



E-SPRINTER

A newsletter of the Health and Physical Education Council of the Alberta Teachers' Association

April 2016

President's Message

In my mind, it is always a great day to be teaching health and physical education. I often look forward to Monday morning so I can get back into my gym, connect with my students, and promote a healthy and active school environment.

The annual Health and Physical Education Council (HPEC) conference is a great opportunity to connect with professionals in our field, to be inspired by the amazing health and physical education teachers in our province, to share your own best teaching practices by becoming a presenter and to bring back new ideas to use with your students. Please visit the HPEC website (www.hpec.ab.ca) to find all the details related to this year's conference, to be held May 12–14 in wonderful Grande Prairie. Congratulations to all the winners of the ATA Educational Trust Specialist Council Conference Grant,

the HPEC Pre-Service Teacher Grant and the HPEC Membership Conference Grant.

I encourage all HPEC members to attend the annual general meeting (AGM), to be held during the conference. Please check the conference program for the time and location. If you would like to get involved with the HPEC executive, three positions are up for election at the AGM:

- Secretary (two-year term)
- Vice-president, member engagement and services (two-year term)
- Vice-president, pedagogy and curriculum leadership (one-year term)

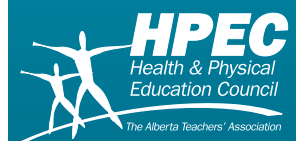
Interested candidates should apply online at www.hpec.ab.ca.

Wishing you an active and healthy day!

Sonia Sheehan

Effective IMMEDIATELY, your annual no-cost specialist council membership will no longer expire in August. Instead, it will continue year after year until you change it. To register or change your council membership, log in at www.teachers.ab.ca with your username and password.

www.hpec.ab.ca



Conference 2016

May 12–14

Grande Prairie

Register now at www.hpec.ab.ca/hpec-conference-2016.

Conference Grant Recipients

HPEC Pre-Service Teacher Grant

HPEC sponsors up to four preservice teachers to attend the HPEC annual conference. Applicants must be HPEC members and must be in the final two years of an education program recognized by the ATA. The grant covers the student registration fee and \$200 for costs related to attending the conference.

Congratulations to this year's recipients:

- Delanie Allen
- Andrew Fitzgerald
- Brittany Paulson
- Hayley Zabolotniuk

HPEC Membership Conference Grant

The HPEC Membership Conference Grant provides financial aid to up to three HPEC members to support their attendance at the annual conference.

Congratulations to this year's recipients:

- Suzanne Beckett
- Kris Horb
- Charlene Saunders

ATA Educational Trust Specialist Council Grant

Each year, the ATA Educational Trust awards a number of grants to help defray the costs associated with attending an ATA specialist council conference. Eligible expenses include registration, accommodation, fuel and food. For more information and an application form, go to www.teachers.ab.ca and click on For Members > Grants, Awards and Scholarships > ATA Educational Trust.

Congratulations to the following HPEC recipients:

- Sarah Balla
- Eric Cloutier
- Lonnie Granley
- Fiona McCallum
- Matthew Stelmaschuk



HPEC

Grande Prairie



Keynote Speakers:

Amanda Stanec



Peter Liljedahl



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May 12-14th

Register now!

Hosted by:



Connect with HPEC

Website

www.hpec.ab.ca

Facebook

www.facebook.com/HPECALberta/

Twitter

<https://twitter.com/albertaHPEC/>

HPEC Regionals

www.hpec.ab.ca/uploads/files/HPEC-11%20Regional%20Map%202014.pdf

HPEC Handbook

www.hpec.ab.ca/uploads/files/HPEC%20handbook%202015.pdf



PHE Canada Student Leadership Conference Grant

HPEC sponsors up to four preservice teachers from education programs recognized by the ATA to attend PHE Canada's Student Leadership Conference. The grant includes \$500 for registration and other costs related to attending the conference.

Apply at www.hpec.ab.ca/content.php?nid=1653&mid=883.

Friends of HPEC

Submit your names of retired HPEC members for the Friends of HPEC award to Elisha O'Lain, HPEC president-elect, at presidentelect@hpec.ab.ca.

PHE Canada Award Nominations

To nominate colleagues for various PHE Canada awards, go to www.phecanada.ca/awards/.



Ever Active Schools

Ever Active Schools offers many resources and ideas for health and physical education. Go to www.everactive.org/resources-1.

Gender and Sexual Diversity Guidelines

Alberta Education's recently released *Guidelines for Best Practices: Creating Learning Environments That Respect Diverse Sexual Orientations, Gender Identities and Gender Expressions* is available at <https://education.alberta.ca/media/1626737/91383-attachment-1-guidelines-final.pdf>.

