

Friday October 22, 2010

Session A: 10:30am- 11:30am

Archie Allison, Variety Village
Mark Gregorie, Variety Village

Inclusive Participation

Are you interested in an interactive opportunity to increase your awareness of barriers and provisions to inclusive participation? You can learn more about adapted equipment, an ability based approach and resources to support your school, community group or program. Join us!

By the end of the workshop participants will...

feel more confident leading sport/ recreation activities for individuals with varied abilities and understand the importance of inclusive opportunities.

Elementary/ Secondary

John Ball, Ontario Snow Resorts Association
Natalie Dalzell, Canadian Ski Council

Elementary Skiing in Schools/Grade 4 & 5 Passport

2 part presentation - Canadian Ski Council to present the Grade 4 & 5 SnowPass program (free lift tickets for Grade 4 & 5 students); OSRA Skiing in Schools - a primer on organizing a ski/snowboard/snowtubing trip from the classroom to the slopes and the OSBIE guidelines for ski trips.

By the end of the workshop participants will...

become ambassadors of the Canadian Ski Council's Grade 4 & 5 SnowPass Program and understand the basis of organizing a ski/snowboard/snowtubing outing for students.

Elementary

Joe Barrett, Brock University
Bobby Crowe, Brock University
Megan Kerr, Brock University
Jenn DiFranco, Brock University

Teaching Basketball for Understanding

Join us and learn how to teach basketball for understanding. This interactive workshop is designed to have practicing HPE teachers experience TGfU in action. Let us show James Naismith how basketball can really be taught by throwing a fresh perspective through the hoop. This workshop will provide participants with ready to use tools, strategies and activities that are simple to implement in an HPE class.

By the end of the workshop participants will...

successfully teach a territory game such as basketball using the TGfU strategies outlined in the workshop.

Elementary/ Secondary

Kelly Bethune, API (Athletics Performance Improvement)

RunJumpThrow

Run JumpThrow (RJT) is Athletics Canada's NCCP recognized, grassroots track and field program. This workshop provides a glimpse of the RJT program and how it teaches appropriate skill progressions for ages 6-12. It also highlights how the skills of running, jumping and throwing form the building blocks of all other sports in a fun and interactive way. With adaptations for 5 disability groups and over 50 lesson plans outlining creative games and activities, it emphasizes correct technical instruction while building self esteem. RJT is a flexible, inclusive, physical literacy program which can also provide older students with exciting leadership opportunities.

By the end of the workshop participants will...

have a strong understanding of the value and transferability of track and field skills as the building blocks of all other sports. Participants will also have knowledge of the steps required to set up a Run Jump Throw program at their school or within their community.

Elementary

Jeremy Cross, Coaches Association of Ontario
Kathy Brook, Coaches Association of Ontario

NCCP Fundamental Movement Skills - Secondary

The NCCP Fundamental Movement Skills session will introduce secondary teachers to a new NCCP workshop. This workshop is designed for the teacher to deliver NCCP Fundamental Movement Skills material in the high school physical education setting. During the session we will take teachers through the material. The goal of the NCCP Fundamental Movement Skills Workshop is to expose student leaders to a teaching process that will teach and improve fundamental movement skills for children. The Workshop consists of 12 units, and most are 45 minutes long. Each unit focuses on a specific aspect of teaching movement skills or on a specific movement skill.

By the end of the workshop participants will...

implement this teaching process and FMS development within their school and community that is in line with the Long Term Athlete/Participant Development model. As well as be able to train their students in NCCP FMS.

Secondary

Nelli Domingues, Toronto Catholic District School Board
Colleen Reel, Toronto Catholic District School Board
Megan Ryan, Toronto Catholic District School Board

Critical Literacy and the Health Curriculum

Not enough time in the day to fit everything in? With a packed curriculum, we have to find creative ways to maximize our class time and get the most out of our students. Many students often lack critical thinking skills to be able to analyze text in order to make informed connections and health decisions. This workshop will build your capacity to integrate and connect critical literacy and the revised Health curriculum. This practical workshop will engage participants in a variety of age appropriate activities that will develop critical literacy skills to enhance our students' Health Literacy.

By the end of the workshop participants will...

develop students' critical and health literacy skills.

Elementary

Ashley M. Johnson, Brock University
Dr. Nancy Francis, Brock University

2010 Revised HPE Curriculum In Action

This practical session is designed to familiarize grade 1 to 8 teachers with the 2010, revised HPE curriculum. The session will focus on integrating living skills with the three curricular strands of movement competence, healthy living and active living through exemplars in dance, fitness and games. The definition of physical literacy will be operationalized through a whole child approach to teaching physical education and creating competent movers.

By the end of the workshop participants will...

be familiar with the content of the new revised HPE Curriculum and possess sufficient conceptual knowledge to adapt or develop appropriate movement experiences with their students to meet current curricular expectations.

Elementary

Debbie Keel, Action Schools! BC

Supporting Daily Physical Activity with Action Schools! BC

Looking for ideas to support Daily Physical Activity in your school? Action Schools! BC is a best practices model designed to assist schools in creating individualized action plans to promote healthy living. Learn about the Classroom Action Zone and try out the popular 10 minute classroom activities including Chair Aerobics, Fit Kids Workouts, Head-to-Toe Stretches and BrainDance. Participants will receive a complimentary copy of the Action Schools! BC Classroom Action Resource-K to 7, Planning Guide, and Action Pages! - a guide to healthy living resources across Canada.

By the end of the workshop participants will...

integrate a wide-variety of physical activities into the classroom on a daily basis.

Elementary DPA

Quinton Maehtel, Durham District School Board
Duncan Campbell, Durham District School Board

Introduction to Teaching Wrestling/Combatives

Practical workshop for either the physical educator who is looking for something new and interesting to add to their Phys. Ed. Program, and/or the wrestling coach looking for new drills and technical skill development. This workshop investigates and includes: an examination of Ophea Safety Guidelines that educators can take back to their school (Emergency Action Plan, OAWA Rules, Volunteer Offence Declaration, Ophea Safety Guidelines); a hands-on, practical on mat demonstration of lessons and wrestling/combatives techniques in PHYSICAL EDUCATION AND HEALTH; Assessment and Evaluation strategies and tools for PHYSICAL EDUCATION AND HEALTH.

By the end of the workshop participants will...

be able to 1) Implement lesson plans that will guide participants to establish an engaging, safe and fun Wrestling/Combatives unit for their in-school physical education program. 2) Review and understand the Ophea Safety Guidelines as they pertain to a Wrestling/Combatives unit. 3) Establish and implement effective Assessment and Evaluation tools for a unit in Wrestling/Combatives in PHYSICAL EDUCATION AND HEALTH.

Elementary/ Secondary

Gordon Oliver, McGill University

Teaching Tactical Understanding through Simple Game Forms

A practical workshop that will consider the shift in teaching methodology necessary to assist students at elementary and secondary levels to develop tactical understanding through the use of simple game forms.

By the end of the workshop participants will...

use a variety of developmental games to provide elementary and secondary students with the opportunity to develop tactical understanding.

Elementary/ Secondary

Adrian Olsthoorn, Toronto Catholic District School Board
David Pagnello, Toronto Catholic District School Board
Enrica Della Mea, Toronto Catholic District School Board

Northern Spirit Games

Get into the spirit and culture of the Northern Spirit Games in your school community. The Northern Spirit Games honour Canada's Inuit and Aboriginal people who have always enjoyed various sports, indoor games and outdoor activities. This active session will teach modified versions of the traditional games and activities played by the indigenous people of Northern Canada. Participants will partake in traditional cultural past-times such as art, music and time-honoured games and activities which focus on physical strength, agility and endurance.

By the end of the workshop participants will...

teach modified versions of the traditional games and activities honouring Canada's Inuit and Aboriginal people.

Elementary DPA

Colin Powles, Trinity College School
Steve Schmidlin, Trinity College School

History Games

Looking for an innovative way to forge cross-curricular links between physical education and history? Or perhaps you teach social studies and want to give your students an authentic learning experience which helps solidify concepts and brings your subject to life? This active workshop will give participants the chance to play a variety of history games like Union Tag or Confederation Ball, which were developed and led by Grade 8 students. In addition to playing the games, this workshop will explain the process for designing, facilitating and assessing your own history games unit.

By the end of the workshop participants will...

be able to implement and assess an innovative cross-curricular unit combining history and physical education at the Junior or Intermediate level.

Elementary

Cathy Stone, Learning Ways Fitness
Lorrie Busch, Learning Ways Fitness

Fun, Fast & Fit

A complete DPA (Daily Physical Activity) resource package - DPA has to be done so we made it fun! Easy to learn and fun to do, the Fun, Fast & Fit program is: fun, fitness moves to up-beat popular music; student and teacher-friendly; geared to Primary and Junior students; suitable for all fitness levels and backgrounds; tried and true - created by teachers; and appropriate for the gym or classroom. A compilation CD with 11 songs, including an instruction booklet, is available for purchase. Cathy and Lorrie have brought their life-long passion for fitness into this exciting program.

By the end of the workshop participants will...

easily incorporate new DPA moves into their classroom or gym routines and will have an exciting and popular resource to share with their students.

Elementary DPA

Ted Temertzoglou, Thompson Educational Publishing

Functional Fitness Blasts for the Brain and Body

Participate in an active workshop and learn more about the Healthy Active Living (HAL) resource from Thompson Educational Publishing. See how fun fitness blasts and brain breaks can help increase fitness levels and brain development. The workshop will focus on differentiated instruction, TGfU, physical literacy strategies, fitness appraisals, and assessment and evaluation using the HAL resources to document students' learning.

By the end of the workshop participants will...

use practical fitness blasts to include all levels of student abilities.

