

HPEC Drive-In 2018

The goals of this workshop are:

- Provide sessions that reinforce and advance the knowledge and application of healthy practices and environments in schools and classrooms
- Introduce participants to local “experts” in Health and Physical Education
- Offer a platform for sharing and connecting with colleagues in Central Alberta

Agenda:

- 1:00 – 1:30pm Opening Keynote: Dr. Lauren Sulz (Room: Chapel)
- 1:40 – 2:20pm Breakout Sessions #1: Praising Learners for Maximum Growth, Physical Literacy, Go Run, Building Assets in Students, Staff Wellness (see reverse for details)
- 2:30 – 3:10pm Breakout Sessions #2: Reimagining School Athletics, Self-Regulation in the Classroom, Healthy Relationships, No Excuses (see reverse for details)
- 3:20 – 3:50pm Closing Keynote: Brandi Heather (Room: Chapel)

Dr. Lauren Sulz: *“The Role of Wellness in Your Classroom”*

Ever ask yourself why is health and wellness important within our schools? What can we do to optimize our school community to promote and facilitate student health and student learning?

Join Dr. Lauren Sulz from the University of Alberta as she explores the importance of student health in the context of learning, as well as evidence-based strategies to achieve a healthy school community. Walk away from this session with concrete ideas that support Comprehensive School Health, including ideas to support extra-curricular physical activity programs.

Brandi Heather: *“Creating Supportive Spaces: What Play Teaches Us About Ourselves and Our Students”*

How many times are we asked as educators to adapt, flex, bend, fit and stretch our equipment? time? confidence? capability? to match the needs of students and curriculum?

Come explore how we can we grow our capacity for change, diversity, and health equity by including play in our teaching environment. Discover that when we recognize and value our own diverse needs, knowledge, and experience that we are more open to understanding the unique needs of others.

Come prepared to move, and play!

Break-Out Session #1

Praising Learners for Maximum Growth (Ken King, RDC): Through this quick overview of growth mindset we will explore how to structure praise and feedback to encourage growth and improvement - not anxiety, stress, and perfectionism. Participants will gain practical insights and tips to support and strengthen students.

Room TBD

Physical Literacy (Rob Weddell, RDC): Improve your student's skill development by rethinking your activity structure. Ever wonder why a person goes through 5+ years of basketball lessons in PE but as an adult cannot do a proper lay-up? Or speculate why some people never develop a mature throwing pattern even with all the throwing activities they experienced in PE? Come and explore some simple motor learning principles that may prompt you to rethink the way you structure your PE lesson, activities or practice plan. Key principles: practice structure, deliberate practice, stages of motor learning, knowledge of results vs knowledge of performance.

Gymnasium

GO! Run: Closing the gender gap in girls' participation in sport and physical activity (Ever Active Schools): Looking for ways to increase physical activity levels within your school community, especially those that promote girls' participation in physical activity and their overall well-being? Find out how to register and implement an Alberta Medical Association Youth Run Club or GO! Run Club at your school. Hear about how the AMA Youth Run Club engages student who are not typically physically active and learn about how you can support physical literacy, surpass provincial and national averages for physical activity and positively impact student behavior.

Room TBD

Developmental Relationships – the latest research behind growing healthy kids (AHS Mental Health Promotion): Search Institutes 40 Developmental Assets – a research based framework that identifies critical supports and strengths that young people need in their lives – has become the most widely used framework for positive youth development in the world. This workshop focuses on the newest research by Search Institute on the importance of **Developmental Relationships**. The goal in this session is to share this research and to discuss how we can intentionally build healthy children and youth. Young people become their best by strengthening the positive relationships in their lives, including relationships with teachers, peers, mentors, parents, and others through “developmental relationships”.

Room TBD

Staff Wellness (Megan Hunter, ASEBP): Take a well-deserved break. Join ASEBP to explore a variety of quick and meaningful wellness strategies for yourself, your peers and your students.

Room TBD

Break-Out Session #2

Re-Imagining School Sport (Dr. Lauren Sulz, U of A): School sport has the potential to be an important avenue for the promotion of physical activity and well-being among students. This session will reflect on the purpose of school sport based on perceptions of teacher-coaches, athletic directors, and student-athletes. Evidence-based strategies will be shared to help improve the experiences, and enhance the opportunities, for students to participate in school sport, while understanding the barriers faced by teacher-coaches.

Room TBD

No Excuses (Barb Marsh, BE Fit for Life): This is a fast moving workshop that focuses on teaching fundamental movement skills through easy games and resources. You will learn how to apply the resources to keep students/children moving from the time they come into the gym, daycare, classroom or when heading outdoors. Our resources are simple yet effective teaching tools which empower and limit excuses. Anyone can teach fundamental movement skills and physical literacy!!

Gymnasium

Human Sexuality Curriculum- Resources for Teachers (AHS Sexual Health Team): Let's explore some resources and supports for teachers of grades 4- CALM to build capacity for human sexuality outcomes. This conversation will benefit Health and CALM teachers - new and experienced teachers are welcomed!

Room TBD

Self-Regulation in the Classroom (Ever Active Schools): Creative games and activities can promote skills that optimize self-regulation. When our students have the opportunity to develop the skills needed for self-regulation they are better suited to make healthy choices that affect them and their school community. "Providing the support that children need to build these skills at home, in early care and education programs, and in other settings they experience regularly is one of society's most important responsibilities" (Center on the Developing Child, Harvard University). Join Ever Active Schools as we explore how HPE classrooms can be the optimal settings to promote these skills through fun, creative and original activities

Room TBD