



IntramYOURals:

A For-Girls-By-Girls Checklist
for Planning Intramural Programming

ReBOOT Intramurals is an initiative designed to engage youth who do not regularly participate in physical activity and sport programming by giving them the tools to be active contributors and participants in the development and implementation of their own programming.

PHE Canada piloted the ReBOOT Intramurals initiative with a particular focus on young women and girls with low levels of physical activity and sport participation. Upon the completion of the program, the responses and testimonials of the participants were used to develop the following checklist. The checklist consists of 10 factors to consider when developing programming for girls and young women.

- When possible, have female leaders or instructors to lead or support programming.
- Provide leadership opportunities by having female students plan and lead the girls-only intramural programs.
- Promote programming as *for girls, by-girls* and *peer-led* in order to foster a sense of unity among potential participants.
- Fun is important. Ensure fun and enjoyment is considered at all stages of program planning.
- The social element is extremely important for fun and enjoyment. Create a space that encourages new friendships to form and time for participants to connect with one another.
- Create a safe, supportive, and welcoming environment and eliminate any factors that may intimidate participants (competition, space, activity type).
- Offer new physical activities that participants have not tried before and be creative with programming ideas – beyond traditional sports.
- Build an element of choice into the programming and allow participants to choose activities.
- Consider the inclusion of non-binary or male students who do not feel comfortable with the programming that is offered to them.
- Incorporate other areas of wellness into the programming such as healthy snacks or discussions about body image.