Secondary

Pascale VandenHaak, École Nouvel Horizon, CSDCSO
(Conseil scolaire de district du Centre- Sud- Ouest)
Angèle Ruder, conseillère pédagogique CSDCSO

L'évaluation et la planification simplifiées!

Cherchez-vous à améliorer vos planifications et vos évaluations en éducation physique et santé? Les tableaux de correspondance (1^{er} à la 8^e année) que nous allons vous présenter aideront à faire le lien entre les attentes et contenus du curriculum et les compétences à évaluer. Ces

tableaux faciliteront également la tâche de créer vos grilles d'évaluations adaptées.

Suivant l'atelier, les participants comprendront...

comment mieux préparer leur planification d'étapes et l'évaluation du rendement des élèves.

élémentaire

Brenda Whitteker, Ophea

Heather Gardner, Ophea

10 Years Later...H&PE Ophea Support Re-imagined

The Ontario Curriculum, Revised Interim Health and Physical Education, Grades 1-8 (2010) is out. To help teachers implement this curriculum, Ophea is developing H&PE Curriculum Resources (Grades 1-8), similar to the Ophea binders, to provide a one-stop-shop for all educators, particularly generalists, to access high quality, grade-specific lesson plans and supports. This workshop will provide educators with linkages to the revised, interim curriculum and an in-depth look at lessons plans from the Movement Competence/Active Living and Healthy Living Strands of the new Ophea resources. Best practices will be shared relating to the revised healthy living framework as well as instructional strategies for the Teaching Games for Understanding philosophy. Seize the opportunity to learn about the new Ophea resources!

By the end of the workshop participants will...

Understand the connections between the revised Interim H&PE curriculum and the new Ophea resources being developed. Participants will also have an in-depth look at lessons for the Movement Competence/Active Living and Healthy Living Strands

Elementary

Caley Hulme, PHE Canada

WeMüv™ - Physical Activity is your currency to explore, learn and have fun!

The WeMüv™ PA Challenge is a unique program for grades three to six that merges daily physical activity with a fun, educational virtual world. Using an innovative digital pedometer to connect online, WeMüv™ offers a new strategy to support DPA and PE that integrates with your classroom routine.

By the end of the workshop participants will...

be able to have a better understanding of how to use technology to motivate and educate students on how to live more active lives. Session participants will participate in a sample lesson and will be able to experience the WeMüv™ game site first hand. All attendees will receive a free WeMüv™ digital pedometer.

Elementary

Session B: 12:00pm- 1:00pm

Chris Atkinson, Ottawa Catholic School Board

Michelle Atkinson, Ottawa-Carleton District School Board

SMART approaches to Teaching Games for Understanding

Come investigate new and engaging ways of teaching for understanding through the use of SMART Technology. Literacy and Numeracy are not the only areas that can benefit from these tactile and electronic teaching tools. We will be looking at ways that SMART Notebook, the AirLiner, digital video, and free web tools such as Google Apps can be used to

enhance physical literacy and health literacy, and help students reach a deeper understanding of fundamental movement skills.

By the end of the workshop participants will...

see opportunities for the effective integration of technology in a physical and health education setting. Depending on your comfort level and access to the technologies highlighted, you may be able to take these ideas and use them in your own classroom right away.

Secondary

Joe Barrett, Brock University
Tara Mehlenbacher, Brock University
Katie Arnett, Brock University
Alex Sillett, Brock University
Dan Steckley, Brock University

Activating minds: Developing Literacy Skills through game play in Secondary HPE

Who says literacy can't be brought into the HPE class? Come join us and learn how to teach students how to read more than just playbooks. This workshop is jam packed with ready to use activity based games that are designed for use in a HPE setting. With the significance of literacy and student success, health and physical educators play an important role in developing these critical skills.

By the end of the workshop participants will...

take the provided games and resources and capably implement them in their own HPE classes.

Secondary

Janelle Cavallo, Greenwood College School

Leisure Games

Have you ever thought about teaching activities that help to even out the playing field for your many different levels of athletes in your Healthy Active Living Courses? OR would you like to add a fun new game to your clubs or intramurals programs? If so, this session is for you! This presentation will provide you with a leisure games unit (transferrable in to an intramurals schedule). You will learn how to play Koob (a Swedish leisure game), as well as perfect your knowledge and skills of the games of Lawn Bowling, Bocce Ball and Frisbee Golf. Some of these games could be played both indoors and outdoors, and don't require a gym. It's a very flexible unit, fun for students of all ages!! These games can be modified to suit students as young as junior kindergarten, but can be enriched for grade 12 students as well!

By the end of the workshop participants will...

provide students with a meaningful leisure games unit including a range of activities and assessment strategies.

Elementary/ Secondary

Diana Dampier, ParticipACTION
Megan Sutherland, Motivate Canada

Sogo Active - Challenging Teens to Solve Canada's Inactivity Crisis

Sogo Active is a national program to promote physical activity among 13-19 year olds. It is a youth-led initiative supported by 13 provincial / territorial coordinators, by over 1200 diverse Community Organizations and by an interactive, searchable website at www.sogoactive.com. Find out how you can access micro grants to support youth in your schools. Find out what we learned during Sogo's first 18 months and how we revised the program and its marketing to make it even better. We will also share several innovative partnerships to maximize Sogo Active's reach and effectiveness in Ontario. So step up and take the Sogo Active Challenge!

By the end of the workshop participants will...

identify what Sogo Active is, how it works and opportunities to use Sogo Active to help youth 13-19 in their schools become more active and increase their leadership skills.

Secondary

Andrew Hall, Rugby Ontario

Developing Rugby in Schools

Rugby is one of the fast growing sports in schools across Canada. Its newly acquired Olympic status has already seen a surge in interest from both players and the wider community. This session will provide participants with a fun and active development opportunity to learn the sport of rugby. Participants come away with a number of resources to use to introduce rugby to people who are not familiar with the sport.

By the end of the workshop participants will...

confidently introduce the basics of rugby to people who do not know how to play it.

Elementary/ Secondary

William Harvey, McGill University

Jennifer Thomson, McGill University

Knowledge Based Approach to PHE Pedagogy

The instructional effectiveness of physical and health education (PHE) teachers is of critical importance to ensure our youth are well educated in physical activity and health. Effective teachers understand that good teaching is not simply 'knowing how' to implement instructional strategies but 'understanding why' chosen strategies are effective tools. A knowledge-based approach to PHE pedagogy, a cognitive framework for teacher expertise, will be introduced to assist PHE teachers to become master teachers. Suggestions will include the implementation of this approach in PHE teacher training to gain deeper understanding of the already established, and complex, teacher competencies required of professional PHE teachers.

By the end of the workshop participants will...

(1) Understand relationships between cognition and professional teacher development (2) Describe pathways to becoming master physical and health education teachers (3) Apply a cognitive framework to their own personal reflections and professional teaching practices.

Elementary/ Secondary

George Kourtis, Toronto District School Board

Linda Whitmarsh, Thompson Educational Publishing

Rasa Augaitis, Thompson Educational Publishing

Functional Training: More than just the Weight Room

Are your students getting tired of lifting weights? Do you need more workout ideas for the Personal Fitness (PAF) course? Does your school lack resources/space to adequately run this course? How can you incorporate the Long Term Athlete Development/Participant model in the this course? Differentiated Fitness Blasts, Brain Blasts, Workouts, Personalized Health, and Summative evaluation will be the focus.

By the end of the workshop participants will...

incorporate a Functional approach to the Personal Fitness course that will ensure differentiated learning as related to fitness for all students

Secondary

Deb Lawlor, Ottawa Catholic School Board

Assessment 4 Learning: Engaging Students In Their Learning

Why do we assess? Why involve students? What does that look like? This session will introduce strategies that motivate and involve students in their learning. With a focus on the movement competence strand, participants will explore learning goals, co-constructing criteria and self assessments to use with TGfU and Fundamental Movement Skills.

By the end of the workshop participants will...

understand how to involve students in their own assessment and help them identify where they are going, where they are and how to get there. Specific examples (including SMART notebook) and other resources will be shared so that participants can use them in their own classes.

Secondary

Sydney Millar, Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS)

Sabrina Razack, Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS)

Addressing the Needs of Racialized Girls and Young Women

Ontario is the most multicultural province in Canada. Physical Educators and school-based sport and physical activity program providers are in a unique position to impact, improve and create more opportunities for racialized girls and young women to participate. However, engaging this target group isn't without its challenges. Based on findings from a healthy living project for newcomer girls and young women coordinated by CAAWS, the Canadian Association for the Advancement of Women and Sport and Physical Activity, this session will discuss the needs and experiences of racialized girls and young women, and share tips and program ideas to enhance new and existing programs.

By the end of the workshop participants will...

gain a deeper understanding of the socio-cultural factors impacting racialized girls' and young women's participation in physical activity and sport programs; and develop and deliver initiatives that meet their needs, interests and experiences.

Elementary/ Secondary

Russ Minnis, CSDÉCSO (Conseil scolaire de district des écoles catholiques du Sud- Ouest)

Karen Trotter, CSDÉCSO

TGfU - Apprendre et comprendre par le jeu - une nouvelle approche.

L'atelier sera un approfondissement pratique de stratégies d'enseignement développées par le concept d'Apprendre et comprendre par le jeu. Nous allons jouer des jeux de chaque catégorie en explorant les situations d'enseignement pratiques. Ces activités seront directement en lien avec les attentes et l'évaluation du nouveau curriculum. Venez apprendre et comprendre en jouant avec nous!

Suivant l'atelier, les participants...

auront une meilleure compréhension de l'apprentissage des jeux pour la compréhension et seront en mesure d'adopter ce modèle à leur enseignement des habiletés de mouvement fondamentales et de stratégies de jeu. Ressource française disponible à la fin de l'atelier.

