

4th Annual Physical Education Summer Symposium
Presented by: FFCA, MRU, and HPEC
Monday August 28, 2017 - Mount Royal University Recreation
Department
4825 Mount Royal Gate S.W. Calgary

Session 1 - 8:30-9:30am

	SESSION # / TITLE	PRESENTER	ROOM
1.	Team Building and Cooperative Activities	Sonia Sheehan, FFCA - SWE	Triple Gym East
2.	Ever Active Schools - Real Life Assessment in Action/Activity Permissive lea	Ever Active Schools	Triple Gym Kenyon
3.	Batting and Fielding Games from TGFU perspective	Brian Broad, FFCA - NWE	Triple West

Session 2 - 9:40 - 10:40am

	SESSION # / TITLE	PRESENTER	ROOM
4.	Movin' and Grovin' Nutrition Games	Chris Shaw, FFCA - SEE	Triple Gym East
5.	Daily Physical Activity (DPA) and Physical Literacy: Using Daily Physical Activity to support school-wide Wellness	Ever Active Schools	Triple Gym Kenyon
6.	Maximize Engagement with Effective Warm Ups and Cool Downs	Melissa Brooks, FFCA - NEE	Fitness Studio U 159
7.	Combatives	Jason Deis, FFCA - NMS	Triple Gym West

Session 3 - 10:50 - 11:50am

	SESSION # / TITLE	PRESENTER	ROOM
8.	Dance Around the World (Hip-Hop/African/Caribbean combo)	Nicole Pemberton, SoundKreations	Triple Gym Kenyon

Please join us for this excellent elementary physical education professional development opportunity on Monday August 28th at Mount Royal University. There is no cost to participate in this event. Please send the following information to sonia.sheehan@ffca-calgary.com to complete your registration.

Name:


Email:

School:

Session 1 Choice 8:30-9:30am:

Session 2 Choice 9:40-10:40am:

Session 3 Choice 10:50-11:50am:

** In registering for this workshop you are voluntarily providing your personal information and consenting to its collection, use and disclosure for all purposes connected with our participation as a member of the workshop. **



Brief Session Descriptions:

Session #1: 8:30-9:30am

1. Cooperation and Team Building Activities: Are you looking for ways to develop communication and cooperation within your students or staff? This session will introduce some ready to use activities where working together is a must! Come prepared to move, laugh and add to your cooperation toolbox. Geared towards all grades.
2. Real Life Assessment in Action: Assessment in Physical Education can be challenging, but a focus on Physical Literacy and an inquiry-based approach can help to make curriculum outcomes attainable and assessable for all students. Through active learning, participants will experience and create easy-to-implement assessment tools for P.E. that can meet the needs of diverse classes. Particular attention will be paid to linking assessment to the Physical Education outcomes. There will be opportunities to share each other's best assessment practices, so be sure to bring examples of strategies that have worked for you.
3. Batting and Fielding Games - TheTGFU perspective: Do you avoid teaching batting & fielding games because you are afraid someone is going to get hurt, or you think they are too complicated? Learn how to teach these games safely while keeping students more active, and using any kind of equipment that you have available. We will start from the simplest form that all students can understand, and teach you how to progressively add more people, more options and more decision making.

Session #2: 9:40-10:40am

4. Movin' and Grovin', The Nutrition Way: Participants will leave this session with a 1 week nutrition unit that progresses from Kindergarten to Grade 6. Participants will learn how to incorporate fundamental movement skills, fundamental manipulative skills and literacy into a nutrition unit that focuses on making healthy food choices, food groups, energy balance of food and serving sizes. Come and explore an elementary focused nutrition unit that is sure to keep you movin' and groovin'!

5. Daily Physical Activity and Physical Literacy: Using Daily Physical Activity to support school-wide Wellness Ever Active Session DPA: With only nine per cent of boys and girls meeting the required 60 minutes of physical activity per day, as well as limited time and space for movement, teachers need to get creative in the delivery of physical activity. In this workshop, participants will be introduced to activities that use inexpensive materials to implement daily physical activities with maximum results. We will explore the role that physical literacy plays and how to best blend physical activity with learning to support health and academic outcomes. Be prepared to have some fun and walk away with ideas to implement Monday.

6. Maximize Engagement with Effective Warm Ups and Cool Downs: Learn new games to get your P.E. classes engaged right away and strategies to end class that will set students up for a successful transition back to classroom learning. Geared towards grades 1 – 5.

7. Combatives: Come learn some new games to teach students about balance, strength, and agility. These games will get all your students laughing, moving and engaged. A lot of the games require little to no equipment and can be used for any grade level.

Session #3: 10:50-11:50am

8. Dance Around the World (Hip-Hop/African/Caribbean combo) The 4th Annual Elementary PE Summer Symposium will end with a large Around the World Dance session in the Triple Gym from 10:50-11:50am. Take a trip around the world with SoundKreations' Senior Instructor, Nicole Pemberton! The Around the World Dance Program is a dynamic exploration of three forms of dance: West African, Caribbean, and Hip-Hop. All of these dance forms are based on a rich history and are connected in ways that few realize! We've spent the last 10 years teaching your students how to move to the beat and now it's your turn!

