun for younger students.

Student leaders work with a local public health unit to learn about the importance of physical activity.

Approach a local community group regarding the donation of equipment for use outdoors during recess.

Try to avoid common sports like soccer, basketball, or volleyball.