élémentaire

Julia Porter, Right To Play

Integrating Play into the Classroom Setting - an International Approach to Inspiring Learning Through Play

From a muddy pitch in a refugee camp in Uganda to a cramped classroom on the mountain tops of Peru, Right To Play specializes in integrating play in a wide variety of settings. In this participatory workshop you will learn how Lebanese math teachers use physical activities to help students master arithmetic, how Liberian coaches use relay races to decrease the stigma from AIDS and how Thai social studies teachers harness the power of modified football games to help students understand their human rights. You will walk away with renewed inspiration and ideas to integrate physical activity into a multitude of subject areas.

By the end of the workshop participants will...

be able to: discuss lessons learnt by teachers integrating play into regular classroom activities around the world; identify ways to safely integrate physically active games inside a small classroom space; modify 5 different highly active games to teach lessons in multiple subject areas.

Elementary/Secondary

Dr. Gary E. Sanders, St. Joseph's College

Everybody Dance Now 2!

Come learn easy and exciting dances that you can add to your movement program. Learn the Muscle Dance, Cupid Shuffle Mixer and/or You and Me in the Country. This session is appropriate for all grade levels.

By the end of the workshop participants will...

be able to go back to their schools with the confidence that they can teach what they have just experienced.

Elementary/ Secondary

Carol Scaini, Peel District School Board
Steve Gibbins, Peel District School Board

TGfU - Teaching Games for Understanding - Net/Wall, Territory

Do you want to improve your students' level of play? The Teaching Games for Understanding(TGfU) model offers the ability to develop better and more knowledgeable game players and motivates students to take part in a variety of games. This session will focus on two of the TGfU categories - net/wall and territory.

By the end of the workshop participants will...

understand the TGfU philosophy and be able to implement TGfU into their physical education program.

Elementary/Secondary

Kirstin Schwass, CIRA Ontario

Everybody Move!

Looking for ways to support active, healthy living for all? This CIRA Ontario workshop will focus on activities and dance routines from EVERYBODY MOVE! (a multimedia resource for daily physical activity) which will provide you with countless fun, fitness activities for DPA or physical education in and around the building, the classroom or outdoors. You will engage in circuits and activities that can be done in small groups or with the entire school. Create school spirit with activity theme days and find out how you can use students as leaders.

By the end of the workshop participants will...

effectively use this resource (a book, a music CD and a DVD-ROM) to engage others in moderate to vigorous exercise circuits, dance routines and games that are sure to enhance any DPA, physical education or recreation program. Participants will also learn how to teach others to create their own dance routines to their own choice of music.

Elementary/Secondary
DPA

Myra Stephen, Ontario Ministry of Education

Revised, Renewed, Refreshed - Ontario's Revised Health and Physical Education Curriculum

Implementation of Ontario's HPE curriculum, grades 1-8 began in September 2010. Maintaining the healthy active living philosophy of the 1998 curriculum and building on feedback from 1000's of teachers, health professionals, parents, students and stakeholders across the province, the revised 2010 curriculum takes an integrated and holistic approach to helping students develop the skills they need to thrive in an ever-changing world. The revised HPE curriculum enables them to acquire physical and health literacy, and to develop the comprehension, capacity, and

commitment needed to lead healthy, active lives and to promote the benefits of healthy, active living.

By the end of the workshop participants will...

be able to walk away with a clear understanding of the revised curriculum framework and will have had the opportunity to try some activities to illustrate the concepts within the curriculum.

Elementary

Dr. Charles Tator, ThinkFirst

Managing Concussions at school

What do you do if you suspect a student has suffered a concussion? Learn about concussions - their causes, symptoms and signs and the appropriate initial response. This workshop will provide useful information for teachers, sport coaches, and parents about how to manage, and help students recover from a concussion.

By the end of the workshop participants will...

be able to better understand how to recognize and manage concussions that may occur in curricular, interschool and intramural settings.

Elementary/Secondary

Ted Temertzoglou, Thompson Educational Publishing

Fit for All

Participate in an active workshop to increase fitness levels for all students and keep them motivated. Learn fun fitness blasts and brain breaks-great for daily physical activity, brain development, and physical education classes. The workshop will focus on differentiated instruction, family fitness days, inclusion, and assessment and evaluation using the Active Living Fitness Charts by Thompson Educational Publishing.

By the end of the workshop participants will...

create quality daily physical activity to include all levels of student abilities in a variety of settings.

Elementary DPA

Session C: 2:30pm- 3:30pm

Lucie Archambault, Ministère de l'Éducation de l'Ontario

Révisé, renouvelé, rafraîchi! – le curriculum de l'Ontario, de la 1^e à la 8^e année - Éducation physique et santé, édition révisée

La mise en œuvre du programme-cadre d'EPS (1^e à la 8^e), édition révisée, a commencé en septembre 2010. Le programme-cadre révisé, maintient la philosophie de vie active de 1998, tout en incorporant la rétroaction de plus de 1 000 enseignantes/enseignants, professionnels en santé publique, parents, élèves et partenaires de partout en province. Le programme-cadre révisé présente une approche holistique et intégrée afin d'appuyer les élèves à développer les habiletés qui leur permettront de réussir tout au long de leur vie. Le programme-cadre d'EPS révisé, permet aux élèves d'acquérir les connaissances reliées à la littératie en matière d'éducation physique et de santé et à développer la compréhension et les habiletés qui leur permettront de mener une vie saine et active tout en prenant la responsabilité pour leur propre santé et la santé des autres et le monde qui les entoure.

Suivant l'atelier, les participants comprendront...

le cadre et la structure du programme-cadre, édition révisée, et auront eu la chance de tenter certaines activités qui illustrent plusieurs nouveaux concepts.

élémentaire

Harry Bell, Canadian Tire Jumpstart

Canadian Tire Jumpstart

Canadian Tire Jumpstart® is a community-based charitable program that helps kids in financial need participate in organized sport and recreation such as hockey, soccer and swimming so they can develop important life skills, self esteem and confidence. Strong communities include strong kids. We believe all kids should have the chance to run, skate, play, and grow. National in scope but local in focus, Canadian Tire Jumpstart® delivers support to children in financial need through a Canadian-wide network of local chapters. Come and learn more about Canadian Tire Jumpstart® and see where we're heading in the future.

By the end of the workshop participants will...

better understand what Canadian Tire Jumpstart® is all about and take that understanding back to their own communities to help families and kids in financial need.

Elementary/Secondary

Debra Courville, Ontario Ministry of Education

The Revised Ontario Health and Physical Education Curriculum, Grades 9-12

Ontario's revised secondary Health and Physical Education curriculum will be released later in winter 2011 for implementation in the 2011 school year. Participants will have an opportunity to learn about key changes in the curriculum, learn about the Ministry of Education implementation training sessions for school board teams and discuss how this will impact local plans to support implementation of the curriculum. Workshop participants will have the opportunity to consider what should be maintained in current practice and what needs to shift in order to reflect the changes in the revised health and physical education curriculum policy.

By the end of the workshop participants will...

have a broad understanding about the proposed revised secondary health and physical education curriculum and will have begun to consider how to locally support the implementation of the revised Ontario Health and Physical Education curriculum, 9-12.

Secondary

Richard Engel, Sepak Takraw Association of Canada
David Carnaffan, Sepak Takraw Association of Canada

Get Active, Get Your Kicks - With Sepak Takraw

Sepak Takraw, or Kick Volleyball, is the perfect way to get students to be more active, and have FUN doing it! This session will instruct and demonstrate to the participants (who will learn first hand) the importance of first teaching students how to KICK with control and be KICKERS before attempting to play the net game of Sepak Takraw ... and getting rewarded with Certificates for achieving the various levels of Benchmarks established by the Pilot Project, GET ACTIVE, GET YOUR KICKS. The secret of success in developing an exciting Sepak Takraw program is to start easy, modify skills and games at first, then increase the challenge with a series of progressions as the students become more efficient and comfortable kicking the Takraw with control.

By the end of the workshop participants will...

know what the 3 rules of ball control (without using hands) are; know and demonstrate the 5 basic kicks of Sepak Takraw; know what the MUST EMPHASIZE critical technical points are for good kicking control when teaching how to kick; experience, and know how to implement, the necessary progressions that will turn a KICKER into a SEPAK TAKRAW PLAYER; know how to start up a GET ACTIVE, GET YOUR KICKS! program in their own schools/communities; know how to find other schools that have Sepak Takraw and organize matches and/or tournaments with them.

Elementary/Secondary

Melanie Ferris, Health Nexus

Including Culture in Engaging Aboriginal Children in Physical Activity

Let's Be Healthy Together: Preventing Obesity in Ontario's Aboriginal Communities is a new toolkit and training program to help service providers get new ideas for working with Aboriginal families to increase physical activity levels and improve nutrition. This workshop provides some of what was learned during the development of this project, and provides participants with some exposure to native ceremonies connected to physical activity.

By the end of the workshop participants will...

understand why Aboriginal cultures are essential to successfully engaging families and children in play and physical activity programs.

Elementary

Heather Gardner, Ophea

Dancing your way through DPA and the Ophea H&PE Curriculum Resources

This workshop will take participants through the dances featured in Ophea's Dancing for DPA DVD, as well as introduce participants to brand new dances featured in the Ophea's NEW H&PE Curriculum Resources. Dance styles will include Bollywood, Hula, Capoeira, Hip Hop, as well as review some of your favourite Novelty dances. Connections will be made to the Health and Physical Education Curriculum (revised 2010). The workshop is appropriate for teachers of all divisions and dance abilities.

Elementary

DPA

Cathie Snider, Durham Region Health Department

Elizabeth Conti, Hamilton Public Health Services

Keeping Children and Youth with Asthma Active

Are you a coach? Are you involved in the planning and delivery of health and physical education classes, intramural programs, or interschool sports for children and youth? If so, did you know asthma affects as many as 1 in 8 Canadian children and is a leading cause of missed school, emergency department visits and hospitalizations for children and youth?