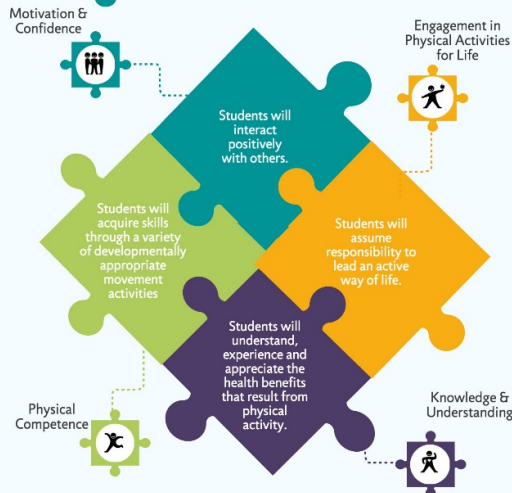


PHYSICAL LITERACY

Physical Literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life. ~ International Physical Literacy Association, May 2014

Physical Literacy lives in the Alberta Kindergarten to Grade 12 Programs of Study

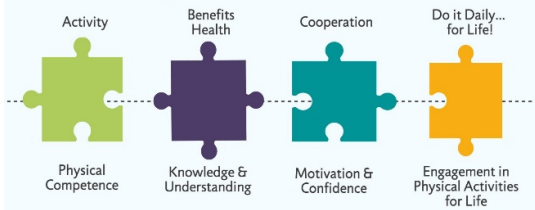
The aim of the Kindergarten to Grade 12 Physical Education Program of Studies is to enable individuals to develop the knowledge skills and attitudes to lead an active healthy lifestyle.



The definition of #physicalliteracy includes four essential & interconnected elements whose importance will change throughout a student's time in school, and throughout their life.

The more puzzle pieces we have, the larger the picture we see.

General Outcomes



Essential Elements

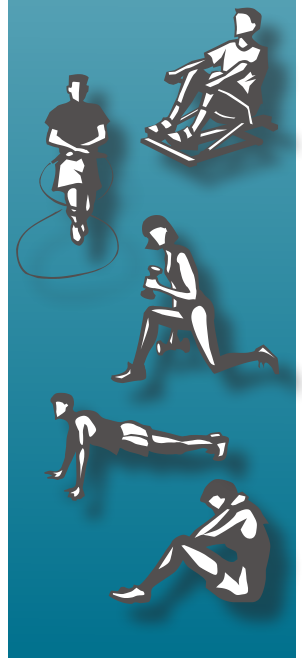
Core Principles

- is an inclusive concept accessible to ALL students
- represents a unique journey for each individual
- can be cultivated and enjoyed through a range of experiences in different environments and contexts
- needs to be valued and nurtured throughout life
- contributes to the development of the WHOLE student

References:
*International Physical Literacy Association
*Alberta Physical Education Program of Studies



Supporting Healthy School Communities in Alberta



10 Key Factors Influencing Long-Term Athlete Development

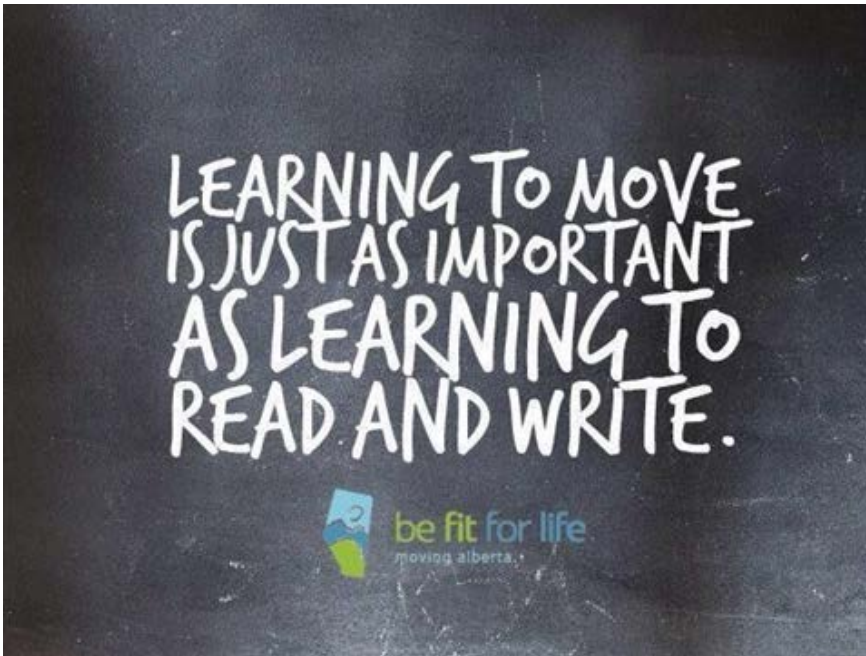
1. Physical Literacy
2. Specialization
3. Developmental Age
4. Sensitive Periods
5. Mental, Cognitive and Emotional Development
6. Periodization
7. Competition
8. Excellence Takes Time
9. System Alignment and Integration
10. Continuous Improvement – Kaizen



**YOU ARE NOT
FULLY
LITERATE
UNTIL YOU ARE
PHYSICALLY
LITERATE**

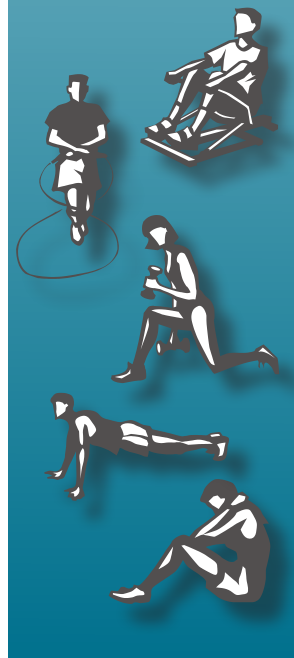


Slides Shared at a Recent Presentation by Dean Kriellaars



“No matter how many sidewalks we build, no matter how many parks we construct, no matter how much we urge people to get involved with physical activity, they simply won’t do it unless they have the ability, confidence, and desire to be physically active. That’s where physical literacy comes in.”

American Surgeon General, Vivek Murthy
([Murthy, June 27, 2015](#))





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