

SportFit™ User Guide

SportFit Getting started

Welcome to the SportFit Program - an innovative approach to getting students active in a fun and informative way. This user guide has been created to assist you in understanding and using the SportFit program most effectively.

SportFit has two main components:

- the website - which provides a wealth of information about sport and physical activity
- the program - which can be easily set up and delivered by students to students in your school

The website has a couple of key functions that are as easy as 1-2-3.

Teachers/Leaders not yet registered

STEP 1: To get started the teacher or leader must register for the program - Click Header 1 on the home page to learn about SportFit and to begin registering. (<http://www.sportfitcanada.com/>)

STEP 2: Next, you can learn how to set up the eight activities stations in your school - Click Header 2 on the home page <http://www.sportfitcanada.com/>. You can also refer to pages 3- 10 of this guide for written set up and delivery instructions.

STEP 3: Once you have completed the activity stations you will want to have your students enter their data into the database and produce a SportFit certificate - to try a demonstration of that click Header 3 on the home page <http://www.sportfitcanada.com/>.

Teachers/Leaders already registered

If you have already registered for the SportFit program you can enter your username and password into the login page http://www.sportfitcanada.com/take_the_challenge. This will allow you to access any past data that has been entered into the program.

Once logged in you will see a dashboard view of your past results - you can review any of your past challenge sessions, you can compare them to the rest of the database, you can also create new challenge sessions and print off instructions for your students to enter their own data.

New this year! - you can now register a class or whole school at one time by uploading a spreadsheet - for further instructions on this process visit http://www.sportfitcanada.com/leader/challenge_group_info/3056.

SportFit Challenge Stations Adaptations

SportFit aims to provide all students with a positive and fun experience. The SportFit stations have been designed to be inclusive, but adaptations can be made for students who have a range of physical abilities.

Overall suggestions:

- Focus on what the challenge is testing for, rather than the specific challenge activity itself.
- Focus on the completion of the challenge rather than a numerical score.
- Use the participant as a resource to help adapt the activities and challenges.
- Consider modifications about equipment, skill complexity, and the space or distance in which the challenge takes place.
- Adapt challenges only when necessary and only to the extent needed by the student.
- Always use visual and auditory signals and commands.
- Focus on the participant's abilities rather than their disability.
- Adapting any activity requires you to be creative, flexible, and have an open mind.

Sportfit Challenge Stations:

Sit and Reach

- Allow the participants to use an object as a reaching tool.
- Measure the "Range of Movement" of other limbs rather than solely the flexibility of the trunk of the body.
- Focus on correct body position rather than the extent of the participant's flexibility.

Stork Stand

- Allow the participants to use an "anchored" item or object to help with support.
- Have the participants balance on an uneven object (ex. wobble board) while having both feet in contact with the plane.

Vertical Jump

- If a participant has a mobility impairment - coordinate to test the power or length/distance of a push with a mobility aid such as a wheelchair.
- Have the participants jump for accuracy rather than height or distance.

Basketball Throw

- Use a variety of balls of different sizes, colors, textures, and weights.
- Decrease the distance of the target area.
- If a participant has little to no arm or leg movement - Use a ramp to roll an object down.

SportFit Challenge Stations Adaptations

Sportfit Challenge Stations continued:

Partial Curl-Ups

- Provide participants with a number of different markers to be used as different levels of “reach” points.
- Allow participants to partner-up, to help anchor each others feet while performing the curl-up.
- Allow participants to test other major muscle groups (ex. arms, legs) through the use of varying weights and exercises.

T-Drill

- Use big and colourful markers.
- Reduce the length/ distance between markers, according to ability levels and stamina.
- Focus on the change of direction and correct body positions with less emphasis on speed.

30m Sprint

- Ensure the surface is firm, so that participants who use a mobility aid can maneuver through the challenge.
- Reduce the distance accordingly.

800m Run

- Ensure lines and start/ finish signals are bold and colourful.
- Allow participants to walk/wheel through the challenge rather than run.
- Reduce the length/ distance accordingly.