Physical activity provides many positive health and learning benefits. Although it can be one of the most common asthma triggers, children and youth with asthma should still be encouraged to participate in physical activity. Through this interactive, practical session learn more about how to support children and youth with asthma to lead full, active and healthy lives. Participants will receive resources and tools to support children and youth with the management of their asthma.

By the end of the workshop participants will...

have an understanding of what asthma is and strategies that can be used to encourage children and youth with exercise-induced asthma to participate in physical activity to the best of their abilities.

Elementary/Secondary

Pierre-Julien Hamel, Omnikin Inc./ KIN-BALL®

KIN-BALL® Sport and Cooperative Games

This sport is played with 3 teams at the same time using a very light 4 foot ball. This game is excellent to use to develop cooperation, aerobic capacity, hand-eye coordination, and sportsmanship. This game is very accessible for all skill levels. Participants will also learn different activities of cooperation and team work by using the large and light OMNIKIN® balls (from 3 to 6 feet); the games are easy to learn and allow your participants to reach physical education objectives.

By the end of the workshop participants will...

teach the sport KIN-BALL® and reach cooperative objectives in P.E. program

Elementary/Secondary

Lindsay LaMorre, Toronto Catholic District School Board;
Seconded to York University

Sean Smith, European Graduate School

Physical Literacy: Reading Bodies on the Move

Just as educators would ask how to move literacy out of the library and into public spaces, so can we ask: how can we move physical literacy beyond the four walls of the gymnasium? A program of physical literacy provides a foundation for students to develop the skills, knowledge and attitudes they need to enable them to move confidently, creatively and competently in a wide variety of physical activity contexts. So how do we provide opportunities for students to exercise physical literacy skills outside the gymnasium and in public spaces? This session will suggest opportunities for teachers to combine core physical movement skills with simple media technologies to re-frame how students read bodies in everyday life.

By the end of the workshop participants will...

exercise students' physical literacy skills outside the gymnasium.

Elementary/ Secondary

Marc Lebert, Lebert Fitness Inc.

Chris Roche, Lebert Fitness Inc.

Best of Bodyweight Training

This session solves my biggest challenges from 15 years experience teaching group exercise. How to incorporate safe and effective chin-ups and pulling motions. Working the core off the floor (doing abs usually ends up looking like a bunch of dead bugs)! Why can't kids do push-ups? Develop the most kick butt leg training program with NO equipment, absolutely minimal time and unreal results. Bodyweight, Equalizer and Buddy System exercises in this session will be very useful for any class format, team training and sport applications.

By the end of the workshop participants will...

perform the 2 basic upper body exercises needed to be in shape - a push and a pull. Done properly with progressions so all students will be successful. Leg training with unreal results. Solve strength training equipment problems. Incorporate functional core training.

Secondary

Luisa Magalhaes, Dairy Farmers of Canada

Power to Explore – NEW! Junior Healthy Living Program

Power to Explore, a NEW junior level healthy living program, has three grade-specific, Ontario curriculum integrated programs developed by teachers, students and Registered Dietitians. Grade 4, 5 and 6 students explore their personal food and activity choices and develop skills to improve health. Grade 4's Food, Activity and My Choices is medieval themed and rooted in literacy; Grade 5's Power4Bones is an on-line bone-health program; Grade 6's Food, Activity and My World explores media literacy and body image. Participating teachers will explore the program, learn nutrition information through the expertise of a dietitian, and receive a FREE copy of the program.

By the end of the workshop participants will...

implement this innovative, Ontario curriculum integrated healthy eating and physical activity program in their grade 4, 5 and 6 classrooms right away. Power to Explore is based on Canada's Food Guide and encourages students to explore personal food and activity choices in a variety of ways. All workshop participants will receive program materials FREE, including a teacher's manual and program specific resources.

Elementary

Andy Raithby, CIRA Ontario

A ROUND of CIRCLE GAMES

Games played in a circle are a traditional and exciting part of our program and we've been playing them for years. CIRA Ontario has produced another winner with A ROUND of CIRCLE GAMES. This session will

feature some of the newest and most creative games you have ever played in a circle. Pure fun and lots of laughs.

By the end of the workshop participants will...

use Circle Games in a variety ways, throughout your program, to enhance and excite kids of all ages.

Elementary
DPA

Dwayne Sheehan, Mount Royal University
Larry Katz, University of Calgary

Teaching and Assessing Fundamental Movement Skills in Elementary School Children

Physical literacy needs to be promoted and explicitly supported for every child in Canada. All children have the capacity to achieve their own personalized level of physical literacy, but not all of them will master the fundamental movement skills (FMS) in the same order or at the same age. Participants in this session will be provided with a complete six week unit plan (with 30 lessons) that focuses on activities related to agility, balance and coordination. Assessment strategies for FMS and a new research validated measure for field testing pre-adolescent balance will be introduced.

By the end of the workshop participants will...

confidently teach and assess a variety of fun, age appropriate physical activities that help develop fundamental movement skills (FMS).

Elementary

Joyce Sunada, Ever Active Schools
Vicki Switzer, Ever Active Schools

Teaching Quality P.E. Activities to Promote a Recipe for Success

If you need quality Physical Education lesson plans that actively engage students and meet the expectations of the program of studies, this workshop is for you. Ever Active Schools has gathered lesson plans created by teachers for teachers and packaged them in an easy to follow and use resource. Teachers will have an opportunity to participate in a number of activities from the Recipe Card Lesson Plans.

By the end of the workshop participants will...

implement quality lesson plans and strategies in their Physical Education classes.

Elementary/ Secondary
DPA

Ted Temertzoglou, Thompson Educational Publishing

Get Online with Exercise Science

Exercise Science is an introduction to physical education and kinesiology, developed by Thompson Educational Publishing. Now a required course for admission into Brock University's physical education and kinesiology programs. Explore all the interactive online materials available to you and your students, and provide input for the next edition.

By the end of the workshop participants will...

incorporate the comprehensive online resource materials to enhance and enrich teaching and learning for Exercise Science PSE4U.

Secondary

Brett Thompson, PHE Canada

Fundamental Movement Skills: Teaching the Building Block of Physical Literacy

In support of Canadian Sport for Life (CS4L), PHE Canada's Fundamental Movement Skills (FMS) Series is designed for generalists and specialist (K-12) to assist in teaching fundamental motor and sport skills. Delegates

will have an opportunity to experience and discuss the FMS print handbooks and online video tools. Bridging the gap between theory and practice, these multisensory resources meet physical education curriculum deliverables by strategically developing physical literacy in a progressive and functional manner. Learn how you can teach fundamental motor and sport skills in an effective, fun, and interactive way.

By the end of the workshop participants will...

understand the importance of teaching fundamental movement skills within the schools and community and have the opportunity to preview the associated handbooks and video tools to support the teaching and learning of those skills.

Elementary/Secondary

Elizabeth Way, Atec Marketing Limited
Shannon Fox, Atec Marketing Limited

Jump In - Double Dutch Fun for PE and the Playground

Double dutch is an activity that is fun, keeps youth physically active and promotes teamwork as well as communication. And double dutch can be performed by people of all ages and abilities! Help your students be quickly successful by learning cuing for skills in the ropes and turning. These skills transfer well to the playground, thereby encouraging further physical activity. Modifications to the activities will be shown to include students who have special needs.

By the end of the workshop participants will...

engage students with fun games & skills using both one and two ropes, be able to teach entering and exiting the ropes, correct turning, jumper skills and turner skills. Participants will be able to take these skills back to liven up class on Monday!

Elementary/Secondary

Shawn Williams, Durham District School Board
Tamara Williams, Durham District School Board

Lacrosse For All

Lacrosse is Canada's National Summer Sport. Both box and field lacrosse are growing in popularity across the country for both boys and girls of all ages. The sport of lacrosse encompasses a plethora of physical education expectations including gross motor and fine motor skills, spatial and body awareness, cooperation and team strategy. It is also easily linked to aspects of Character Education. An introductory lesson, warm-up activities, fundamental skill development, and modified games will all be presented. Participants will experience a variety of hands-on activities to increase their confidence and knowledge and will walk away with a fully developed lacrosse unit for their physical education program.

By the end of the workshop participants will...

teach a well-structured lacrosse unit, including fundamental skills, and modified games.

Elementary/Secondary

Session D: 4:00pm- 5:00pm

Lucie Archambault, Ministère de l'Éducation de l'Ontario

Le curriculum de l'Ontario, de la 9^e à la 12^e année – Éducation physique et santé, édition révisée

Le curriculum de l'Ontario, 9^e à la 12^e année - Éducation physique et santé, édition révisée, sera disponible vers la fin de 2010 pour sa mise en oeuvre pour l'année scolaire 2011. Les participantes et participants seront informés des changements importants dans le programme-cadre, du plan de formation du ministère de l'Éducation, la formation pour les conseils scolaires et comment ces changements influenceront la mise en oeuvre. Les participantes et participants auront l'occasion de considérer les pratiques actuelles à maintenir et celles à modifier afin de faire une mise en oeuvre efficace du nouveau programme-cadre.

Suivant l'atelier, les participants...

comprendront les nouveautés dans le curriculum de l'Ontario, 9^e à la 12^e année - Éducation physique et santé, édition révisée, et commenceront à planifier la mise en oeuvre du nouveau programme-cadre.

secondaire

Alain Bovet, Polar Electro Canada
Mark Verbeek, Hamilton Wentworth District School Board

NEW Polar Active monitor - new interactive technology for homeroom and PE

Learn about and try the NEW Polar Active monitor- a new easy-to-use tool that inspires students in and out of class. Great for homeroom and PE teachers. The new Polar Active requires NO STRAP. Its easy to manage, simple, interactive and measures not only the QUANTITY of activity but also the QUALITY. Inspire students to reach the 60 minutes of Moderate to Vigorous Physical Activity.

