

HEALTH AND PHYSICAL EDUCATION INSTITUTE

PALLISER DISTRICT TEACHERS' CONVENTION 2020

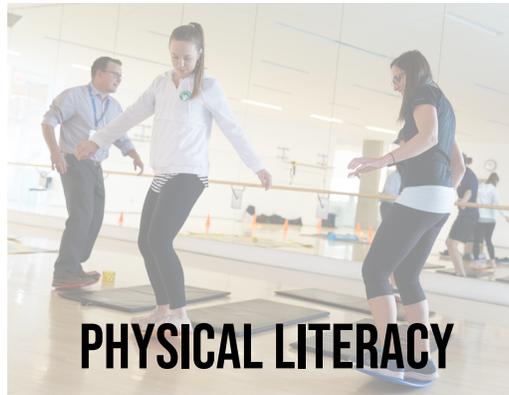
FRIDAY, FEB 21
OUR LADY OF THE SNOWS
ACADEMY - CANMORE



SELF REGULATION



PHYSICAL LITERACY



SPORT PARTNERS



HEALTH LITERACY



YOUTH RUN CLUB



INJURY PREVENTION



Two unique days of Health and Physical Education programming in Canmore
PRE-REGISTRATION REQUIRED - www.pdtca.org

FRIDAY KEYNOTE

CRYSTAL PHILLIPS



Crystal is an alumni of the Canadian National Speed Skating team, and Executive Director of the Branch Out Neurological Foundation. The Branch Out Foundation's mission to fill the gaps in the medical and research systems across Canada to ensure nutrition and other alternative therapies are supported and respected at the same level as more conventional therapies. Crystal has worked with executives and professional athletes from the LA Kings and Pittsburgh Penguins, and was named one of 18 Canadian change makers by CBC Canada to celebrate Canada's 150th.



PALLISER DISTRICT TEACHERS' CONVENTION
CALGARY, AB • FEBRUARY 20-21, 2020



The Alberta Teachers' Association

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FRIDAY
FEB 21, 2020
OUR LADY OF THE SNOWS



	Gym A	Gym B	Artium	Classroom
9:00 - 9:45	Active Morning: Youth Run Club fun run with Ever Active Schools	Active Morning: Wake up body! Partner Fitness with Sabrina Grecu	Active Morning: Yoga Level 2 with Kendra Silk	Active Morning: Qigong with Kati Mackenzie (space for 20, first come, first served)
10:00 - 10:45	FEATURE SPEAKER: Crystal Phillips Branch Out Neurological Foundation			
11:00 - 12:00	Jeux coopératifs with Francois Rolland (En francais, Div 1/2)	Volleyball Foundations: Teaching the Fundamentals to Create Outstanding Volleyball Players with Darren Anderson	Dance: Best practices for Warm ups and Cool downs with Dr. Sarah J. Kenny (space for 40, first come, first served)	Feeling caught in the middle? The Sandwich Generation in School Environments: Conversations for School Wellness Leaders with Megan Hunter
12:00 - 12:45	Lunch Break (not provided)			
12:45 - 1:45	Are you looking for some games to spice up your basketball unit? With Anne Murphy	Introduction to Futsal with Jen Orchard	The new Standard for Warming Up: Supporting quality PE through movement skill development, fitness, and injury prevention with the Sport Injury Prevention Research Centre	Multicultural games outside with Kendra Silk

Jeux coopératifs | Francois Rolland

Venez faire des jeux et des activités dans le gymnase qui mettront l'accent sur la coopération et la collaboration. Vos élèves pourront apprendre ou peaufiner leurs habiletés motrices fondamentales et spécifiques qu'ils pourront réinvestir dans d'autres activités sportives.

Volleyball Foundations: Teaching the Fundamentals to Create Outstanding Players | Darren Anderson

Come and learn what teachers and coaches should be focussing on for young volleyball players. Learning proper fundamentals at an early age is so important and can be the difference maker for both younger Jr. high teams and advanced High School Varsity teams. Learn what skill foundations are most important along with drills and modified game play activities that promote optimal learning for both young beginning players and older players with bad habits that need to be broken.

Dance: Best Practices for Warm ups and Cool Downs | Dr. Sarah J. Kenny

Sport and dance science literature consistently state that warm up and cool down can reduce injury risk and increase performance potential. Evidence based recommendations for appropriate preparation have emerged, though there is little practical demonstration on how to apply this information in a class setting. The purpose of this workshop is to experience practical approaches for safe, effective warm up and cool down strategies that are suitable for multiple levels and styles of dance.

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Feeling Caught in the Middle? | Megan Hunter

The Sandwich Generation in School Environments: Conversations for School Wellness Leaders

Schools are the ultimate multigenerational workplace. With generation cohorts becoming shorter and shorter in date span we may be asking "how do we all get along AND achieve a constructive learning environment?" It begins with understanding the values, motives and context of each generation along with how to communicate the values, motives and context of your own, effectively. Join Megan on a journey through the ages...literally. Discover the power of a multigenerational work force and how to capitalize on strengths and address potential differences in perception. Expect to walk away inspired with actionable steps you can take towards strengthening your school staff team through shared understandings. Let your team model intergenerational collaboration for your students and school community.

The New Standard for Warming-Up | Sport Injury Prevention Research Centre

Presented in collaboration with the University of Calgary's Sport Injury Prevention Research Centre and the Be Fit for Life Network, join us as we explore how an evidence-based warm-up can develop safe and effective movement skills to create a foundation for continued physical activity participation. Based on research in Calgary schools, neuromuscular training warm-ups in PE classes can reduce lower limb injuries by 62%. This warm-up is featured on a new poster that you'll receive at the session.

Looking for some games to spice up your Basketball unit? | Anne Murphy

Use the ones presented in this basketball session as warmups, to practice basketball-specific skills, and to build invasion game strategies. This is an active, participation-based session- come prepared to move!

Multi Cultural Games Outside | Kendra Silk

Bundle up to play some outdoor games in the school field! This session is for Div 1-3 teachers who sometimes find themselves without a gym and rowdy students to get moving in the winter. We will begin with games from the Arctic and move into other variations of games that you need the great outdoors to fully enjoy. This session will run even if the day is chilly so bring your winter boots and prepare to reconnect with outdoor play in our winters darker months. Participants will leave sweaty, smiling and ready to adapt to those fun days when you find out the gym is being used for the next week to accommodate book fair, photos, voting, etc.