

**HPEC**

**2016**



**GRANDE PRAIRIE**

## WELCOME FROM GRANDE PRAIRIE 2016

It is with great pleasure that we welcome you to the Health and Physical Education Conference in the TRUE NORTH!

HPEC is a leader in Health and Physical Education across Canada and this weekend we have an opportunity to further grow in our commitment to our profession. By engaging in the quality workshop sessions offered during Conference 2016, we are confident that you will have a chance to learn valuable information that will enhance your commitment to your students while staying STRONG and ACTIVE.

The program that has been assembled for you is spectacular. It features a wide variety of Health and Wellness sessions, research information presentations, resource ideas and assessment strategies. As well there are sessions from each of the five dimensions of the Physical Education Program; Gymnastics, Dance, Games, Individual Pursuits and Alternative Environments.

The last year has been an amazing journey to bring you HPEC 2016 and we would like to extend our sincere appreciation and gratitude for the countless hours that our conference committee has dedicated to this event. Our personal thanks are extended to the HPEC council and past conference committees for all their encouragement, wisdom and support to ensure this conference is a huge success!

Throughout Thursday evening, Friday, and Saturday our exhibitors will be available to share their ideas, resources and equipment with you. Be sure to take time to learn more about how they can support you and your school.

Thank you and enjoy the TRUE NORTH STRONG and ACTIVE Conference 2016.

Sincerely Yours,

The HPEC 2016 Steering Committee



**WELCOME FROM THE  
HPEC PRESIDENT**

Welcome to the 2016 HPEC Provincial Conference. As president of HPEC I am proud to bring greetings to conference delegates from around the province. The hard work of our five conference chairs, Neil Ashworth, Andrew Boylan, Leslie Griffin, Chris Watson and Collin Dillon, is greatly appreciated. Thank you goes out to all the volunteers who have stepped forward and put in endless hours to make this conference a reality. Being able to attend a conference in the great Northern Alberta city of Grande Prairie is a unique opportunity. The Grande Prairie Regional College is a wonderful venue for professional learning to take place. The 2016 HPEC conference will provide time for quality professional development, collegial connections, memorable social opportunities and active living. I encourage everyone to take advantage of all the conference has to offer. I look forward to learning alongside dedicated individuals in the profession of physical education and health.

Welcome to a True North Strong and Active HPEC Conference!

Sonia Sheehan  
HPEC President  
Health and Physical  
Education Council of the  
Alberta Teachers'  
Association



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*Office of the Minister*

### **Greetings from the Honourable David Eggen Minister of Education**

On behalf of the Government of Alberta, welcome to *The True North Strong and Active!* Conference. Thank you for the work you do each and every day to keep our children and young people healthy and active.

Alberta students are faced with challenges to their physical well-being, and these are only likely to grow after they leave secondary school. Our government is committed to doing what we can to ensure our students are healthy and happy. We know that physical health plays a key role in a student's ability to focus in the classroom.

Through the leadership and devotion each of you displays, Alberta students are being well prepared for that future.

Together we can ensure Alberta remains a strong, active and healthy province.

All the best to you during this conference and as you return to work across the province.

David Eggen  
Minister of Education

April 2016



# Welcome to Grande Prairie Regional College

We are pleased to be the presenting sponsor of the 2016 Health and Physical Education Council Annual Conference.

GPRC is extremely proud of its commitment to supporting and creating healthy and active lifestyles among our students, staff, faculty and community.

It may be our top-level athletes who represent our College and our region provincially and nationally as part of our Athletics programs. It may be our students who take part in our Campus Wellness programs. It may also be our staff and faculty accessing the on-campus facilities GPRC offers. Or it could be members of the community who take part in our programming, host a child's birthday party at our climbing wall, or walk through the trail system that connects our campus to our parks.

We do this because we know how important someone's health is to them to achieve their goals. We also know that a person's health is directly connected to how active they are.

Our students won't be as successful without their health. Our community won't have the vitality and energy needed to create and innovate if the people living in it aren't healthy. Essentially, without our health we won't achieve our goals.

That's why the work you do is so important. Everyone who works with children in the world of health and physical education sets our next generation up for success. It's not just about living longer and not being sick. It's about helping people achieve their dreams and their goals.