By the end of the workshop participants will...

be able to integrate activity monitoring in their classroom and PE class & enhance measurement of activity time to the benefit of students.

Elementary/Secondary DPA

Lisa Di Domizio, Heart and Stroke Foundation of Ontario

Heart Smart Kids - Healthy Living Activities for your Classroom

New research findings on physical activity and kids. Each participant will receive a copy of Heart and Stroke Heart Smart Kids, a curriculum-based resource booklet with four modules: Healthy Eating; Active Living; Smoke-Free Living; Taking Action. There will be a facilitated group discussion about the best practices of getting kids and communities active.

By the end of the workshop participants will...

bring practical information and resources back to their school that promote the need for healthy active living.

Elementary

Lee Downer, World Cross Country Fitness Challenge

World Cross Country Fitness Challenge

The newest and most innovative tool, for motivating students to get active, decreasing childhood obesity and at the same time improving student's grades is c2cfits.com. It's a fun, free website that challenges everyone to exercise their way around the globe without leaving home. There is team spirit, leadership skills, regular exercise, geography, social studies and tons of fun. Teachers will learn all about c2cfits' exciting features and benefits. With the use of Google maps and Wikipedia, geography lessons will be a breeze for the kids.

By the end of the workshop participants will...

easily and effectively motivate their students to exercise regularly and consistently, with no problem.

Elementary/Secondary

Derek Graham, Hamilton-Wentworth District School Board
Chuck Balazs, Hamilton-Wentworth District School Board

TGfU as a Tool for Learning

Utilizing Teaching Games for Understanding(TGfU) as a practical tool to develop a reflective and engaged Health and Physical Education student. Strategic thinking through game application and discussion are emphasized as components of the revised curriculum and foster a greater understanding of refining skills and implementing new concepts. This presentation will review TGfU and provide examples to infuse the model into your H&PE program.

By the end of the workshop participants will...

understand the benefits of using Teaching Games for Understanding to teach strategic thinking in their Health and Physical Education classes. They will review and practice actual strategic games and develop practical lessons that help students become thinking players with confidence and enthusiasm to improve their performance.

Elementary/Secondary

Mélanie Guertin, Ophea

Intro aux documents d'appui pour le programme-cadre D'EPS d'Ophea

Participez à cet atelier interactif afin de vous familiariser avec les activités dans les plus de 1,000 leçons élaborées par Ophea pour appuyer le programme-cadre d'EPS de la 1^e à la 8^e année, édition révisée. Les nouveaux concepts et les nouvelles philosophies du programme-cadre seront examinées par l'entremise de ces leçons, disponibles en français, pour tous les conseils scolaires de langue française en Ontario.

Suivant l'atelier, les participants...

mettre en oeuvre les leçons et les concepts présentés dans les documents d'appui d'EPS d'Ophea de la 1^e à la 8^e année.

élémentaire

Stephanie Hemmerick, Ophea
Brett Thompson, PHE Canada

New CO-ED 2010-2011 Always Changing & Vibrant Faces program: A Free Educational Resource for Teaching Puberty for Grades 5 to 8

A practical, how-to workshop for health educators teaching puberty to grades 5-8. Developed by PHE Canada, OPHEA and Procter & Gamble these 2 curriculum-linked, high-quality health education programs are available at no charge to English and French Canadian educators and their students. Learn how these time-tested initiatives can help your students better understand the physical, emotional and social changes involved with puberty. This session is intended to provide a complete overview of the new-for-2010/11 Teacher and Student Guides as well as the downloadable Student activities and Teacher resources as well as how to best use these programs to deliver your required curriculum outcomes.

By the end of the workshop participants will...

better understand how using Always Changing and Vibrant Faces resources can help educate their students on the physical, emotional and social changes involved with puberty.

Elementary

Sonia Henri, Ontario Soccer Association
Paul Nishijima, Peel District School Board

Teaching Soccer - Line drills are not enough!

In order for players to use a variety of soccer skills successfully during game play, students and team players must be taught in game situations. Learn how to teach passing using small-sided games and get all students involved and excited in your soccer unit! A handout will be available for workshop participants.

By the end of the workshop participants will...

use small-sided games to teach their soccer unit more effectively. Teachers will learn the key factors for passing, which they will use to plan their passing lessons and to assess student learning.

Elementary/Secondary

Matt Kennedy, Ontario Blind Sports Association
Dave Greig, Athletics Canada

Shared Vision - Inclusion in the Classroom

The goal is to expand inclusion in the world of athletics, the education system, and community health agencies. We want to get involved with as

many people as possible, providing physical activity opportunities throughout the province of Ontario using a sport model for youth with disabilities. We use the sport of athletics (Athletics Canada - Run, Jump Throw Course) to develop physical literacy as the foundation upon which all future athletic success is built. This is critical for children with a disability, both for the eventual contribution it makes to sport performance, but even more so for the contribution it makes to the individual's future ability to live independently, physically and mentally healthy and integrated into society. Project components will increase awareness of persons with a disability; increase awareness of the importance of physical activity through sport; the importance of healthy eating; help communities develop an understanding of and expertise in barrier-free participation; integrate persons with disabilities into mainstream sport and recreation; recruit and develop new athletes, coaches, guides, and leave legacies to support persons with a disability in the community.

By the end of the workshop participants will...

be able to teach children to learn fundamental running, jumping and throwing movement skills using a gender equitable program that spans all abilities and maturational stages, and is adaptive to students with special needs and athletes with disabilities.

Elementary/Secondary

George Kourtis, Toronto District School Board
Linda Whitmarsh, Thompson Educational Publishing

Bring the Personal back into the Personal Fitness course (PAF).

Rather than just running your classes through a series of traditional free-weight activities or long runs, the functional fitness approach consists of ways to build your student's strength, coordination, endurance, and a holistic approach that will ensure success for all. This resource will use the fundamental concepts of Personal Training as it relates to both Fitletes (health related fitness) and Athletes (skill related fitness). It will provide teachers and students with a solid resource from which to teach and learn. A substantial online component - for students and teachers - will highlight the package.

By the end of the workshop participants will...

implement a functional resource package for Grade 11 and 12 Personal Fitness (PAF30/40).

Secondary

Catherine Lesage, Littlefeet Yoga -Yoga for Children and Teens

Viens jouer au yoga! (Yoga dans le contexte de l'EPS)

Offrir une expérience introductive de conscientisation corporelle aux participants par une approche ludique inspirée de la respiration et du mouvement afin de percevoir le mouvement dans sa globalité. Les participants seront exposés à quelques composantes similaires entre les 2 disciplines du yoga et d'éducation-activité physique dans un contexte d'apprentissage de plaisir, de jeu, de créativité. Les enfants aiment l'aspect physique du yoga et retirent les bienfaits au niveau de l'estime et conscience de soi, la créativité, la coopération, la relaxation, tout en encourageant le développement et le choix de saines habitudes de vie, répondant ainsi aux critères de santé des différents programmes d'activités physiques. Soyez prêt à bouger, rire, créer!!!

Suivant l'atelier, les participants...

vont apprécier l'aspect ludique, créatif et éducatif du yoga, sentir et retirer les bienfaits physiques, mais surtout vivre les bienfaits émotifs positifs reliés à cette activité tout en découvrant les similarités avec l'EPS.

élémentaire

Lara Patterson, Kingston, Frontenac and Lennox & Addington Public Health, Limestone District School Board

Integrating DPA with Literacy & Numeracy

This practical workshop will introduce participants to fun and motivating moderate to vigorous physical activities that can be integrated with numeracy and literacy and done in limited spaces such as classrooms,

hallways or multipurpose rooms. Participants will learn by participating in a wide range of activities that support the integration of DPA with the language and mathematics curriculum. Differentiated instruction will be a focus in the workshop.

By the end of the workshop participants will...

integrate DPA with language and mathematics in practical and fun ways.

**Elementary
DPA**

Mark Peterson, The Aussie X
Emile Studham, The Aussie X

Cricket – Ontario's fastest growing sport - How to intergrate it into your Phys. Ed. Program

The Aussie X teaches young Canadians the unique and exciting sports of Australian Football (Footy!), Cricket and Netball. The Aussie X Instructors come to your school fully equipped to provide schools with an 'X'perience like no other. The highly structured, educational and entertaining sports programs are culturally rich and have participants active, engaged and smiling from start to finish. Fair dinkum mate!

By the end of the workshop participants will...

execute the fundamental skills of Cricket - Bowling and Batting in particular. They will be introduced to the basic rules of the sport and learn how they can intergrate Cricket into their Phys. Ed. curriculum with the assistance of The Aussie X in school programs. They will also be informed of ways in which they can purchase Kanga Cricket gear for their sports equipment shed.

Elementary/Secondary

Caley Hulme, PHE Canada

At My Best - Helping every child thrive!

At My Best is a comprehensive curriculum-based toolkit for children in Grades Kindergarten to Grade 3 to promote and develop children's overall wellness. At My Best combines physical activity, healthy eating and emotional well-being and aims to support children's optimal physical and emotional development by inspiring and motivating them to make healthier choices today, and develop lifelong healthy habits. Developed by Physical and Health Education Canada (PHE Canada), with generous support from AstraZeneca Canada, At My Best offers curriculum-based lesson plans along with numerous teaching resources, including classroom posters, task cards, blackline masters, music CD, storybook and take-home materials.

By the end of the workshop participants will...

understand the importance of teaching young children the benefits of physical activity, healthy eating and emotional well-being. This workshop will support educators by providing them the opportunity to preview the At My Best toolkits, partake in sample lessons and participants will be able to request a copy of this free resource for their K to Grade 3 settings.