Sport Skills Challenge and Education for Students

SportFit™ - What is it?

- SportFit allows participants to complete eight SportFit activity stations, enter their results on the the SportFit website, and receive recommendations on winter and summer sports to try.
- SportFit can involve an entire school, some classes, a single class, or a recreation centre in a fun event to promote healthy and active lifestyles, increase sport awareness and facilitate youth leadership.
- It can be delivered in 2-3 physical education classes or as a whole school event.
- The program can be delivered at key points in the year to assist with personal fitness goals for children and youth, and provide valuable information for teachers and recreation programmers.
- SportFit provides opportunities for students to both lead and participate in a fun and informative school-based program.
- Participating in SportFit enables schools and recreation centres to do physical fitness benchmarking and tracking in a fun, interactive and educational way.

SportFit™ - Preparation

For a single class or group

- Set up and deliver the six indoor tests in one class and the two outdoor test in another class.
- For the indoor tests review how each test is to be completed and pair students up so they can test each other. For the outdoor activity stations, do as a large group.

Whole school or some classes

- Consult with teachers in your school to confirm their class's attendance at SportFit Day.
- For a K-7 school, we recommend two separate SportFit Days. A day each for primary and intermediate grade students. For Kindergarten and Grade 1, it is the teachers prerogative to enter their data into the system or not.
- Go through the equipment checklist located on page 12 of this user guide.
- Collect all items on the list and put them in the office/gym.
- Review the set up and delivery instructions for each activity station located on pages 3-10.
- Select student leaders (Grade 5, 6, or 7) to monitor the activity stations.
- 16 for indoor stations.
- 4 for outdoor stations.
- 6 for computer lab.
- We also recommend engaging 2-3 parents to assist in supervising the activity stations.
- Click on "Take the SportFit Challenge" to register your class(es) that are participating.

① SIT AND REACH - FLEXIBILITY

1 > What do I need?

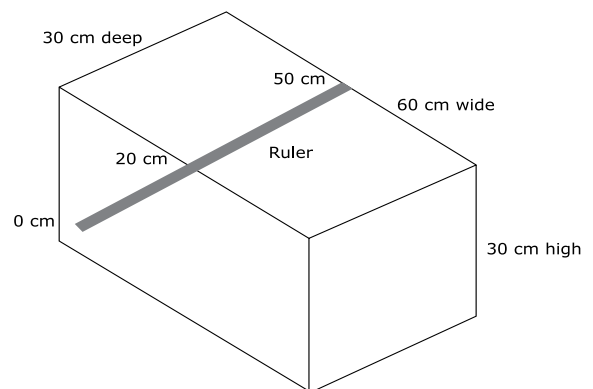
- Wooden box or plastic milk crate (should be approximately 30cm x 30cm x 30cm)
- Ruler (50cm is suggested)

Tip: A modified Wells and Dillon Flexometer or similar equipment can be used to measure flexibility



2 > How to setup?

- 1) Attached the ruler exactly 20cm beyond the front edge of the box.
- 2) Place the box or flexometer against a wall with the ruler extending off the top of the box away from the wall.



3 > How do you score the station?

- 1) Participants sit with legs fully extended and feet placed flat against the box or flexometer, with the ruler facing towards them.
- 2) Keeping knees fully extended, arms evenly stretched, and palms down, bend and reach as far forward as possible. Record the furthest point on the ruler that participants reach for a count of three with their middle fingers.
- 3) Perform two trials and record each reading to the nearest centimeter.

Tip: Two trials are encouraged because most participants will reach further on their second trial as their body has now stretched and warmed up.



② STOCK STAND - BALANCE

1 > What do I need?

- Stopwatch
- Masking tape

2 > How to setup?

- 1) Mark an "X" on the floor with masking tape. This will be the area in which the participant will stand on.



3 > How do you score the station?

