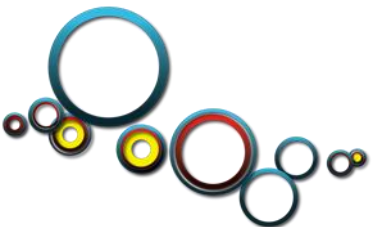
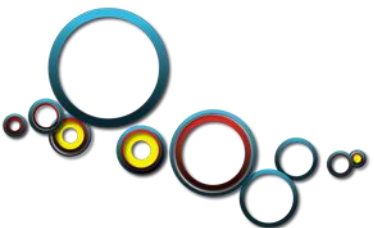


# Healthy Lethbridge AGM 2015

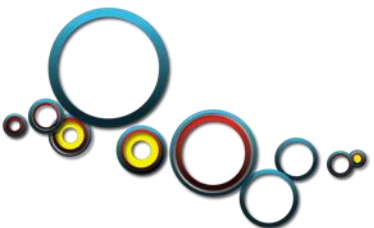
## Physical Literacy in the Library (or, how we ended up loaning out rubber chickens.)

Lisa Weekes  
Barbara Longair  
from the  
**Lethbridge Public Library**

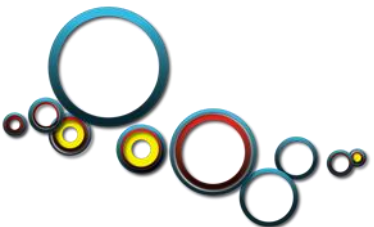




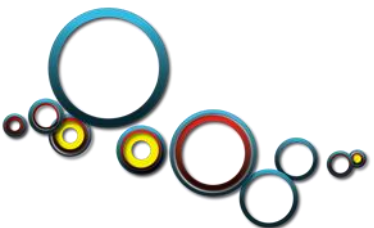
# Becoming outward facing.



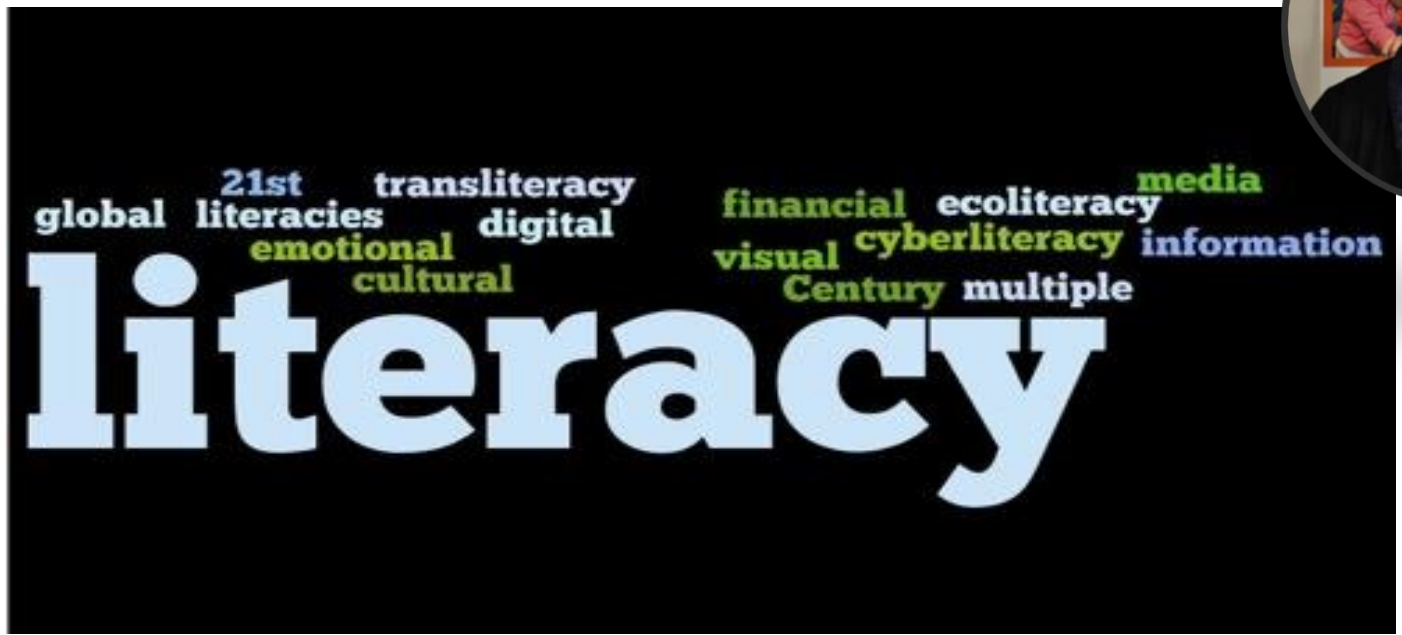
# Step one. Listen.



