

Noon Hour Intramurals

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 students organize and implement noon hour activities involving unique, new, or fun co-operative games for younger students.

Why Do It?

Older students develop leadership skills and promote a safe and active lunch time opportunity for physical activity.

How Do We Do It?

Student leaders interview younger students to determine the types of games they would be interested in participating in during noon hour.

Student leaders promote the activities.

Student leaders support younger students in sign-up and forming team.

Student leaders create a schedule for their roles as they support younger students during activities.

Student leaders provide assistance, organize games, keep score, and referee younger students during noon hour activities.

What Else Do We Need?

Various equipment, depending on the activity students select

How Do We Get Creative?

Provide many options for activities for students with varying abilities.

Consider providing individual pursuits such as dance or yoga.

Consider having members of the community or parents come into the school to support the noon hour activities.

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