



Saskatchewan
Parks and Recreation
Association

After-School Time
Period (ASTP)
Training and Education
Opportunities

SPRA offers a range of Training Opportunities that support increased quality programming in the After-School Time Period (ASTP).

These training opportunities can be used as part of staff training and education within the After-School Time Period to create fun and safe environments for our children. The content of program activity will change from program to program, but all the courses identified provide sound knowledge and a fundamental skill set that can be transferable to any After-School Time Period program.



Supported by:



Take the Lead!

www.spra.sk.ca/takethelead

Take the Lead! enables youth to plan, deliver and participate in regular active play programs. Adults within the community have an opportunity to become Leadership Coaches who support and assist the young leaders as they strive to provide healthy, developmentally appropriate and safe active play opportunities for children.

Play Leadership

www.spra.sk.ca/playleadership

Play Leadership Training ensures that Play Leaders have the knowledge and skills necessary to plan and coordinate safe, accessible and enjoyable play opportunities for children across Saskatchewan.

RespectED

www.spra.sk.ca/respected and www.redcross.ca

RespectED for Sport, Culture and Recreation works closely with sport, culture and recreation organizations in Saskatchewan to achieve "participation, free of abuse, harassment and bullying". Coaches, leaders and other "adults in care" have broadened their understanding of the issues beyond sexual and physical abuse, to now include emotional, verbal and psychological abuse, harassment and bullying. Resources are available to support this agenda and a number of workshops can be accessed, including online tutorials.

Fitness Leadership

www.spra.sk.ca/programs-services/fitness

SPRA certification gives Fitness Leaders national recognition through the National Fitness Leadership Alliance (NFLA) and the qualifications and recognition to instruct across Canada. For more information on how to become a certified leader, visit our website. Opportunities also exist for Youth Fitness Leadership. More information on this program is available by contacting SPRA's Fitness Division at fitness@spra.sk.ca.

HIGH FIVE®

www.spra.sk.ca/highfive and www.highfive.org

HIGH FIVE® is the only comprehensive quality training standard available in Canada. HIGH FIVE® is based on five Principles which emphasize the social, emotional and cognitive needs of children to help front line leaders engage participants, build relationships and resolve conflict. These Principles: A Caring Adult, Friends, Play, Mastery and Participation, all play a critical part in providing children with quality recreation experiences.

HIGH FIVE® Training Workshops Include:

QUEST 1 Online Training

This training will teach managers, who oversee children's programs, how to develop, adopt, and measure the effectiveness of child-focused policies. Guides to policies and procedures to support the areas of Interaction, Supervision and Safety, Program Characteristics and Supports, and Administrative Practices are also available. Managers can use these guides, along with the assessment tool, to evaluate their policies and procedures, identify gaps and gauge the effectiveness of implementation by front line staff.

Healthy Minds for Healthy Children

This online training and downloadable resource offers engagement strategies for nurturing resiliency in children while providing insights into common mental health distress or disorders in children. *Pre-requist: Principles of Healthy Child Development

Principles of Healthy Child Development (PHCD)

This workshop equips front-line leaders with the skills and knowledge necessary to improve the quality of their programs. Leaders learn the importance of the five HIGH FIVE® Principles of Healthy Childhood Development and how to apply these in a program setting. The workshop also includes training in conflict resolution, reducing incidences of bullying and planning activities and programs to encourage the HIGH FIVE® Principles.

HIGH FIVE® Sport

HIGH FIVE® is aligned with the two stages identified in the Canadian Sport For Life model: FUNDamentals and Learn to Train. This workshop identifies the key elements associated with the enjoyment, participation and development of children in a sports program. Participants will learn how to implement these fundamentals to ensure success within their programs.

QUEST

This workshop will help supervisors improve the quality of their children's programs by learning how to measure it, with the HIGH FIVE® Quality Experience Scanning Tools. The workshop provides practical training on the use of the QUEST Evaluation Tools to evaluate current children's recreation programs in line with the HIGH FIVE® Principles of Healthy Child Development. The workshop emphasizes the crucial role that supervisors have in setting the standard for healthy child development in a program.

WHAT IS THE AFTER-SCHOOL TIME PERIOD?

Once thought of as just a period of time, the after school hours between 3:00 and 6:00 p.m. have been recognized globally, as a critical time for children and youth.

DID YOU KNOW!

The programming that young people aged 6-12 experience has a direct link to their participation level in recreation, sport and physical activity programs in the future.



Training opportunities that support quality delivery and programming in the After-School Time Period offered by our partners.



FOR ADDITIONAL INFORMATION CONTACT:
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Fundamental Movement Skills

www.canadiansportforlife.ca/physical-literacy/more-about-fundamental-skills and www.saskcoach.ca

Children need to develop fundamental movement skills in a wide range of environments. Physical literacy is the combination of mastering fundamental movement skills and fundamental sport skills. These skills help children involve themselves in and react to physical activities going on around them and are considered essential for life. Most skills require a series of developmental stages. If a stage is missed, development can be negatively affected (Canadian Sport for Life).

Workshops on "Fundamental Movement Skills" are based on the Canadian Sport for Life model of long-term athlete development. The training explores the themes of fair play, safety responsibility and communication. The goal is to teach participants how to deliver Fundamental Movement Skills like throwing, hopping, jumping, kicking, striking, balancing, catching and agility to children. Workshops are tailored for community leaders, high school senior students and professional coaches.