# Step two. Research and check reality.



Step three.  
Match your initiative to what  
the library does.



# Physical Literacy

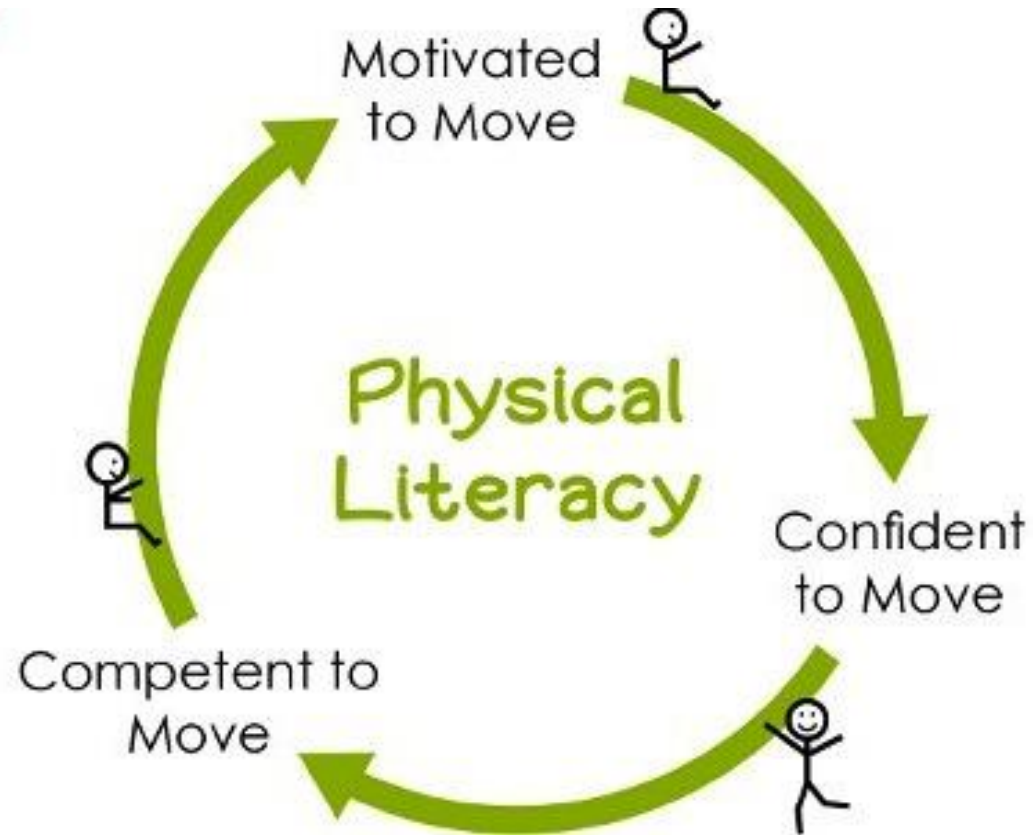


Image retrieved from: <http://activeforlife.com/active-play-develops-physical-literacy/#!/prettyPhoto/0/>



## Step four. Get money and get help.

- ▶ Brainstorming / Research
- ▶ Project Planning / Proposal
- ▶ Money
- ▶ Community partners
- ▶ Get 'er done





# Step five. Those devilish details

- ▶ Collection
  - ▶ selection,
  - ▶ acquisition,
  - ▶ classification,
  - ▶ circulation,
  - ▶ location!