- 1) Participant stands comfortably on the "X" with both feet and then places their hands on their hips.
- 2) Participant then lifts one leg and places the heel of the raised foot against the side of the opposite leg below the knee. Point the knee of the raised leg out to the side.
- 3) Once the participant is balanced with their eyes closed, start the stopwatch.
- 4) The trial ends when the raised foot moves away from the knee, the eyes open, the hands come off the hips, and/or the foot on the ground moves off the piece of tape. Hopping or jumping to maintain balance is not allowed.
- 5) Perform two trials and record time to the nearest second. Maximum time is 60 seconds.



3 VERTICAL JUMP - POWER

1 > What do I need?

- 1 metre stick
- 1-2 large pieces of black construction paper
- Foot stool/step ladder
- Powdered chalk
- White vinyl eraser
- Masking tape



2 > How to setup?

- 1) Mount the construction paper vertically on the wall. The paper should be mounted such that participants can reach it while standing on the floor and also make contact with it at the peak height of a jump.
- 2) Recruit a volunteer to help record the scores of each participant.

3 > How do you score the station?

- 1) Participants rub two fingertips of the preferred hand in chalk and stand with their preferred side aligned with the construction paper.
- 2) While standing with feet flat on the floor, participants reach as high as possible with the arm and fingers comfortably extended and the palm toward the wall. Use the chalk on the fingertips to record a mark on the construction paper at full extension. The mark at this point is the beginning height.
- 3) Still standing sideways, participants move a safe distance from the wall.
- 4) Participants bring arms down and back while bending the knees to a balanced, semi-squat position. Participants pause momentarily in this position (to minimize the possibility of a pre-jump) and jump as high as possible with the arms moving forward and upward, touching the wall at the peak height of the jump with the arm and fingers fully extended.
- 5) Measure the distance between the two chalk marks to the nearest centimetre.
- 6) Perform two trials.



④ BASKETBALL THROW - MUSCULAR STRENGTH

1 > What do I need?

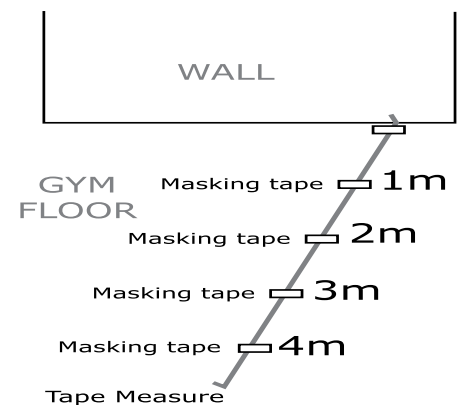
- Standard basketball (No. 5)
- Tape measure (minimum 10m)
- Duct tape



2 > How to setup?

- 1) Unroll the tape measure starting from the wall and stretching 10m out.

Tip: Tape the tape measure to the floor every 1m to help make the scoring easier.



3 > How do you score the station?

- 1) Participants sit beside the 0 m mark of the tape measure with their buttocks, back and shoulders resting against the wall. Legs are together, stretched horizontally in front of the body.
- 2) Using a two-handed chest pass, participants throw the basketball as far as possible. Arc the ball in the air to maximize distance.
- 3) Participants' back, shoulders and buttocks must remain in contact with the wall at all times.
- 4) Perform two trials and record results to the nearest 0.1m.



5 PARTIAL CURL-UPS - MUSCULAR ENDURANCE

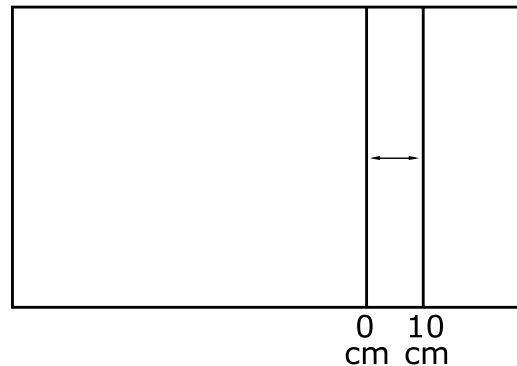
1 > What do I need?

- Gym mats
- Masking tape
- Meter stick



2 > How to setup?

