

HPEC PRESENTS...

1ST ANNUAL SWEAT CRAWL!

When: Wednesday, January 24th

Time: 9:00am-12:00pm

Locations:

City Fit Shop - 10036 81 ave cityfitshop.com

Performance 104 - 7121 104 st performance104.com

The Batting Cages - 7121 104 st thebattingcages.ca



Who should attend?

The facilities that we are stopping at are amazing must-see facilities that would be awesome for high school (or junior high) PE, Sport Performance or Academy Programs! City Fit Shop also has programs for Elementary aged classes (Grades 3-6).

What you will receive?

Attendees will receive a number of resources including lesson plans, unit plans and assessment tools that educators can use to supplement their already great PE programs. You will also receive coaching from some of the top fitness professionals in the city and will be provided with authentic ideas on how to hit a number of outcomes from the Physical Education Program of Studies.

City Fit Shop specializes in Obstacle Fitness Training (amongst other things including a HITT/Run/Row class, Fighting Fit, and new in January a Cycle/Run/Row class) and will give the teachers a preview of what they would provide for a Physical Education class.

Performance 104 specializes in safe, fun, effective, sport and athlete specific training for all ages and ability levels. They will give us a little more information on the services that they offer, and will run us through a fun athlete-focused workout that they could give to PE, sport performance or academy classes. This activity will address many of the outcomes that PE and sport performance teachers are required to teach within their Program of Studies.

The Batting Cages is an indoor batting cage facility that has multiple cages for baseball, softball and slowpitch. We will get an opportunity to get some coaching on proper batting form and will be provided with some ways to incorporate this field trip into your already great slowpitch unit!

If you want something fun to do during exam break, join us for this fun, active professional development. The Sweat Crawl is going to max out at **30 participants**, so please get your information in ASAP!

Schedule:

9:00-10:00: Meet at City Fit Shop. The staff is going to take us through a fun Obstacle Fitness workout that they would provide to high school (or junior high) students.

10:00-10:15: Coffee Break! We will have coffee/muffin refreshments after our workout at City Fit and then travel to the next stop on our Sweat Crawl.

10:15-10:30: Travel to our next stop.

10:30-12:00: Arrive at Performance 104/The Batting Cages

* Depending on numbers, we will either split into 2 groups here (1 group goes to Performance 104 while the other group goes to The Batting Cages) and then we switch after 45 minutes.

Health and Physical Education Council Registration

Cost: \$15 (Please bring cash the day of the Sweat Crawl)

Registration: Please email Megan at megan.brain@ecsd.net to let her know the names of everyone attending from your school.

Due Date: January 17th.

*If there are already 30 people registered by the time you get your registration in, you will be put on a waitlist :)

*After our last session, it would be great if we could collaborate a little more at a local restaurant for lunch. I hope to make this an annual event, so please look for it in the future! If you have any facilities that you think would make great additions for future Sweat Crawls, please let me know! Hope to see you all there.



***Register for your free HPEC membership
today at www.teachers.ab.ca***

The ATA's automatic specialist council membership initiative allows all ATA members one free specialist council membership. You will need your teaching certificate number to register for your free HPEC membership.