Elementary

Tish Sheppard, Durham Catholic District School Board
Lisa True, Durham Catholic District School Board / Institute for Catholic Education

Healthy Living: Teaching Sensitive Issues in Catholic Schools

This interactive workshop will provide teachers from Grades 1-8 an opportunity to examine a Catholic resource which links Fully Alive expectations to the revised Health & Physical Education expectations. Teachers will have the opportunity to participate in conversations about sensitive issues. Explicit connections will be made between Theme 3 from Fully Alive and the Healthy Living Strand in the Ministry document.

By the end of the workshop participants will...

have an increased capacity and comfort level to implement difficult areas of this new curriculum. They will walk away with a copy of the resource and some practical implementation tips.

Elementary

Bob Soroko, Ophea Safety Consultant

Ontario Physical Education Safety Guidelines - Focus on Recent 2010 Revisions and Medical Conditions

Participation forms, Return to Play forms, Concussions, Emergency Action Plans, etc...This workshop will focus on medical information, forms and required steps that educators and coaches should be aware of within the Ontario Physical Education Safety Guidelines documents. As always, significant changes to this year's documents will be briefly reviewed and bring your questions for the Q&A section.

By the end of the workshop participants will...

identify the medical information within the safety documents and determine the steps to be taken in particular medical situations.

Elementary/Secondary

Carolyn Temertzoglou, OISE-University of Toronto

Joanne Walsh, Halton DSB

Usha James, OISE-University of Toronto, Critical Thinking Consortium

A Partnership Worth Exploring: Embedding Critical Thinking in HPE

This workshop will support educators in developing their understanding of critical thinking and its place in the newly revised Ontario HPE curriculum. Through the use of practical exemplars, the Critical Thinking Consortium (TC2) will work with teachers to combine aspects of the TGfU model with a critical thinking framework. Participants will begin to see how they can develop their own critical thinking challenges from the lessons they already have to engage all students in making healthy decisions. These challenges will enrich student learning and foster development of essential life skills for all students.

By the end of the workshop participants will...

engage in hands-on activities to support their understanding of critical thinking; examine and assess examples of how to tweak critical thinking and support healthy decision-making; receive and develop ideas they can use in their classroom tomorrow!

Elementary/Secondary

Lisa Wallace, Canadian Olympic Committee

Teaching Values and Physical Literacy via our Canadian Olympians

The Canadian Olympic Committee invites you and your students to take the Canadian Olympic School Program (COSP) Challenge. Students will be inspired to exercise their mind, body and character with some of Canada's finest Olympians. Be introduced to Canadian Olympic Movement Skills, a physical literacy resource developed in conjunction with PHE Canada that will highlight this year's challenge. Complementary COSP Challenge elements such as values based Olympian Stories and Personal Best Challenges will also be introduced. High school connections via Olympic Case Studies will also be made. The 2010-2011 COSP curriculum has been designed with the new HPE curriculum in mind.

By the end of the workshop participants will...

be able to utilize the magic of the Vancouver 2010 Olympic Winter Games and the performance of the Canadian Olympic Team to inspire the development of character, physical literacy and overall healthy active living within our students.

Elementary

Saturday October 23, 2010

Session E: 9:15am- 10:15am

Jeremy Cross, Coaches Association of Ontario
Kathy Brook, Coaches Association of Ontario

Part 1 - NCCP Fundamental Movement Skills Workshop - Elementary

TWO-PART SESSION - NCCP CERTIFICATION ISSUED UPON COMPLETION This session has been designed to provide elementary school physical education teachers information, training and resources to support teaching fundamental movement skills. The goal of the NCCP Fundamental Movement Skills Workshop is to provide accelerated training to expose teachers to a process that will teach and improve fundamental movement skills for children/students. The program is broken down into units that focus on a specific aspect of teaching movement skills.

By the end of the workshop participants will...

be able to implement this teaching process for FMS development within their school and community that is in line with the Long Term Athlete/Participant Development or Canadian Sport for Life (CS4L/LTAD) model which is consistent with the renewed H&PE curriculum. Each teacher will receive: FMS Material, Whistle and Lanyard from the Coaches Association of Ontario

Elementary

Mallory Dayman, Golf Canada

National Golf in Schools Program

Bring the newest Olympic sport to your gym today. Developed by Golf Canada and PHE this active workshop will provide a hands-on introduction to the National Golf in Schools program. Utilizing child-friendly golf equipment, practical examples pulled directly from the NGIS learning resource, designed to meet the learning outcomes of elementary schools curriculum across Canada will provide teachers with the basic skills to introduce golf into gym class for grades 1-6.

By the end of the workshop participants will...

confidently implement a fun, safe, active and healthy sport into their physical education program.

Elementary

Brandy Dewar, Brock University-PE & Kinesiology
Jillian Weir, Brock University- PE & Kinesiology
Ryan McIntyre, Brock University- PE & Kinesiology

Introducing Life Skills into the Classroom

We will be demonstrating how sports and games may be used in the classroom to foster life skills in students. Through engaging in activities, we will explore in depth the living skills relating to personal, interpersonal & critical and creative thinking. These will focus on the embedment of life skills into the 3 strands of the newly revised Ontario Health & Physical Education curriculum. Strategies will be discussed on how to modify these activities for varying grade levels. For example, these strategies may also be applied in after school programs among youth at risk to create community development & cohesion.

By the end of the workshop participants will...

incorporate a variety of activities into their daily lessons to foster life skills amongst students in order to meet the newly revised curriculum expectations. Participants will have a greater understanding of life skills and its importance to positive development in children and youth.

Elementary/Secondary

Steve Friesen, Raise the Bar

Raise the Bar Intramurals- Providing Opportunities for Every Student to Play

The focus of Raise the Bar and the emphasis of this presentation is that every student, regardless of skill or experience should have an opportunity to play sports at school. This presentation will discuss intramural programs and the organizational keys and student leadership models necessary to develop and sustain a quality intramural program. In addition, we will discuss the positive impact that intramurals have on the H&PE curriculum, inter-school athletics and student leadership.

By the end of the workshop participants will...

have a much better understanding of how to effectively run an intramural program. In addition, participants will leave with the knowledge and tools necessary to build a strong student leadership model. Finally, participants will have a greater understanding of the benefits of a quality intramural program.

Elementary/Secondary

Patrick Gorman, Big Hand Sports
Dustin Jez

Big Hand Sports

Big Hand will provide students young and old with proper fundamentals for developing excellent hand eye coordination and correct racquet skills. Using Big Hand students will have a positive play experience, build self confidence and increase self esteem through the successful utilization of Big Hand. Hitting ministry guidelines for Target, Net/Wall, Territory and Striking/Fielding, Big Hand activities provided will give teachers a very fun way to evaluate the students. High School and Elementary teachers all over the country are giving excellent testimonials on the benefits of Big Hand.

By the end of the workshop participants will...

have been exposed to activities and lesson plans that increase/build self confidence in their students, encourage team work among their students, and be exposed to fun activities/lesson plans that meet and exceed ministry guidelines. The positive play experiences the students will receive will certainly encourage and help in the development of life long skills. Big Hand will give students a first introduction to racquets sports that is positive, fun and highly functional. Developing proper stroking techniques is a by product of the positive play experience the students will enjoy.

Elementary/Secondary

Alf Grigg, CIRA - Ontario

Reduce, Reuse, Recycle, Make Great Games!

Each student is unique. How do we help students get greater value out of playing games to meet their needs? This is a hands on workshop with the opportunity for each participant to share and learn how the use of great tools of fun, creativity, use of metaphors and appreciation can Make Great Games! We will be utilizing the tools with great resources we toss everyday that carry the environmentally friendly message of reduce, reuse and recycle.

By the end of the workshop participants will...

walk away with 10 Great Tools to help students get greater value out of playing games that they can utilize right away when they return to their schools on Monday!

Elementary/Secondary

DPA

Mélanie Guertin, The GROOVE Method Inc.

GROOVE Dance Party for Physical Literacy

GROOVE is about making movement accessible to everybody by taking away the complexity and inspiring everybody to move their bodies their own way! Forget left foot/right foot and 5-6-7-8, this session is about dancing for the health of it! Learn how to use simple and purposeful movements that encourage your students to develop physical literacy, gain confidence in moving their bodies, increase their heart rates, develop

strength and flexibility and above all else HAVE FUN! Learn movements from a variety of different cultures and dance styles including Hip Hop, House, Latin, Arabic, Urban, Reggaeton, Bollywood and more that you can use with your elementary and secondary students!

By the end of the workshop participants will...

select appropriate movements and match them with music to develop physical literacy in elementary and secondary age students - know how to use various simple dance movements to create effective fitness and dance classes that are easy-to-follow and motivational for students to confidently dance and move their bodies - feel confident to be able to teach a fitness or dance class regardless of their experience

Elementary/Secondary

Norman Katz, English Montreal School Board

Using Parents in your P.E. Program

Parents rule! Parents are a great often an untapped resource for improving and creating a kick butt P.E. program at your school. Parents are ready, willing and able to help, especially when their child's health and welfare are at stake. Learn how to make it happen. This workshop is interactive and informative. Dare to be better. Parents make a difference. Use them effectively and you too can build a healthy and happy school.

By the end of the workshop participants will...

find positive ways to communicate with parents (getting the message across that you need help). Find opportunities to recruit parents. Creating a parents committee. Be excited to go out and get some parents! Enthusiasm is everything! Ready to start a new parent-assisted program. I will show examples of my extreme make-over at Royal Vale School in Montreal.