- 1) Apply two strips of masking tape to the mats as shown in the diagram. Fasten the first piece of tape across the mats at 0 cm and the second at 10 cm.



3 > How do you score the station?

- 1) Participants lie on the mats with their head down, arms straight at the sides of the body, and palms down with their middle finger of each hand at the tip of the 0 cm mark.
- 2) Knees should be bent at 90 degrees with feet flat on the floor and shoes on.
- 3) Keeping the hands on the mat lifting only the head and shoulder blades, slowly curl the spine and slide the fingertips of both hands to reach the 10 cm mark.
- 4) During the curl-up, the palms and heels must remain in contact with the floor. After the curl-up, the shoulder blades and head must return to the mat and the fingertips of both hands must touch the 0 cm mark. The movement should be performed in a controlled, continuous manner.
- 5) The trial ends if the participant experiences discomfort, is unable to maintain the proper curl-up technique over two consecutive repetitions or if they reach 90 curl-ups.



⑥ T DRILL - AGILITY

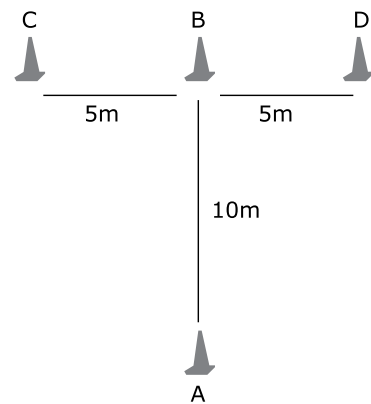
1 > What do I need?

- 12-metre area that is flat and not slippery
- 4 cones
- Tape measure (10m)
- Stopwatch
- Masking tape



2 > How to setup?

- 1) Measure and place 4 cones into a “T” shape as shown on the diagram.



3 > How do you score the station?

- 1) The participant starts at the cone at the base of the “T” (A).
- 2) Once the timer begins timing, the participant runs to the middle cone (B) and touches it with their hand.
- 3) The participant then shuffles first 5m left to touch cone C.
- 4) The participant then shuffles 10m to the right to touch cone D.
- 5) The participant then shuffles 5m back to the left to touch cone B.
- 6) The participant finishes by shuffling 10m to the base of the ‘T’ and past cone A.
- 7) The timer stops the watch when participants runs past cone A. Record the time to the nearest 0.1 second.



7 30 METRE SPRINT - SPEED

1 > What do I need?

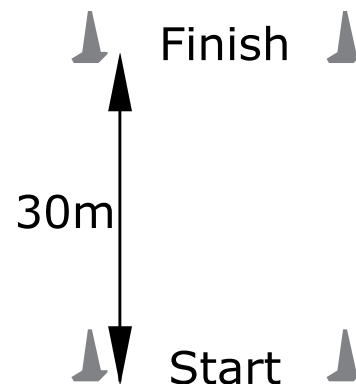
- 4 cones
- Tape measure or measuring wheel
- Stopwatch
- 30-metre running track or field that is straight, level and clear of obstructions



2 > How to setup?

- 1) Measure a 30m course using cones or existing markers to indicate the start and finish line.

Tip: You can use existing lines on the gym floor to indicate the start and finish line.



3 > How do you score the station?

- 1) Participants start in a standing position with the front foot on the start line.
- 2) The timer stands at the finish line in a position to view participants clearly as they cross the finish line.
- 3) On the timer's signal, the participant sprints from the start line to the finish line as quickly as possible.
- 4) Stop the stopwatch when the participant's chest crosses the finish line.
- 5) Perform one trial and record time to the nearest 0.1 second.

Tip: For greater efficiency use a class list to read times for both the 30m and 800m.



1 > What do I need?

