

HEALTH AND PHYSICAL EDUCATION INSTITUTE

PALLISER DISTRICT TEACHERS' CONVENTION 2020

THURSDAY, 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

THURSDAY KEYNOTE



JOHN LESLIE

From Phys-Ed to the Paralympics and Back! John Leslie is a two-time Paralympian in Snowboarding, from Whistler, B.C. A survivor of childhood cancer, John credits his Phys Ed teachers for helping him find his path into snowboarding and a life-long love of sport. John is passionate for working with students and teachers to build quality winter physical education programs.



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



The Alberta Teachers' Association

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FEB 20, 2020
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	Gym A	Gym B	Atrium	Classroom #1	Classroom #2/Outside
9:00 - 9:45	Active Morning: Youth Run Club fun run with Ever Active Schools	Active Morning: Turn it up Tabata with Sabrina Grecu	Active Morning: Yoga Level 1 with Kendra Silk	Active Morning: Qigong with Kati Makenzie (space for 20, first come, first served)	
10:00 - 10:45	FEATURE SPEAKER: John Leslie <i>From Phys Ed to the Paralympics and Back</i>				
11:00 - 12:00	Games and Activities to Optimize Self Regulation with Ever Active Schools	Field Hockey Fun in Physical Education (Grades 5-12) with Jenny Johnson (space for 40, first come, first served)	Dance: building steps to confidence! with Sabrina Grecu	How Students Self-Assess Their Physical Literacy with Ryan Washburn (space for 20, first come, first served)	When the Gym is Jammed: Outdoor games with Rebecca Roantree
12:00 - 12:45	Lunch Break (not provided)				
12:45 - 1:45	Smorgasbord of Low Organized Games with your HPEC Regional Rep Anne Murphy	Tchoukball (En francais, Div 2-4) (space for 40, first come, first served)	Tae Kwon Do with Jodie Clease (space for 40, first come, first served)	Managing an injured athlete and the importance of rehabilitation following (ACL) reconstruction with Dr. Laurie Hiemstra, Orthopaedic Surgeon Banff Sport Medicine	Ski, Skate and Slide: Cross Country Skiing and Snowshoeing with Ever Active Schools
2:00 - 3:00	Mountain ninjas (Div 1/2) with Rebecca Roantree & Kendra Silk (space for 40, first come, first served)	Rugby basics for the PE teacher with Ian Higginbottom	Energize your Classroom with Ever Active Schools	Feeling caught in the middle? The Sandwich Generation in School Environments: Conversations for School Wellness Leaders with Megan Hunter	TRI harder in P.E.! How to Implement Triathlon into your PE Program with Darren Anderson

Games & Activities to Optimize Self Regulation | Ever Active Schools

When children and youth have the opportunity to develop the skills needed for self-regulation they are better suited to make healthy choices that affect them and their classmates. Join Ever Active Schools as we explore how critical executive functioning skills can be challenged and developed through fun, creative and original activities. Participate in a series of fun relay races that can be used in Physical Education to support general outcomes C and D, and in Health and Life Skills/CALM to focus on Relationship/Personal and Life Learning Choices.

Field Hockey Fun in Physical Education (Grades 5 - 12) | Jenny Johnson

Field hockey is a non-contact game of possession, elimination, and tackling. It's a super fun sport that builds on many skills that are transferable to other games, such as coordination, agility, speed, and manipulating an object. This session will teach you how to introduce field hockey into your PE program with a focus on basic skills/drills and modified games. Come ready to play. Sticks and balls will be provided.

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Dance: Building Steps to Confidence | Sabrina Grecu

Gain strategies to spark student's confidence through movement, developing physical and mental focus, flexibility, body awareness, and the art of presentation. DIVE IN and get energized through creative movement, along with gaining confidence in YOUR own performance abilities. Teachers will discover ways to facilitate creative movement and dance through structured improv activities that can be used in a number of subjects. This session is open to all teachers who are keen to climb out of their comfort zone and explore their potential to move.

How Students Self-Assess their Physical Literacy | Ryan Washburn

Motor skills enable children to move with efficiency and confidence in a variety of physically challenging situations. Recent research has indicated that students are not able to accurately self-assess their level of physical literacy, and it is thought that this lack of understanding is affecting children's physical activity levels. How can we address this issue in our classrooms and communities, in order to build confident, self-aware and physically active students?

