

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY

SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

Course Title: RECREATION LEADERSHIP (1 & 2)

Course No.: CCW 209 & CCW 212

Program: CHILD & YOUTH WORKER

Semester: THREE

Date: SEPTEMBER 1993 Previous Date: SEPTEMBER 1992

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New: _____ Revision: X

Approved:

K. DeRosario
Kitty DeRosario, Dean
School of Human Sciences
and Teacher Education

Jan 23/93
Date



Recreation Leadership (1 & 2) CCW 209 & CCW 212
Sandy Macdonald

NATURE OF COURSE

Recreation Leadership is designed to familiarize students with a wide variety of recreational and play experiences and the use of same in achieving identified goals. Play theory is viewed in a developmental context; emphasis is placed on providing children and adolescents with opportunities for personal growth and development through therapeutic play experiences.

GOALS AND OBJECTIVES

1. Become familiar with theoretical concepts of play and recreation leadership
2. Utilize theoretical concepts in planning and implementing activity programming
3. Develop ability to use both structured and spontaneous play experiences in a therapeutic context
4. Develop skills in recognizing and responding to the developmental/environmental needs of children and adolescents
5. Acquire practical experience in arts and crafts, storytelling, dramatic and musical activities, gym activities, etc.
6. Develop awareness of cost/service relationships in program planning
7. Revitalize one's personal creativity in an enjoyable atmosphere

METHODOLOGY

Combination of lectures, films, guest speakers, outings, student presentations and practical experience.

COURSE REQUIREMENTS

1. Maintain regular attendance - 80% compulsory to pass
2. Participate actively in individual and group presentations, activities and class discussion
3. Bring three ring binder or duotang to each class. Paper, colored pencils, scissors and glue stick also required
4. Text: Recreation: Program Leadership, Cartin, H. et al, Prentice Hall

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ASSIGNMENTS

1. Outreach Project

Student will participate in a performance for primary grade children at a local school. Further details will be provided in class.

2. Creative Scrounge

Budgetary restraints in Child and Youth Work settings have implications on the number of arts and crafts materials available. This "lack" of material need not impact significantly on a therapeutic A & C program. The purpose of this assignment is to provide the experience of working with materials readily available in any household - cast-offs, etc.

The student presenters are responsible for scrounging enough material for all participants and then leading the activity. Students are also responsible for discussion and clean-up following the activity.

A typed description of the activity must be submitted to the instructor on the day of presentation (all diagrams in black ink). Submissions must have "Permission to Copy" and signature affixed so that the instructor can have copies made for each member of the class. Format for submissions as attached.

3. Theme Day Presentations

Variety in activity programming with children and adolescents is essential. The presentation of a theme day (a day geared around a specific idea ie. pioneer day) can bring in many different types of activities that cover an entire day. In the above example, planning would include costumes, meals, games, films, etc. with a pioneer theme.

This assignment is to be in written form and specific about the schedule of programming throughout the day. (see example attached)

Presenters will be given 15 minutes to present their material. Demonstrations and examples of planned activities are encouraged (ie. if theme day includes a craft activity, try to provide an example of the completed craft). Again, submissions must be typed, diagrams in black ink, with "Permission to copy" and signature affixed.

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4. Seminar Presentations

Students are required to do a presentation (in groups of 2 or 3) on one of the following topics or another topic chosen by the group and approved by the Instructor:

- a) Wilderness Experiences as a Therapeutic Tool (ie. D.A.R.E., Outward Bound, etc.)
- b) Play Therapy (Virginia Axline et al)
- c) Play Around the World - A Global Context
- d) The Role of the Recreation Leader (coach, facilitator, organizer, participant, etc.)
- e) Recreational Activities for Special Needs Populations
- f) Interpreting Children's Art
- g) Bibleotherapy
- h) Puppetry
- i) Creative Drama
- j) Music and Dance in Recreational Programs
- k) The Impact of Technology on Recreation/Leisure
- l) Poetry for children and adolescents
- m) Recreation in Sault Ste. Marie (programs and resources)
- n) Use of Recreation Programs to combat juvenile delinquency

Note:

Students may use films, guest speakers, etc. to support, but not to replace, oral seminar presentations. Students are encouraged to use audiovisual aids and provide examples of items under discussion (toys, books, puppets, etc.); students are required to arrange for any necessary A.V. equipment.

GRADING

Semester I

Creative Scrounge	25
Theme Day	25
Test	25
Participation	25

Semester II

Outreach	25
Participation	25
Test	25
Seminar	25

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COLLEGE GRADING SYSTEM

A+	= 90-100%
A	= 80- 89%
B	= 70- 79%
C	= 60- 69%
R	= Repeat (Less than 60%)

SPECIAL NOTES

Students with special needs (eg. physical limitations, visual impairments, hearing impairments, learning disabilities) are encouraged to discuss required accommodations confidentially with the instructor. Your instructor reserves the right to modify the course as he/she deems necessary to meet the needs of students.



