



## LEARN TO DRESS LIKE A PRO

### RECOMMENDED AGE

#### GROUP:

- 5-7
- 8-10
- 11-12

#### ACTIVITY THEME:

Appropriate clothing and equipment for physical activity and sports

### DURATION:

Prep Time: **5** minutes  
Activity Time: **20-30** minutes

#### ACTIVITY PURPOSE:

To teach participants the importance of wearing the appropriate clothes and equipment for all physical activities and sports

### ACTIVITY GOALS:

- Learning each other's names
- Team building and cooperation
- Building trust
- Learning a new skill
- Embracing differences and accepting diversity
- Other

### EQUIPMENT:

- Mural paper (pre-cut to 3 feet in length),
- Markers, crayons or pencil crayons (4-5 per team)
- Sticky tack or tape.

## RESOURCES

#### ACTIVITY AREA:

This activity can be done anywhere provided participants have ample space to work.

#### SAFETY:

Ensure there is an appropriate amount of space between teams so no one steps on the persons being traced.

## ACTIVITY DESCRIPTION & INSTRUCTION

#### PREPARATION:

- ▶ Gather the required resources.

#### ACTIVITY DESCRIPTION:

- ▶ Divide the participants into 3 or more teams depending on the size of the group. Provide each team with a piece of mural paper that is as long as the tallest participant and a set of markers.
- ▶ One member of each team must volunteer to lie down on the mural paper. The other team members trace an outline of the volunteer's body.
- ▶ Assign each team a physical activity or sport. Have the teams fill in or draw all of the important clothing and equipment required for their assigned physical activity or sport on the mural. For example:
  - Baseball: helmet, glove, baseball pants, cleats, hat, jersey;
  - Soccer: shorts, jersey, cleats, shin guards, gloves (goalie);



- Hockey: skates, jersey, stick, helmet with shield, shoulder pads, leg guards, mouth guard, neck protector, gloves, hockey pants, elbow pads;
- Swimming: bathing suit, bathing cap, PFD, goggles, nose plugs.
- ▶ Hang the murals. Ask each team to explain the clothing and equipment they added to their mural.

#### DISCUSSION POINTS: APPROPRIATE CLOTHES

- ▶ Why is it important to wear the proper equipment/clothing when participating in physical activities and sport?
- ▶ How can you help others understand the importance of the proper clothing and equipment?

## GUIDED DIRECTION

- ▶ As an alternative, provide mural paper to each participant. Pair up the participants to trace each other on the mural paper. Each participant chooses their own physical activity or sport and draws the appropriate clothing or equipment onto their mural. Have each participant present their mural explaining the clothing and equipment.
- ▶ To make the activity more challenging, assign sports or activities that are less popular sports or ones that do not require a lot of specialized equipment. For example, karate, gymnastics, taekwondo, rugby, water polo, ringette, lacrosse, etc.
- ▶ Ensure that all participants contribute to designing and drawing their team's mural.
- ▶ Ensure that all participants have an opportunity to contribute their ideas.

## ACCOMMODATIONS & CONSIDERATIONS:

*ENSURE THERE ARE VISUAL  
CUES AND DIAGRAMS FOR  
YOUR HEARING IMPAIRED  
PARTICIPANTS*

## TAKE HOME MESSAGES

We are learning about the importance of wearing the appropriate clothing and equipment for physical activities and sports. Please review the following key messages with your children and enforce them at all times:

- ▶ Wearing the appropriate clothes and equipment for physical activities and sports is very important.
- ▶ Wear clothing that is free of drawstrings.
- ▶ Neck warmers are safer than scarves when playing outside, especially on play structures or during physical activities or sports.
- ▶ Properly fitted and activity- or sport-specific helmets are important (i.e. a hockey helmet is not made for cycling or vice versa, however, a hockey helmet can be worn for other ice sports and activities).
- ▶ Always ensure that shoelaces are properly tied and that shoes are activity-appropriate and well secured to the foot.
- ▶ Sport-specific equipment should be worn at all times and should be properly fitted.
- ▶ Wear backpacks with both straps over the shoulders.
- ▶ All children should know to stop, drop and roll if their clothing should ever catch fire.