Thank you all for everything you do for students across Alberta. Enjoy the next few days sharing your knowledge with each other and please know that what you will learn during this conference and what you do every day helps build healthy communities.

We are thrilled to host you and celebrate all you do in our province.



Don Gnatiuk

GPRC President and CEO



**Thursday May 12**

8:00 am - 9:30 am  
 9:00 am—4:00pm  
 12:00 pm—4:00pm  
 3:00 pm - 7:00 pm  
 7:00 pm - Midnight

Pre-conference Registration  
 Pre-Conference Session #1  
 Pre-Conference Session #2  
 Conference Registration—GPRC  
 Wine and Cheese Reception—GRPC

**Friday May 13**

7:00 am - 7:45 am  
  
 7:30 am  
 8:15 am  
 8:00 am  
 9:00 am  
  
 9:15 am - 10:15 am  
 10:15 am - 10:30 am  
  
 10:30 am - 10:45 am  
 10:30 am - 4:00 pm  
 10:45 am - 12:00 pm  
 12:00 pm - 12:45 pm  
 12:45 pm - 2:00 pm  
 2:00 pm - 2:15 pm  
 2:15 pm - 3:30 pm  
 3:30 pm - 3:45 pm  
 3:45 pm - 5:00 pm  
 5:00 pm  
 6:30 pm

AMA Run Club Active Session ( MEET AT RED STAR ON MAP) GPRC  
 HPEC Annual General Meeting  
 Walking School Bus Leaves for GPRC  
 Registration and Info Centre Open  
 Conference Welcome—  
 Certificates of Commendation  
 Keynote Dr. Amanda Stanec  
 Distinguished Service Award  
 PHE Canada Award  
 Nutrition Break  
 Exhibitor Marketplace OPEN—L104  
 Session B  
 Lunch— Gym  
 Session C  
 Session Break  
 Session D  
 Nutrition Break  
 Session E  
 Walking School Bus Leaves for Hotel  
 True North Olympics Dinner & Social—  
 Pomeroy Hotel

**Saturday May 14**

7:00 am - 7:45 am  
  
 8:00 am  
 8:00 am  
 8:30 am - 12:30 pm  
 8:45 am - 9:45 am  
 9:45 am - 10:00 am  
 10:00 am - 11:00 am  
 11:00 pm - 11:15 pm  
 11:15 pm - 12:15 pm  
 12:30 pm - 12:45 pm  
 12:45 pm—1:30 pm  
 1:30 pm

Urban Poling Active Session—( MEET AT RED STAR ON MAP) GPRC  
 Walking School Bus Leaves for GPRC  
 Registration and Info Centre Open  
 Exhibitor Marketplace OPEN—L104  
 Session F  
 Nutrition Break  
 Session G  
 Session Break  
 Session H  
 R. Routledge Memorial Address—L106  
 Keynote Dr. Peter Liljedahl— L106  
 Lunch & HPEC 2017 show - Cafeteria

**SOCIAL EVENTS**

**HPEC PAST PRESIDENTS  
 RECEPTION—WINE AND  
 CHEESE (ALL WELCOME)**

THURSDAY MAY 12  
 7:00 PM  
 GPRC L106

**TRUE NORTH OLYMPICS  
 DINNER & SOCIAL**

(DON'T FORGET YOUR SOCIAL  
 TICKET)  
 FRIDAY MAY 13  
 6:30 PM  
 POMEROY HOTEL



**MEETINGS**

**HPEC ANNUAL  
 GENERAL MEETING**

FRIDAY MAY 13  
 7:00AM  
 POMEROY HOTEL

All HPEC members welcome.

GPRC BLACK BOX—L104  
THURSDAY MAY 12 - 7:00 PM - 8:30 PM  
FRIDAY MAY 13 - UNTIL 4 PM  
SATURDAY MAY14—UNTIL 12:30 PM

GRANDE PRAIRIE REGIONAL COLLEGE  
[www.grpc.ab.ca](http://www.grpc.ab.ca)

GOPHER SPORTS  
[www.gophersport.com](http://www.gophersport.com)

ALBERTA HEALTH SERVICES  
[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

PHE CANADA  
[www.phecanada.ca](http://www.phecanada.ca)

GP SPORT COUNCIL  
[www.gpsportcouncil.ca](http://www.gpsportcouncil.ca)

