

## **Canadian Schools Catch the Spirit**

With less than 6 months to go before the 2009 Games, the island is booming with preparations and all across the country athletes are training, qualifying and dreaming of their opportunity to compete. To share this enthusiasm with the next generation Canada Games athletes and fans the Canada Games Council and Physical & Health Education (PHE) Canada are busy preparing for The 2009 Canada Games Day Challenge.

Taking place between May 18<sup>th</sup> and 29<sup>th</sup> Elementary School teachers across the country are being encouraged to Catch the Spirit and share the Canada Games experience with their students, by running a Canada Games Day in their school. A Canada Games Day is an event that offers young people, a sport and educational experience that mirrors the excitement and spirit of the Canada Games.

A free kit will be available at [www.phecanada.ca](http://www.phecanada.ca). It comes with great tips, fun suggestions, and free activity cards. Teachers can enlist the help of students from a partnering secondary school to help plan and run the event (giving them valuable volunteer hours!). New this year Transcontinental Media has generously donated prizes that schools who tell us about their event will be eligible to win.

In 2007, 29,000 students across Canada participated in the one day event. For 2009 the challenge has been extended to last two weeks, mirroring the length of the actual Canada Games. This will give schools the flexibility of holding an event on a day that works for them or working activities into PE classes spread over the two weeks.

In addition, teachers can be part of PHE Canada's "PE Day on the Hill" on May 21 and join with local Ottawa schools as they hold their Physical Education class on Parliament Hill in the nation's capital. More information on this event will also be posted on PHE Canada's website.

So help us spread the word. Encourage the schools or teachers you are in contact with to visit our website [www.canadagames.ca](http://www.canadagames.ca) for more information or PHE Canada's site [www.phecanada.ca](http://www.phecanada.ca) for their free kit. Let's Inspire Dreams and Build Champions this spring!