

# Miawpukek First Nation - Lunch Time Basketball

Goal: Increase physical activities among elementary students

## CYCLE 1

PLAN		<p><b>Create a peer-to-peer lead activity:</b></p> <ul style="list-style-type: none"> <li>Facilitators from the team met with junior high school students to discuss the idea of peer-to-peer lunch time basketball for elementary students</li> </ul>
DO	What are we trying to accomplish?	<p><b>The team decided to:</b></p> <ul style="list-style-type: none"> <li>Get a teacher, CRHSS addictions worker and a parent to supervise &amp; implement sporting activities</li> <li>Invitation letters were sent to parents of students in Grades 2-3 for the peer leadership basketball game</li> <li>All parents received consent forms and were asked to provide bag lunches and gym clothes</li> </ul>
STUDY	How will we know that a change is an improvement?	<p><b>The team found:</b></p> <ul style="list-style-type: none"> <li>Peer leaders were a little uncomfortable with the role of organizing students</li> <li>Students were very excited but did not understand the leadership role of the junior high students</li> <li>The gym was very chaotic</li> </ul>
ACT	What small changes can we make that will result in improvement?	<p><b>Based on the team's assessment of the event:</b></p> <ul style="list-style-type: none"> <li>A teacher would be assigned to coach and assist peer leaders</li> <li>Grades would be broken up and provided different dates for different grades</li> <li>Students would be gathered to learn the roles of peer leaders and help develop rapport</li> </ul>

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## CYCLE 2 / 3

PLAN		(Cycle 2) Due to a weather emergency, the planned event was cancelled but a Grade 3 peer leadership basketball camp (Cycle 3) was planned over lunch hour
DO	What are we trying to accomplish?	<p>Peer leadership event:</p> <ul style="list-style-type: none"><li>• With assistance from a coach, peer leaders were organized into colour-coded teams</li><li>• Peer leaders organized groups, conducted drills and explained the rules to the students</li></ul>
STUDY	How will we know that a change is an improvement?	<p>Following the event:</p> <ul style="list-style-type: none"><li>• Students appeared to enjoy learning from other youth</li><li>• Teachers and SW noticed the children were engaged in physical activity and enjoyed learning how to play the game</li></ul>
ACT	What small changes can we make that will result in improvement?	Staff and school administration inquired about organizing a game with a neighboring school

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## CYCLE 4

PLAN		The team planned a date and time for a Grade 2 peer leadership basketball camp
DO	What are we trying to accomplish?	<p>With assistance from a coach, peer leaders were organized into colour-coded teams:</p> <ul style="list-style-type: none"> <li>Again, peer leaders organized groups, conducted drills and explained the rules to the students</li> </ul>
STUDY	How will we know that a change is an improvement?	<p>The team found:</p> <ul style="list-style-type: none"> <li>Grade 2 students were harder to keep engaged and had difficulty understanding the rules of basketball</li> <li>The students still enjoyed the physical activity</li> </ul>
ACT	What small changes can we make that will result in improvement?	Staff would organize Grade 4-5 basketball camps and meet with students in Grade 2 to see if there is another sport they would like to try