ALBERTA GOLF  
[www.albertagolf.org](http://www.albertagolf.org)

SPORTFACTOR  
[www.sportfactor.net](http://www.sportfactor.net)

EVER ACTIVE SCHOOLS  
[www.everactive.org](http://www.everactive.org)

BOOSTER JUICE  
[www.boosterjuice.com](http://www.boosterjuice.com)

HUMAN KINETICS  
[www.humankinetics.com](http://www.humankinetics.com)

HIP FLICK HOOPS  
[www.hipflickhoops.com](http://www.hipflickhoops.com)

CAMP TAMARACK  
[www.camptamarack.ca](http://www.camptamarack.ca)

APPLE FITNESS  
[www.applefitness.com](http://www.applefitness.com)

CROSSMINTON CANADA  
[www.crossminton.ca](http://www.crossminton.ca)

MONEY MENTORS  
[www.moneymentors.ca](http://www.moneymentors.ca)

EDUCATION STATION  
[www.educationstation.ca](http://www.educationstation.ca)

BE FIT FOR LIFE  
[www.grpc.ab.ca/community/bffl/](http://www.grpc.ab.ca/community/bffl/)

CIRA ONTARIO  
[www.ciraontario.com](http://www.ciraontario.com)

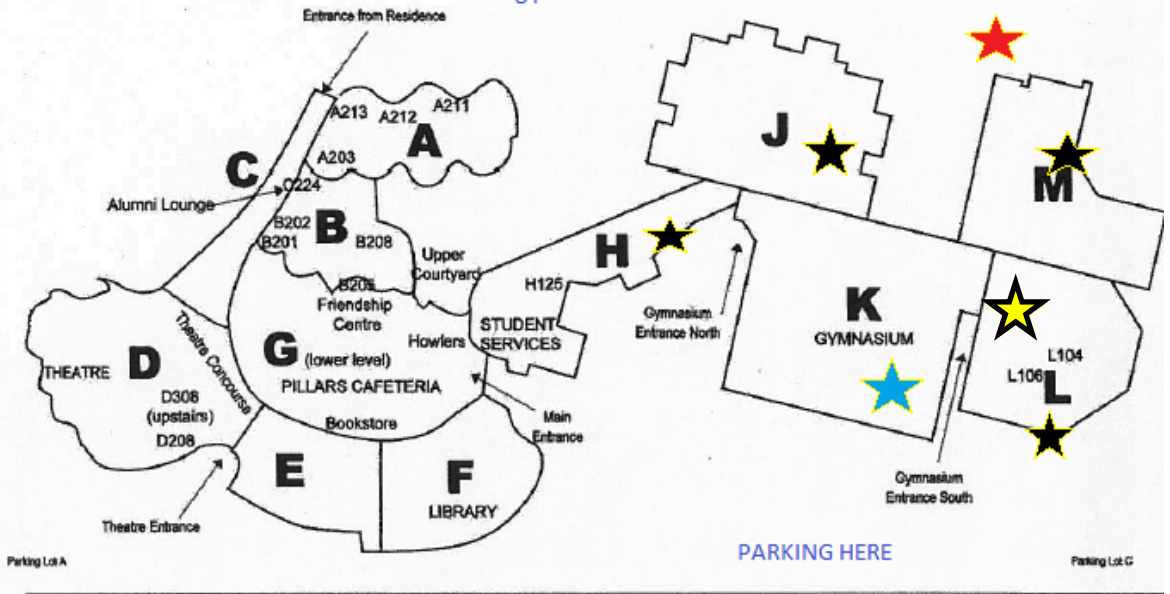
ARBONNE  
[www.arbonne.ca](http://www.arbonne.ca)

## DOOR PRIZES

Door prizes will be drawn throughout the conference during common gathering times (keynotes, lunches). Thanks to all for the many donations!