## FIND IT AT LPL

Total Copies: 2  
Available: 0  
Holds: 0

Place a Hold

[View Availability Details](#) >

# Rubber Chicken

Equipment



My Rating ★★★★★

Print

Add a Comment

Add Tags

+ Add Details ▾

☰ Save to a List ▾

+ Add to My Shelves

Share

One indoor/outdoor tossable yellow rubber chicken. Used to stimulate children's imagination in play. Chuck a Chicken.

Series that include this title

> Sports library

## Explore Further

Browse the Shelf

### SUBJECT HEADINGS

- > Sporting Goods.
- > Sports.

### LISTS THAT INCLUDE THIS TITLE

No lists include this title yet

### TAGS

No tags have been added to this title yet

### SIMILAR TITLES

No similar titles have been added to this title yet



## MARC View

000 \$arm i

008 \$a150319n xx g 000 0 eng u

082 04 \$aSPORTS LIBRARY

245 00 \$aRubber chicken\$h[sporting equipment]

264 \$a[Place of production not identified :\$bName of manufacture not identified,\$cdate of production not identified]

300 \$a1 chicken :\$brubber, yellow ;\$c52 cm

336 \$athree-dimensional form\$2rdacontent

337 \$aother\$2rdamedia

338 \$aobject\$2rdacarrier

490 0 \$aSports library.

520 \$aOne indoor/outdoor tossable yellow rubber chicken. Used to stimulate children's imagination in play. Chuck a Chicken.

596 \$a2

650 0 \$aSporting goods.

650 0 \$aSports.

856 42 \$zCover  
image\$uhttp://imagizer.imageshack.us/v2/150x100q90/901/FEraC0.jpg







Lethbridge  
Public Library

CONNECTING YOU  
TO IDEAS

# Get Out and Play

## Building Healthy Communities

### How to Play Beach Volleyball

Table of Contents	
• Table of Contents	2
• Fundamentals (Court, gameplay, setting)	3
• Techniques (serve, set)	4
• Games (Keep It Up, Catapult, Rally)	5
• Bonus Material (Skills, strategies)	10
• What is Physical Literacy?	11

### Serving the volleyball

**Technique**

Swing to the ball to hit the power you want.

When you serve the volleyball, your feet should be shoulder-width apart. The feet opposite your serving hand should be slightly forward.

Hold the ball in your left hand (if you're right-handed) or right hand (if you're left-handed). When you ready, jerk the ball and let it swing over your head.

With your other hand, eye and the ball in front of you, the ball following the movement of your other hand.

As you swing, take a step forward and strike the ball with your right hand (if you're right-handed) or left hand (if you're left-handed).

**Get Out and Play**

The most important thing to keeping your serve straight.

### Setting the volleyball

**Technique**

Setting is how the ball is passed from player to player. It's a very delicate touch and it's a lot of practice.

Start by placing your feet shoulder-width apart with one foot slightly forward.

The position of your arms to set your hand, elbows are straight and wrists are straight. Your hands are soft, like you're holding a grape in the middle. Be the ocean, be right.

When you practice, position yourself in the middle of your degree. The ball is in the middle.

When enough, take a step forward and practice setting back and forth in each color.

**Get Out and Play**

### Keep it Up

**Games**

Divide the teams an even size of the net.

In this version of volleyball, each team can hit the ball an unlimited number of times. Instead of only 3, and each player can hit the ball once before setting it is someone else.

The object is to keep the ball in the air as long as possible while making sure everyone gets a chance to hit.

