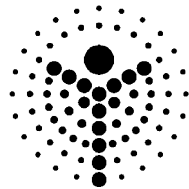


MOVE YOUR BONES - TEEN PROGRAM

Organizer's Manual for Community Events

Pilot Version to be tested in 2001

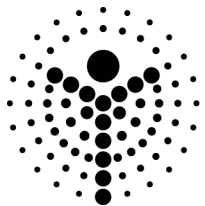


Osteoporosis
Society
of Canada

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du Canada

NOTE: This document contains excerpts only,
from both the Organizer's Manual and the Resource Kit.















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Note to Organizers

Who started the *Move Your Bones—Teen Program*?

In 1998, a coalition of community and national organizations came together to develop “*Move Your Bones*”. This organizing committee comprised representatives from: Ottawa-Carleton Women and Girls in Sport Committee, OSTOP Ottawa (a self-help group) and Kemptville’s 1998 Osteoporosis Walk. Why? The incidence of osteoporosis in Canada is expected to rise as the population ages. With this in mind, the committee wanted to take action in the prevention of osteoporosis by targeting adolescents. As significantly more women are affected than men, they decided to have the program focus on girls 11–18.

Who delivers the *Move Your Bones—Teen Program*?

You, the organizers! Community leaders such as yourself deliver the program. The Osteoporosis Society of Canada invites your feedback on any aspect of the program.

How to Use This Manual

This document has been provided to help you organize a fun and successful *Move Your Bones—Teen Program* event(s) in your community. We hope you will find it to be a useful tool. Please contact the Osteoporosis Society of Canada if you need further assistance.

The manual has been set out in **checklists** with each “to do” item followed by notes as necessary. We have also provided lots of **forms** in the following three categories to help you organize your *Move Your Bones—Teen Program* events:



For use by organizer only, in planning events.



Information for various ‘roles’ in the events: leaders/teachers, motivational speakers, participants, product suppliers, etc.



To be filled out by you, or by participants and returned to you, for purposes of future program promotion, evaluation and planning.

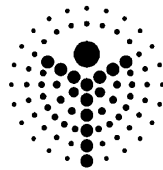
**We hope you enjoy your participation in the
Move Your Bones—Teen Program!**

Icons to help users to
easily find information
or follow steps.

MOVE YOUR BONES - TEEN PROGRAM

Resource Kit

Pilot Version to be tested in 2001



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A good variety of activities to ensure everyone is included and key barriers are addressed.

Resources to Order (Alphabetical listing)

All Ways Welcome.....	18
Benefits Catalogue, The.....	20
Biggest Little Games Book Ever, The The Basic Pack.....	10
Canadian Active Living Challenge, The.....	11
Destination QPDE: An Information Kit.....	16
Games for All.....	9
Games for People with Sensory Impairments.....	14
Gender Equity Through Physical Education.....	13
Get Winteractive.....	11
Girls and Boys in Elementary Physical Education: Issues & Action.....	12
Girls in Action.....	12
Great Ideas: Games and Activities for Youth, by Youth.....	8
Health in Perspective A Youth-led Approach to Healthier Lifestyles.....	9
Inclusive Recreation Policy Guidelines Keys to Inclusive Recreation Policy for Persons with a Disability.....	19
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Multicultural Folk Dance Treasure Chest.....	15
Out of Bounds Series.....	22
Physical Activity Ideas for Action (Secondary).....	15
Quality Lesson Plans for Secondary Physical Education.....	17
Ready to use P.E. Activities Series.....	14
Secondary Student Leadership Development Guide.....	10
Skip to the Beat.....	21
Student-Centered Physical Education Strategies for Developing Middle School Fitness and Skills.....	13
Thin Dreams.....	22
Treasury of MOGA Madness.....	7
When Girls Feel Fat Helping Girls through Adolescence.....	8
Women and the Media: Resource Kit.....	21
Youth-at-risk: Impact & Benefits of Physical Activity & Recreation on Canadian Youth-at-Risk.....	19
Zany Activities with Panty Hose, Boxer Shorts and Leotards.....	7