Elementary/Secondary

Meghann Lloyd, Children's Hospital of Eastern Ontario

Physical Literacy Measurement: An update on the Canadian Assessment of Physical Literacy

Physical literacy is a term that is coming to the forefront of Canadian sport and physical education systems. For the concept of physical literacy to be useful for practitioners it must be measurable. The Canadian Assessment of Physical Literacy has been in development for 2 years. Physical activity, physical fitness, fundamental motor skills and knowledge, awareness and understanding are evaluated as part of this tool for children in grades 4-6. Preliminary results will be presented along with teacher feedback, and the next steps.

By the end of the workshop participants will...

understand what the Canadian Assessment of Physical Literacy is, and what the preliminary results are indicating.

Elementary

Russ Minnis, CSDÉCSO (Conseil scolaire de district des écoles catholiques du Sud-Ouest)

Jeux pour le préscolaire/primaire - Games for JK/SK/Primary - Bilingual workshop - atelier bilingue

Les élèves de la maternelle et du jardin sont toujours pleins d'énergie en arrivant au gymnase. Cet atelier vous offre la chance de jouer une gamme de jeux pour faire bouger les petits en sécurité tout en s'amusant. Nous ferons aussi le partage des techniques de gestion et de retour au calme. De plus, nous intégrerons la littératie et la numératie aux jeux. Tout ceci en lien avec le curriculum d'ÉPS et les programmes du préscolaire. Venez jouer!

JK-Sk are full time now. Young students are always full of energy during PE class. This workshop offers the chance to play a wide variety of games to get little kids moving safely while having fun. We will share tested cool down and class organization techniques. Numeracy and literacy will be integrated throughout the activities. All activities can be linked to the HPE curriculum.

Suivant l'atelier, les participants...

sauront faire des liens entre les programmes préscolaires, le curriculum

d'EPS et les jeux enseignés. Ils seront en mesure d'enseigner dès lundi!
Ressource française disponible à la fin de l'atelier.

will be able to make the links between the H&PE curriculum and a wide variety of games. They'll be able to start Monday morning! English copy of resource available at the end of workshop.

Élémentaire

Barbara O'Connor, Halton Catholic District School board

Putting IT All Together - Student Leadership from the Classroom to the Gym to the Community

This presentation will share how curricular, co-curricular and community involvement for students, can seamlessly be integrated with each other. The dynamic co-relationship between an interdisciplinary course, coordinating activity programs and identifying personal leadership strengths will be shared. This framework shows support for the student who looks to be comprehensively involved in experiential learning, to fostering their interest in developing explicit leadership skills. Critical thinking strategies, exploring how to implement ideas, and collaborative decision making are identified as strategies contributing to healthy lifestyle choices.

By the end of the workshop participants will...

identify the opportunities and possible school components that may be in place, or that can easily be targeted, which will support the development of authentic, explicit and personally effective leadership skills within students. The goal is to shift perspectives that see the student's role in projects/events as mere token contributors with adults.

Secondary

Tom Paterson, Bowl Canada - Learn to Bowl Program for Schools

5 Pin - Learn to Bowl - Schools Program

This session is designed to be participatory. Participants will be involved in a variety of quick paced 5Pin Bowling specific drills. The goal of the session is to provide participants with a base knowledge regarding Bowling Federation of Canada and Bowl Canada's - Learn to Bowl program for schools. It will be fun, and interactive. Come prepared to participate in socks. Each participant will receive: a lesson package and DVD. Intended Audience: All High School Special Physical Education teachers and Elementary School teachers, (particularly Grades 4-12)
Maximum Size: 50

By the end of the workshop participants will...

instruct/teach the basic skill components of 5 Pin Bowling. Through this session participants will also be able to combine aspects of balance into the teaching.

Elementary/Secondary

Leanne Powell, Middlesex-London Health Unit

Homophobia and Heterosexism in Schools - What you can do to change it

With the inclusion of sexual orientation and gender identity in the curriculum, teachers may be wondering how to address these topics. In this workshop we will discuss language surrounding sexual orientation and gender identity. There will be an opportunity to discuss strategies to deal with name calling/bullying as it relates to homophobia as well as what to do if a student comes out to you. You will be provided with strategies and resources to help you develop an inclusive classroom.

By the end of the workshop participants will...

have a greater understanding of the issues of homophobia and heterosexism in the school setting and will have tools to help counteract homophobia and heterosexism.

Elementary/Secondary

Val Shah, DrumFIT
Liz Fryer, DrumFIT

DrumFIT - Exercising Body & Brain

DrumFIT is a completely new and innovative way to experience movement and rhythm, allowing you the opportunity to experience both physical and mental benefits while having FUN! DrumFIT is a program that uses upbeat music while drumming on fitness balls to get a great workout for both the body and the mind. DrumFIT is an exciting way of reaching all students, regardless of ability, age or background. It crosses age barriers, language barriers and ability barriers! You will find that the amazing thing that will happen in your classes is that ALL children will be engaged in exercising - finding their own rhythm and joy while they experience the program if you allow them. You will see how movement and drumming can engage all students, alter brain waves and also be incorporated into any classroom lesson.

By the end of the workshop participants will...

understand how movement and drumming can engage all students, alter brain waves and be incorporated into any classroom lesson. This program will give you tons of ideas on how to use fitness balls in your school and have you thinking outside the box to spice up your classes.

Elementary

Emile Studham, The Aussie X
Mark Peterson, The OAFL

Aussie Rules Football - a whole new sporting experience for your students

The Aussie X teaches young Canadians the unique and exciting sports of Australian Football (Footy!), Cricket and Netball. The Aussie X Instructors come to your school fully equipped to provide schools with an 'X'perience like no other. The highly structured, educational and entertaining sports programs are culturally rich and have participants active, engaged and smiling from start to finish. Fair dinkum mate!

By the end of the workshop participants will...

execute the fundamental skills of Aussie Rules Football with a novice skill level. They will learn about the basic rules of the sport and will have executed some of the skills 'on the move'. They will learn how The Aussie X program can be intergrated into their Phys. Ed. curriculum providing them and their students with a very unique sporting experience that they can perform and learn TOGETHER. They will also learn how to speak like an Aussie and learn a few of the intriguing slang words that North Americans love.

Elementary/Secondary

Sue Thompson, OFSAA (Ontario Federation of School Athletic Associations)

Part 1: Coaching in Ontario Schools

Coaching in Ontario Schools is a new NCCP certification course, written by OFSAA, designed for high school teachers or volunteers coaching in the school system. Topics will include OFSAA policies, procedures, safety guidelines, Canadian Sport for Life, ethics and fair play. This course will run over two sessions.

By the end of the workshop participants will...

coach in the Ontario Secondary School system understanding the importance of education through sport. They will have a thorough understanding of OFSAA and what it means to be a coach in the school system. This will be considered a National Coaching Certification Program Professional Development Module.

Secondary

Ruben Vasquez, INDES (National Institute of Sports of El Salvador)
Jaimie Rodriguez, INDES (National Institute of Sports of El Salvador)

The Power of Sport and Physical Education: Examples from El Salvador

Sport and physical education can be an effective tool to address a variety of social issues. In El Salvador, the Ministry of Sport has been given the responsibility of using sport and physical education as a tool to combat youth violence. This presentation will feature Senior Officials from the Ministry of Sport sharing examples of how sport and physical education are being used across the country to support the healthy development of all children and youth. Come and discover the power of sport and physical education to transform a country. We promise that you will leave inspired.

By the end of the workshop participants will...

have a better understanding of the potential power of sport and physical education to foster the healthy development of children, youth, communities, and countries.

Elementary/Secondary

Janet Westbury, Brock University

Anxious About Teaching Gymnastics - Not Any More!

This interactive workshop is for physical educators who are about to embark on their gymnastics units with apprehension about their confidence, skill, and knowledge to do so. Educational gymnastics creates a safe, inclusive, and positive environment for all students. Fundamental movement skills and movement competency are enhanced through the use of themes and extensive progressions to ensure individual student success. This workshop will provide the participants with an opportunity to experience educational gymnastics through an intrinsically motivating environment that enhances critical thinking skills.

By the end of the workshop participants will...

teach a safe and progressive educational gymnastics unit with more comfort and confidence.

Elementary/Secondary

Session F: 10:30am- 11:30am

Roger Bernardes, Nipissing University

Appropriate Levels of Physical Activity in PHE Classes

It is recommended that students spend 90 min/day involved in moderate-to-vigorous physical activity (MVPA), and increasingly students are relying on PHE classes to meet these requirements. It is also recommended that students should be physically active for 50% of class time. Unfortunately, some studies have shown that students only spend on average 34% of class time in MVPA. This workshop will help educators use a simple in-class technique (heart rate reserve method) to determine if students are working in their MVPA zone. Furthermore, we will explore ways to increase levels of physical activity in PHE classes with limited space and high numbers of students.

By the end of the workshop participants will...

determine if they are providing appropriate levels of moderate-to-vigorous physical activity for their students, and explore ways to increase the level of physical activity in classes with limited space and a large number of students.

Elementary/Secondary
DPA

Kim Charteris, YMCA of Greater Toronto

Youth Gambling Awareness and Risk Behaviours

Often seen as a lesser addiction than substance, youth gambling and gaming is on the rise. Simple games of chance can quickly turn to addictive activities and begin to influence choices and behaviours associated with other addictions. The increase in access to technology has only made this risk activity one of the fastest growing addictions amongst youth. During this workshop professional educators will be given information, research and resources regarding youth gambling and gaming to help in their program development around addictions, substance abuse and behaviour.

By the end of the workshop participants will...

be able to identify the various types of youth gambling and gaming, the risks involved and how they relate to other addictions, and resources and information to assist them when introducing gambling and gaming as a risk activity as part of the Healthy Living topics.