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- SAMPLE -
Creative Scrounge

ANGEL CRAFT

Supplies: Paper Scissors
Glue Toothpicks
Sparkles Marker
Styrofoam Balls



Instructions:

Cut out two large circles the same size. Fold one circle in half and form it into a cone shape. This will be the angels body.

Now fold the other circle in half as well, and cut along the fold to make a semi-circle. Make wave-like cuts along the sides of the semi-circle to look like wings and glue (with the straight edge up) to the back of the angel's body.

Cut out a smaller circle, fold, cut on the fold. Roll each half of circle to form two small cones. Glue one on each side of the angels body to form arms.

For the head, insert a toothpick into a styrofoam ball and stick the end of the toothpick into the top of the angels body. Then, draw a face on the ball.

Using glue, draw a design on the angel's body or sleeves and sprinkle sparkles onto the glue areas. Shake off extra sparkles and your angel is complete.

Optional: - attach yarn to the head area for hair.
- make a halo out of tinfoil; tape a toothpick onto it and insert it into the head.

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- Sample -

Theme
Pirate Day

This activity would be related to the residents the night before in order not to upset them unduly by the changes that they will see in their daily routine.

8:00 Bells; The residents will be awakened by the staff dressed as the crew of a pirate vessel. Rather than the usual routine, they will be told that they have been "impressed" (another term for being kidnapped to work on a ship as crew) into the service of Captain Kidd and his ship the "WANDERER". They will be informed that contrary to common belief, the captain likes his crew clean and to haul to tidying up by 8:30 bells.

(Tapes playing sounds of waves, seagulls and the bells of sea buoys can be easily made up and played over the home's sound system.)

8:30 Bells; From this point on a bell will be rung to signify the time. Residents will be piped into the ships mess and served a breakfast of hardtack (toast), a variety of cereals (not forgetting Captain Crunch), toad in the hole (an egg fried in a piece of bread with the crust removed and a hole cut out of its centre with a glass. (the hole refers to the ships hole) and plenty of fruit juice to fight off scurvy during the long voyage ahead. There will be bowls of fresh fruit left through out the house/ship for this purpose as well. The recruits will be told that Captain Kidd is so pleased with the crews appearance that all flogging, keel hauling, getting thrown in the brig and walking the plank will be suspended for the day.

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" Signature "

Recreation Leadership

2

9:45 Bells: The green recruits will put the vessel in "ship shape" by going below decks (which may mean going upstairs) making their bunks, cleaning up their footlockers and swabbing the decks and anything else that needs doing before we can hoist anchor.

10:15 Bells: Recruits will gather on the poop deck to draw their personal supplies from the stores. However, part of the recruits training requires that they make this gear.

At this time the residents will take part in a craft program which includes making pirate hats, Parrots, and drawing and painting pictures of sailing ships and pirates, and building pirate treasure chests. (See instructions attached)

While the residents are involved in their crafts the staff will read stories from such nautical books as Sea Quest by Borden, Shipwrecks Of The Great Lakes by Bowen and/or Folk Lore And The Sea by Horace Beck. All of these books would be exciting and easily understood by most all age groups except the very young.

The craft activities will take them almost to lunch time.

12:00 Bells: At the sound of the quarter bell, the residents will commence cleaning up from their craft in preparation for lunch.

12:00 Bells: Lunch will consist of "catch of the day" which would be tuna salad, salmon sandwiches and swill (chicken noodle soup), sea biscuits (crackers) and grog (fruit punch). The fruit bowls will be replenished if necessary. Discussion will centre around the stories that were read during the craft period.

1:00 Bells: All those who are on "watch" (chores) will lean to with the remainder of the crew to prepare a landing party for shore leave.

1:30 Bells: The entire ships crew will assemble on the beach for shore leave entertainment which is the movie "Treasure Island by Robert Louis Stevenson.

Recreation Leadership

3

3:00 Bells: At the conclusion of the movie the Captain will produce a strangely coded document suggesting treasure is hidden somewhere on this island. The recruits will be divided into three (arbitrary number) search parties with each picking a written clue (out of a hat) which eventually leads to the treasure, but, with a warning that some clues lead to booby traps placed there by the unscrupulous Blackbeard himself.

(Two parties will discover treasure while one party will be booby trapped)

The clues will be written with the intent of leading the players to the next clue. They may trade their clues to different teams for better or worse.

As an example the clues would read " You will find the next clue in the coldest part of the house" (The refrigerator) or "I'm really cooking when I'm hot" for the stove or oven. The clues would be geared to the age group in terms of difficulty and in all cases, the search part would be supervised by a mute adult pirate.