**Get Out and Play**

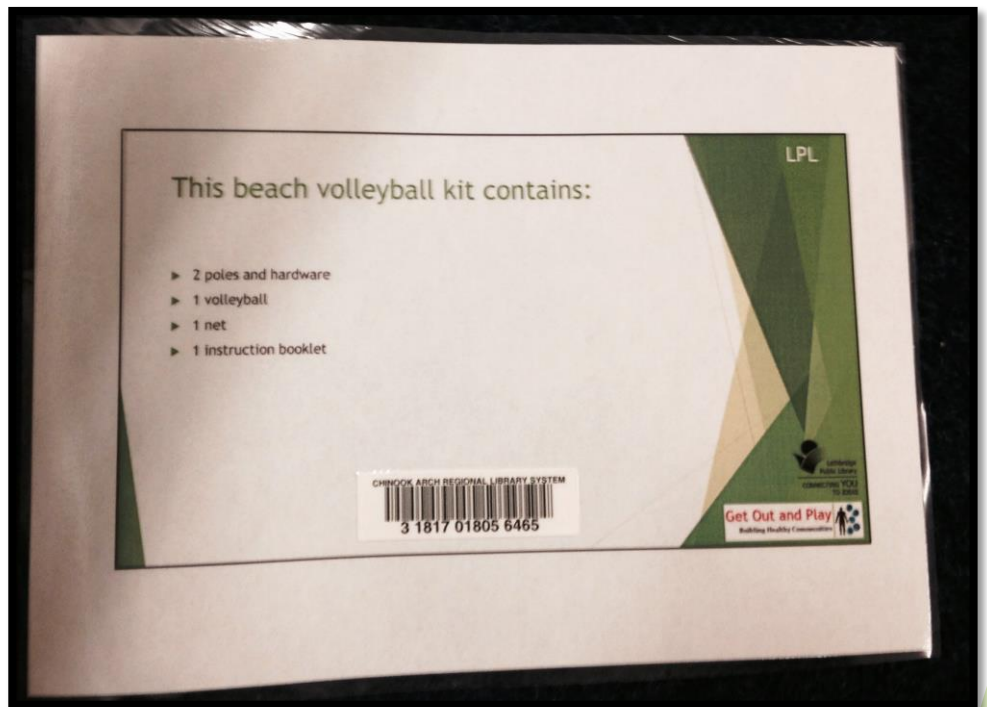
### Catapult volleyball

**Games**

You need at least two people and a ball or bladder on each team.

This is played like regular beach volleyball, only instead of using hands, teams must use the feet to touch the ball and catapult it back.

**Get Out and Play**



# Get Out and Play

Building Healthy Communities



Borrow sport  
outdoor equip  
kits with y  
Library ca

## Step six: Promotion



Lethbridge Public Library

29 May · 🌐

Participants enjoying LPL's physical literacy kit launch display #yql



Like · Comment · Share



## Step seven: Programs





# Step seven.

## Evaluate and repeat from step one.

Circ stats since May 29th (2 months!)

Items	Loc	Ttl CKOS	Last use	Status
Rubber chicken [sporting equipment]	BKMB	4	13/07/2015	CHECKEDOUT
Rubber pig [sporting equipment]	BKMB	4	13/07/2015	CHECKEDOUT
Hi-Li scoopball kit [sporting equipment]	LPL	4	29/07/2015	CHECKEDOUT
Bean bag toss set [sporting equipment]	LPL	4	27/07/2015	CHECKEDOUT
Rubber chicken [sporting equipment]	BKMB	3	13/07/2015	CHECKEDOUT
Hi-Li scoopball kit [sporting equipment]	BKMB	3	28/07/2015	LIBRARY
Basketball [sporting equipment]	LPLW	3	15/07/2015	CHECKEDOUT
Pickleball [sporting equipment]	LPLW	3	16/07/2015	CHECKEDOUT
Coleman lawn darts [sporting equipment]	LPLW	3	27/07/2015	EQUIP
Horseshoes set [sporting equipment]	LPL	3	30/07/2015	CHECKEDOUT
Soccer ball set. Size 5 [sporting equipment]	LPL	3	27/07/2015	EQUIP

2.28125



CONNECTING YOU  
TO IDEAS

# Lessons Learned

- ▶ Don't buy the volleyball poles.
- ▶ Evaluations demo programming stats
- ▶ Get demo models so we don't have to raid the collection
- ▶ Skipping ropes ~~suck~~ are not popular



## Next Steps

- ▶ Talk to more people
- ▶ Get more money
- ▶ Buy more stuff
- ▶ Build new library



# Discussion