Elementary/Secondary

Allison Cleland, The Canadian SADS Foundation

Preventing Sudden Cardiac Death in Youth

Helping children and youth stay safe is a priority in every school in Ontario. As many as 1 in 500 children in Canada are currently living with an undiagnosed inherited cardiac rhythm disorder (ICRD) that could predispose them to a sudden cardiac arrest. These children may experience The Warning Signs during the school day, specifically during physical activities. The Canadian SADS Foundation would like to introduce The Warning Signs to prepare educators to model Best Practices when they see a child who exhibits one or more of these signs.

By the end of the workshop participants will...

1. Understand the significance of recognizing The Warning Signs during the school day, specifically during physical activities. 2. Understand how to model Best Practices when they see a child who exhibits one or more of The Warning Signs. 3. Help their school create a Heart Smart environment, creating a safer place for students to learn and grow.

Elementary/Secondary

Jeremy Cross, Coaches Association of Ontario

Kathy Brook, Coaches Association of Ontario

Part 2 - NCCP Fundamental Movement Skills Workshop - Elementary

TWO PART SESSION - NCCP CERTIFICATION ISSUED

This workshop has been designed to provide elementary school physical education teachers information, training and resources to support teaching fundamental movement skills. The goal of the NCCP Fundamental Movement Skills Workshop is to provide accelerated training to expose teachers to a process that will teach and improve fundamental movement skills for children. The program is broken down into units that focus on a specific aspect of teaching movement skills.

By the end of the workshop participants will...

be able to implement this teaching process for FMS development within their school and community that is in line with the Long Term Athlete/Participant Development or Canadian Sport for Life (CS4L/LTAD) model which is consistent with the proposed direction for the renewed H&PE curriculum. Each teacher will receive: FMS Material, Whistle and Lanyard from the Coaches Association of Ontario

Elementary

Sophia Fioretti, Waterloo Catholic District School Board/
Zumba® Fitness

Zumba® Fitness

Zumba® fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms, and resistance training, are combined. Add some Latin flavor and international zest into the mix and you've got Zumba®! No dance experience necessary, just a desire to have fun! This unique combination of latin dance aerobics gets kids hooked on dancing, fulfilling requirements in DPA, Active Participation, Fundamental Movement, Music, Drama/Dance, and Social Studies. Movements can be modified to accommodate almost any grade level.

By the end of the workshop participants will...

experience the mental and physical invigoration of Zumba® firsthand, and gather ideas for implementing the Zumba® method in the classroom.

Elementary/Secondary

DPA

Alberto Garcia, Peteka

Peteka: Unique and Fun Brazilian Game

Peteka is a unique and fun Brazilian game that develops bilateral coordination, muscle balance, and body symmetry. This is a totally ergonomic activity that has a learning curve of 15-20min and is played in over 20 countries! From 6 to 75 years old- anyone can learn to play Peteka!

By the end of the workshop participants will...

recognize that Peteka helps to develop bilateral hand-eye coordination, and allows kids to apply this skill for volleyball, basketball, waterpolo and all kinds of activities enhancing attention and concentration, temporal space notion, refine reflexes, agility, dexterity, socialization, strategy formation, equilibrium, muscle balance and body symmetry. There is no overload on any muscle groups or joints while using a wide variety of movements in a small area.

Elementary/Secondary

Nathan Hall, University of Alberta
Brent Bradford, University of Alberta
Dr. Clive Hickson, University of Alberta

Intro to Orienteering

Orienteering is a sport which requires participants to navigate through a specific environment and place with the aid of a map and compass. Some might say it is similar to a treasure hunt. There are many positive learning outcomes that are associated with orienteering and it is a sport which can easily be incorporated into any physical education program. During this workshop participants will learn the skills involved in orienteering and what is required to organize an orienteering class. Participants will then experience orienteering first hand as they are sent out on a quest to navigate their way around the conference venue.

By the end of the workshop participants will...

have an understanding of how to run an orienteering lesson.

Elementary/Secondary

Patrick Hartunian, Squash Ontario, Hartunian Squash Academy

Get Fit...Play Squash ~ The Benefits of Squash

In today's society Canada is fatter and less fit and Squash Ontario wants you to introduce the healthiest sport of SQUASH to your students. Facts point to a decline in overall fitness and activity taking place across all age groups, the most marked were children and young adults. Help this generation move forward into a healthy lifestyle by attending our session (includes information on the benefits of squash and our school programs) that introduces the best physical fitness sport for the mind and body. SQUASH is a fun-filled, easy-to-learn sport for all ages - sport for life! Get Fit, Play Squash!!

By the end of the workshop participants will...

understand the physical fitness benefits of this unique sport for life that helps combat child obesity and allow your school to access information on our School Squash programs.

Elementary/Secondary

Paolo LaMonica, Peel District School Board

Blurb Your Enthusiasm: Teaching Kindergarten Gym While Smiling

Have you ever cringed about getting Kindergarten Phys. Ed. periods in your assignment because you don't know what to do with those little 3-5 year olds? Are you a Kindergarten teacher who would like to do more than just have your JK/SK students run around and play ball? These

Active and FUN activities will not only meet curriculum expectations but also keep You smiling and Them engaged the whole year through.

By the end of the workshop participants will...

motivate students to participate willingly in a variety of activities that require the use of both large and small muscles; teach games and activities that develop control of large muscles (gross-motor control) and small muscles in a variety of contexts; feel confident and equipped that they can deliver a quality Physical Education program to students at the Kindergarten level and do so with energy, commitment, and authenticity.

Elementary

Chunlei Lu, Brock University

Taijiquan (Tai Chi) for a mindful life

Taijiquan is one of the most popular individual exercises in the world. Numerous studies have demonstrated tremendous benefits of practicing this ancient Chinese movement discipline. This workshop is designed for people who have no or minimal knowledge of taijiquan. Basic taijiquan and related mindful theories and movements will be taught. You will be expected to learn this mindful activity through active participation (i.e., activity). Learning and teaching resources (e.g., handouts, articles, video tapes) are also available.

By the end of the workshop participants will...

be able to have basic skills and fundamental knowledge of taijiquan.

Elementary/Secondary

Ona McDonald, Fitness Consultant, Ophea Master Trainer

Lummi Rhythm Connection

Move your body. Move your feet. Move your hands. Tap to the beat!!!! Energize your students & HPE program with just two 12 inch long dowelling sticks. Fitness sessions will be enhanced. Dance will be so easy and much more enjoyable. Eye-hand coordination and manipulation will be incorporated with fundamental movement skills that reach all age groups. Students will be having so much fun connecting their mind and body experience while moving moderately & vigorously.

By the end of the workshop participants will...

empower their students and colleagues to have fun moving moderately and vigorously to any upbeat music, while tapping and tossing creatively individually, or with formations, developing their neuromuscular connection and releasing stress.

Elementary/Secondary

Linda Millar, Concerned Children's Advertisers

LONG LIVE KIDS and the Media Monkey!

Since 2004, Concerned Children's Advertisers has focused on childhood overweight and obesity. The Long Live Kids program has explored healthy eating and active living and LLK III addresses media literacy and how it connects with the health of our children. Kids today often model their looks and actions based on their media experiences. CCA's program combines an engaging PSA, entitled Media Monkey with a unique educational microsite with free lesson plans and parent component. The primary focus of this campaign is to help children to develop the self confidence to make smart, informed, balanced choices about media and life that are right for them.

By the end of the workshop participants will...

access free lesson plans and a parent program that align to provincial outcomes in physical education, health and media literacy. They will also have a clear understanding of how media literacy connects to health literacy.

Elementary

Julie Sorichetti, Yoga Can
Jacquie Lewin, Yoga Can

Yoga and Sports make a great team!

Participants will experience why a yoga practice is beneficial to physical, mental and emotional fitness and how to successfully include it as part of a physical education program. The grade appropriate yoga based activities are designed to not only develop coordination, strength, balance, flexibility, focus and minimize injury, but also to provide effective tools for managing stress 'in the game'. Participants will also learn yoga activities that can be used as mini breaks throughout the day in the classroom and how, in sports a yoga practice can improve range of motion, core strength, develop team spirit and give them the competitive edge. Participants will practice breathing techniques, individual and partner yoga poses, cooperative games and relaxation/visualization exercises that will enhance their own curriculum and improve wellbeing, behaviour and learning through the development of mind-body awareness and the ability to self-care.

By the end of the workshop participants will...

be able to implement yoga activities into the physical education curriculum and understand how yoga can complement team sports, from injury prevention, core strengthening and flexibility to focus and balance. Participants will learn techniques that enhance their own and their students' ability to manage stress, foster healthy lifestyles and meet life's challenges both in and out of school.

Elementary/Secondary

Steve Soroko, Ministry of Education

Healthy Schools in Ontario

This workshop will provide an overview of the Ministry of Education's Healthy Schools initiatives, including the new School Food and Beverage Policy, and the resources currently available. Participants will also have the opportunity to share and discuss current healthy schools initiatives being implemented in their school/board/community.

By the end of the workshop participants will...

become more aware of the Ministry of Education's Healthy Schools initiatives in Ontario.

Elementary/ Secondary

Robert Thomas, Ottawa Catholic School Board

Danish Longball -Striking and Fielding

This presentation of Danish Longball comes from the Family of Striking and Fielding within the Teaching Games for Understanding Framework. The game will incorporate transferable skills like batting, base running, fielding, as associated with softball, kanga ball, rounders, stickball, and blastball. Candidates will be able to transfer these skills to both elementary and secondary students within the movement competence and teaching games for understanding concept.

Elementary/ Secondary

Sue Thompson, OFSAA (Ontario Federation of School Athletic Associations)

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be able to coach in the Ontario Secondary School system understanding the importance of education through sport. They will have a thorough understanding of OFSAA and what it means to be a coach in the school system. This will be considered a National Coaching Certification Program Professional Development Module.

Secondary