- 800m track
- 5 or more cones
- Tape measure or measuring wheel
- Stopwatch

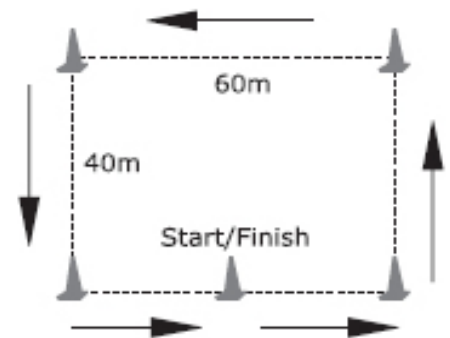
Tip: If a 800m track is not available, you can measure and create a smaller course such as the one in the diagram and have participants run the equivalent of 800m.



2 > How to setup?

- 1) Mark the start/finish point of the track with a cone.
- 2) Measure out four sides of a rectangular course using a measuring wheel or tape measure. Place a cone at each corner. If you are creating a course less than 800m, determine the number of laps required for each participant to complete to reach 800m. A typical course is 60m x 40m (participants run 4 laps).

Example Course:



3 > How do you score the station?

- 1) Mark the start/finish point of the track or course with a cone and measure out four sides of a rectangular course using a measuring wheel or tape measure. Place a cone at each corner. A typical course is 60m x 40m (participants run/walk 4 laps).
- 2) Have participants begin at the start/finish cone and inform them of how many laps they must complete.
- 3) On the timer's signal, start the stopwatch and participants run/walk the 800-metre distance as quickly as possible.
- 4) Record participant's time after 800m is completed.

Tip: If participants are reluctant to run, encourage them to walk as fast as they can.



SportFit™ Day Set Up - Step by Step

Step 1: Indoor Tests

Indoor tests - vertical jump, stork stand, partial curl up, basketball throw, T-drill, and sit and reach. (Approximately 25-30 minutes for a class to complete)

- All six indoor tests should be set up and completed in a gym.
- Have monitors at each station for all testing.
- Break up your class(es) into 6 groups and assign them to their first station. It will take approximately 5 minutes to complete each station. Rotate each group around the gym to complete each station.
- Station monitor(s) should demonstrate the challenge test to each new group.
- Vertical jump, basketball throw, t-drill and sit and reach should be done individually.
- Stork stand and partial curl ups can be done in multiples.
- Set up the partial curl up station with 4-6 mats to accommodate 4-6 people at a time.
- Recording the scores: Give each student a SportFit data collection form for them to record their scores from each station.
- As a class finishes Step 1 and moves to Step 2, the next class may enter the gym.

Step 2: Outdoor Test

Outdoor Tests - 30m sprint and 800m run.

- Allow approximately 25 minutes for a class to complete.
- Station should be set up prior to class, and done in good weather.

Step 3: Computer Input

- After completing the stations, take the class to a computer lab for them to enter their scores individually.
- It is recommended students input their own scores as they will get immediate feedback on their results as well as the opportunity to research recommended winter and summer sports.
- One class takes approximately 60-70 minutes to complete all three steps.

SportFit™ Equipment Checklist

Please check off the equipment you have available at your school for the SportFit™ Challenges

Session#1 Indoor Tests

- 1 Milk crate (or box of similar size approx. 30cm in height)
- Masking tap
- 2 Pieces of large black construction/tag paper (“railroad board - approx. 56cm x 80cm)
- Chalk (pink, yellow or white)
- Duct tape
- White vinyl eraser
- 3 Stopwatches
- 1 Basketball (No.5)
- 1 Ruler (50cm) and zap strap *Available from SportFit™
- 1 Foot stool or step ladder
- 4-6 Gym mats
- 4 Cones
- Metre stick
- Pencils or pens (for recording results)
- 6 Clipboards
- Data collection forms (one per participant - download at www.SportFitCanada.com)

Session#2 Outdoor Tests

- 10 cones
- 2 stopwatches
- 1 tape measure (30m) or Tundle Wheel
- 400 metre track or 40m x 60m marked on field
- pencils or pens (for recording - a couple per testing station)
- 2 clipboards
- Class list for each participating class
- Data collection forms (one per participant - download at www.SportFitCanada.com)

* If you are going to do SportFit in your school then contact us at sportfit@2010legaciesnow.com to get your customized 50 cm ruler.