When the Gym is Jammed: Outdoor Games | Rebecca Roantree

Has the gym been double-booked? Do your students need a break from being indoors? Join us for Gym Jam- a session of games and physical activities that can be played outdoors in any setting with minimal equipment. Whether you teach P.E, Outdoor Education, or are interested in gaining some fresh ideas for facilitating D.P.A, this session will give you a variety of activities that can be played on the fly. Participants should expect to be outdoors for the duration of the session and should dress to be active in any weather.

Smorgasbord of Low Organized Games | Health and Physical Education Council

This is a fun, interactive, session filled with go-to games curated by the provincial team of HPEC regional representatives. Your RR's will share their favourite games to play in the gymnasium with their students. This session is always a hit at the HPEC annual conference, and we are bringing it to Teachers' Convention to give you with activities you'll feel confident teaching first thing on Monday morning.

Tchoukball (en francais) | Rolland Francois

Vous avez des difficultés à faire des équipes équilibrées dans vos classes d'éducation physique? Le tchoukball est le sport qui vous permettra de jumeler des élèves de tous niveaux. Venez expérimenter ce sport collectif qui met l'accent sur la collaboration. Nous ferons des éducatifs (drills) et nous prendrons le temps de jouer pour que vous puissiez vivre la même expérience que vos élèves!

Tae Kwon Do in Education: Mental and Physical Balance | Jodie Clease

There's more to martial arts than kicking and punching. Fundamental movement skills and foundational social emotional learning can all be grown from the teachings in Tae Kwon Do. This session focuses on how Tae Kwon Do can provide structure as well as promote a growth mindset that encompasses purposeful practice.

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Managing an Injured Athlete and the Importance of Rehabilitation following ACL Reconstruction

Dr Laurie Hiemstra, Orthopaedic Surgeon at Banff Sport Medicine, and Rebecca Mottram, Physiotherapist and owner of Altitude Physio, will share their expertise on how best to manage athletes that have injured their anterior cruciate ligament (ACL) and have undergone reconstructive surgery. The risks associated with sustaining this type of injury and how to prevent it, as well as practical exercises and additional factors that help avoid re-injury will also be discussed.

Ski, Skate and Slide: Cross Country Skiing and Snowshoeing | Ever Active Schools

Ski, Skate and Slide is a new resource from Ever Active Schools to support Physical Education in winter environments. Using a Comprehensive School Health approach, teachers can be creative with in-place supervision strategies, physical environments and partnerships with service providers to ensure that students have quality time on snow and ice during and after formal lessons. Come with your cross-country skis or snowshoes, or just a good pair of boots to borrow a pair of snowshoes (limited availability) and try out activities that you can actively supervise in your school yard or on the local trails - please dress for the weather!

Mountain Ninjas! | Kendra Silk and Rebecca Roantree

Come to this ACTIVE Gymnastic and combative based session to help incorporate acrobatics into your phenomenal PE program. This session will have you practicing safe-falls, rolling, take-downs and laughing at yourself- a key part of learning. Focusing on Div 2-4 this session will include warming up for gymnastics, dynamic stretching, pyramid building and 30 mins of sequences to use in your class. Athletic attire is a must, and a water bottle isn't a bad idea either- come ready to move!

Rugby Basics for the PE Teacher | Ian Higginbottom

This session is designed to empower you to love teaching rugby in PE and view it as an excellent unit to teach physical literacy skills of passing, kicking and running. After this session you'll be able to run a successful rugby unit in PE, indoors or outside with any class size! You will strengthen your understanding of the fundamentals of passing and game play for a rugby unit in PE and you will be guided through Rugby Canada's development of teaching passing technique and incorporating it into a diverse PE class with mixed ability. A mix of drills and games will make this session fun and engaging and leave you with a toolbox to take back to your class next week.

Energize your Classroom | Ever Active Schools

Physical activity offers many benefits above and beyond physical health. This workshop will offer practical tips on how to incorporate physical activity into your classroom and into the school culture. Join us in learning how to re-energize your students, break up sedentary time regardless of what subject you are teaching and increase physical activity across the school community.

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.

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TRI Harder in PE! How to Implement Triathlon into your PE Program | Darren Anderson

Looking for something new and exciting to challenge the fitness of your PE Students? Ever thought of doing a triathlon with your class? Learn some practical ideas of how to implement a class triathlon in your PE program. You will get some great tips on the logistics of setting this up, how to structure training, assessment practices, and how you can incorporate multiple aspects to a unit like this, such as Sport Nutrition, Leadership, and Workout Design.