The Booby traps, if encountered would inform the party that they must perform certain "dangerous missions" in order to be resurrected as a recruit pirate. (i.e. balancing on one foot for 30 seconds while naming 5 things you might find at the bottom of the ocean.) The treasure, when found, would be a small craft item for each member of the search party.

If any time is available at the completion of the treasure hunt and dinner it would be used to reflect on those activities that have been completed up to that point.

Recreation Leadership

4

- 5:00 Bells: All recruits report to the ship's mess for a dinner made from foods brought off of the island. These would include Wild Boar (pork chops), Taro Root (mashed potatoes), and boiled jungle vine (green beans) with pineapple ice donated by the local witch doctor who accidentally created this during one of his spells. (vanilla ice cream with crushed pineapple).
- 6:00 Bells: *Crew members* return to the poop deck to complete any crafts they haven't finished and to have a story or two read from the above list of books.
- 7:00 Bells: The movie 2000 Leagues Beneath the Sea by Jules Vern will be viewed by the crew.
- 9:00 Bells: A snack of hard tack and hot bilge water (hot chocolate) will be served and the residents can discuss the movies and their day.
- 10:00 Bells: The crew prepares for bed. Once in bed the lights go out and the final bell sounds and a relaxation tape of the ocean is started and left playing.

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Pirate Day Menu

- Breakfast: Hard Tack - Toast
- Toad in the Hole - 1 slice of bread with crust cut off
- Cut a hole in the centre with a drinking glass
- Fry one side only (plus both sides from the centre circle) in butter till brown
- Turn over & break one egg into centre hole
- When done top with cut out circle
- Cereal
- Milk
- Assorted fresh fruit
- Lunch: Catch of the day - either salmon or tuna salad sandwiches
- Swill - Chicken Noodle Soup with a drop of green food colouring.
Note: (If you want real swill add spinach and hide in the closet before the troops mutiny)
- Sea biscuits - soda crackers
- Grog - fruit punch
- Dessert - Fresh Fruit
- Dinner: Wild Boar - Pork chops (baked or fried any way)
- Taro Root - mashed potatoes (if you know more than one way I'll submit your name to Betty Crocker)
- Boiled Jungle Vine - green beans (how can you go wrong, there won't be a left over bean in the place...I bet)

.....continued

Pineapple Ice - Vanilla ice cream & crushed
pineapple

Snack: Fresh fruit &
any left over
grog.

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Pirate Day
Crafts & Activities:

The reason for the variety of activities is to hopefully preclude the residents opportunity to become bored as well as to cover sufficient areas of interest so none is left out.

Tape: Played over a P.A. system or on portable equipment set up on the floors. Sound effects of waves, seagulls, buoy bells etc; (for the treasure hunt when the party goes ashore, sound effects of birds, jungle sounds, rain, babbling brooks and so on can be used.)

Bell: An old school bell or a piece of metal that will make a suitable ringing sound when struck. As an example of how ships time is rung - 2 am or pm would be one ring to announce the start of an hour followed by two quick rings to announce each hour of the actual hour. So two am or pm would have one ring followed by two quick rings which are followed by two more quick rings.

Treasure Hunt: A series of maps with clues would be made up by the staff the night before. There would be an equal number of clues for each group leading to a prize or a booby trap.

Videos: For entertainment there are many programs to choose from such as 2000 Leagues Under The Sea or Treasure Island.

Since many homes have computers I added a few computer games that include the participation of more than one resident and which are role playing games enabling the resident to act out fictitious or historical character's

Some of these games are Monkey Island, Pirates, Galleons, Ancient Art of War at Sea, etc.

Books: There are several good books regarding tales of the sea as well as the great lakes for all ages. These include Folklore of the Sea, Shipwrecks of the Great Lakes, Sea Quest, Etc.

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Pirate Day Crafts

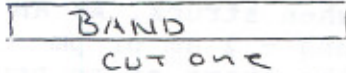
Material Needed:

Pirate hat & Eye Patch Bristol Board - Black - White elasticised string, Stapler, Paper glue, scissors

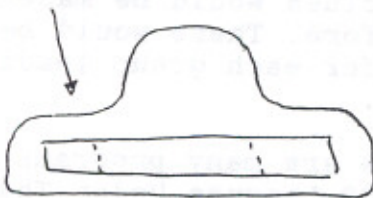
Pictures Drawing paper, Crayons, coloured pencils
Books with pictures of pirates, ships, etc; for reference

PIRATE HAT & EYE PATCH

3" x $\frac{3}{4}$ of hat width



- * Note: Glue one side of band allow it to dry & then measure size before gluing other end of the band.



GLUE SKULL
&
BONES TO
FRONT

- * Note: Elastic string can be bought at Lewis Craft.

