



Saskatchewan
Parks and Recreation
Association



Saskatchewan Association
for Community Education

Youth Community Education through Recreation

a project connecting schools and communities
in Saskatchewan to support youth development

**Invite schools and
communities to participate to:**



increase
capacity

create
employable
students

improve
student
citizenship

build strong
school and
community
connection

increase
physical
activity

build active
capable
leaders

increase youth
volunteerism

improve
social
capital



**To sign your school or organization up for this project,
please visit www.spra.sk.ca/YCER**

BUILD

Enhance Capacity
Enhance Partnerships
Enhance Programs

INITIATE

Get Trained
Get Connected
Get Going

SUSTAIN

Continue Training
Continue Partnerships
Continue Programs



Take the Lead!®

Youth Ages 11-14

Youth plan, deliver and lead active play times for their peers.

Enables youth to reach their full potential through leadership skill development.

Decreases instances of bullying and negative behaviour in a variety of settings because youth are actively engaged in inclusive and positive peer lead play experiences.

Can be easily integrated into the classroom as Take the Lead! helps Educators meet many of the Physical Education and Health Education outcomes.

www.spra.sk.ca/takethelead



The best way to play™

HIGH FIVE®

Youth and Adults Ages 16+

HIGH FIVE is Canada's only national quality standard for children's programming. HIGH FIVE Principles support emotional, social and cognitive development of children ages 6-12.

There are a variety of training options available. All of which are grounded in extensive research.

Some of these training options include:

- Principles of Healthy Child Development (PHCD)
- HIGH FIVE Sport
- Strengthening Children's Mental Health (SCMH)
- QUEST 2

More information on HIGH FIVE and the above workshops can be found at:

www.spra.sk.ca/highfive



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Play Leadership

Youth Ages 16+

Provides Play Leaders with the knowledge and skills necessary to plan and coordinate safe, accessible and enjoyable play opportunities for children.

www.spra.sk.ca/playleadership

Youth Fitness Leadership

Grades 11 and 12

Alternative Physical Education option for those who have taken Physical Education 20 and 30.

Opportunity for students to become certified fitness leaders.

www.spra.sk.ca/fitness