Key for information on resources

- Grade (Age): Indicates the grade & age group for whom the resource is useful
- For use by: Indicates who might use the resource
- Key Content: Indicates the main purpose of the resource
- Type & Cost: Type refers to book, video etc.; θ means Canadian content
- Description: Gives a brief summary of the content
- Curriculum Area: Reflects curriculum areas in Canada
- Barriers & Solutions: Indicates those addressed in resource
- TO ORDER: Gives all coordinates of the distributor of the resource

Move Your Bones—Teen Program: Resource Kit

A handy system to class each resource in each of these categories to see how it can be useful to the user (see 2 sample resources next page).

TO ORDER: (resources on this page)	CAHPERD (Canadian Association of Health, Physical Education, Recreation and Dance) 403-2197 Riverside Drive Ottawa, Ontario K1H 7X3	Phone: (613) 523-1348 Fax: 613) 523-1206 E-mail: info@cahperd.ca www.cahperd.ca
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13. Gender Equity Through Physical Education

Grade (Age) 6 (11-12) 7 (12-13) 8 (13-14) 9 (14-15) 10 (15-16) 11 (16-17) 12 (17-18)

For use by: Teachers or Community Leaders; Teens; Recreation Planners; Parents

Key Content: Physical Activities; Games/Sports; Youth/Peer Leadership; Projects/Games to Raise Awareness; Focus on Girls; Information on Osteoporosis; Nutrition; Resource for **PROGRAM**; Research/Studies

Type & Cost: Folder, 29 pages, \$17.25, 0, ✓ Permission given to photocopy for group

Description: This resource raises awareness of equity issues in physical education. It provides practical ideas for teachers, students, administrators, trustees and parents; a Thoughtful Language reference list; a leading-edge position paper highlighting current thinking on the subject and several checklists that outline strategies for action.

Curriculum Area:

- Physical Education (Movement Skills & Principles, Sport & Recreation)
- Living Skills/Personal & Social Responsibility (Decision-making, Conflict Resolution, Social Skills, Leadership, Personal Development, Career Development)
- Other: Language

Barriers & Solutions: Gender equity; Self esteem; Harassment; Mass participation; Awareness of Risks/Benefits; Feasible choice, timetable, cost, facilities, programs, and equipment; Support/Culture (home, school, society); Appropriate level skill/competition

14. Student-Centered Physical Education:

Strategies for Developing Middle School Fitness and Skills

Grade (Age) 6 (11-12) 7 (12-13) 8 (13-14)

For use by: Teachers or Community Leaders; Recreation Planners

Key Content: Physical Activities; Games/Sports

Type & Cost: Book, 264 pages, \$35.95

Description: This book presents 120 fun physical activities that promote student fitness and skill development, and build the foundation for a physically active life. The authors' **modular approach** allows teachers to mix and match activities in order to achieve specific goals, creating multiple opportunities within each class period for students to succeed.

Part 1 explains how to assemble modular lesson plans, how to increase their effectiveness using the teaching strategies presented, and how to assess student and program outcomes.

Part 2 provides you with easy-to-follow, step-by-step directions for more than 100 fitness-related activities that you can insert into the modular lesson format presented in Part I. You'll also find 10 detailed health-fitness modules that will help you present and reinforce key lifestyle concepts.

Curriculum Area:

- Active Living (Active Participation, Physical Fitness)
- Physical Education (Movement Skills & Principles, Sport & Recreation)
- Health Education (Growth & Sexuality, Substance Use & Abuse, Healthy Eating)

Barriers & Solutions: Gender equity; Special needs/disabilities; Self esteem; Harassment; Mass participation; Feasible choice, timetable, cost, facilities, programs, and equipment; Support/Culture (school); Appropriate level skill/competition

Easy to see for which grades the resource applies (in this case not for grades 9-12)