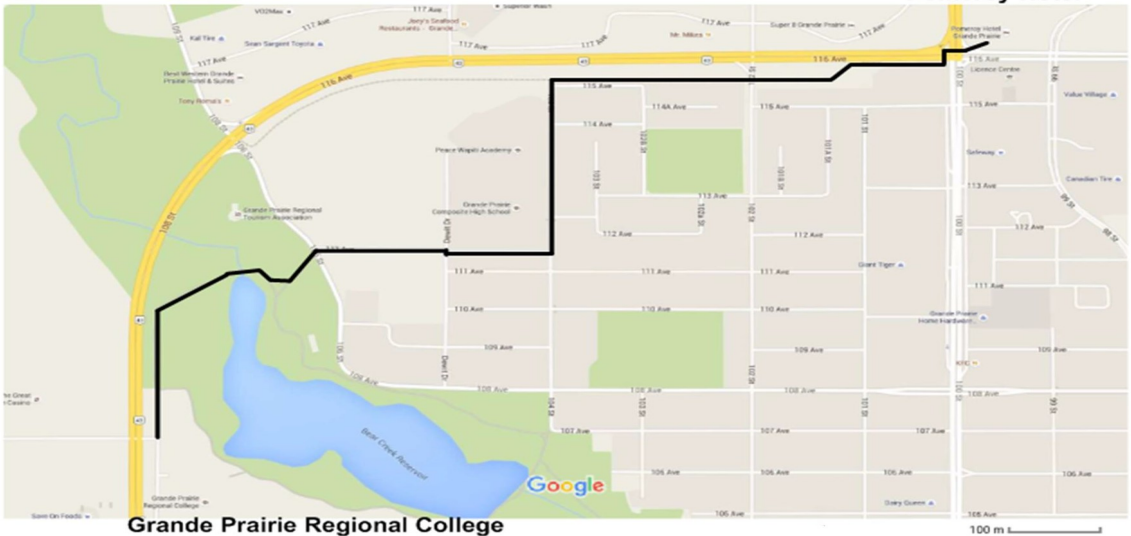
- ★ = GYM
- ★ = Registration, Information and Exhibitor Marketplace
- ★ = Session Breakouts
- ★ = Outdoor session meeting place



**Walking Bus Map**

2.5 km. Approximately 30 minute walk

**Pomeroiy Hotel**





**CERTIFICATE OF COMMENDATION AWARDS**

**FRIDAY MAY 13  
9:00-9:15 AM  
GPRC L106**

**PHE CANADA - ANDY ANDERSON YOUNG PROFESSIONAL AWARD**

**FRIDAY MAY 13TH  
10:15-10:30 AM  
L106**

**HPEC DISTINGUISHED SERVICE AWARD**

**FRIDAY MAY 13TH  
10:15-10:30 AM  
GPRC L106**

**ROBERT ROUTLEDGE MEMORIAL ADDRESS**

**SATURDAY MAY 14TH  
12:30 PM  
GPRC L106**

In 1972, the Conference Committee initiated the Robert Routledge Memorial Address in memory of Bob Routledge (the second president of HPEC) who was murdered while attending an Alberta Schools Athletic Association meeting in Calgary.

A key figure at the inauguration of the Alberta Schools' Athletic Association in 1956, Bob had been a constant guiding force in its policies and activities. He believed in the beneficial effects to adults and youth alike of properly directed sports and athletics. He sought to involve as many boys and girls as possible in sports programs: to stress courtesy and sportsmanship above winning; to consider first the health, fitness, intellectual and emotional growth of participants. Bob's personal accomplishments as a physical educator are well known. From rural school teacher with a liking for sports and gymnastics, he progressed to Provincial Recreation Supervisor, then high school physical educator, to Assistant Supervisor of Physical Education with the Edmonton Public School Board and finally to Professor of Physical Education, University of Alberta, with his doctorate pending at the time of his passing (April 25, 1970).

His integrity and sincerity were evident, and his enthusiasm for his work infectious. No wonder that his peers listened to his opinions with great respect and sought his advice. With his deep belief in the importance of his job, Bob combined a feeling for words, a unique ability to turn a phrase neatly, with a quick intellect that relished statistical accuracy. These qualities made him invaluable as a policy maker and parliamentarian not only in the ASAA but on the numerous associations both locally and nationally to which, as a person with a deep sense of professional responsibility, he belonged.

The first Robert Routledge Memorial Address was given by John Mayell in 1972. This years address will be given by Bethe Goldie

## CALGARY REGION

## SHERRI ANWENDER

Sherri is a enthusiastic positive and passionate leader in the field of Physical Education. She is always bright and cheerful, is very passionate about active living and promoting the benefits for all and models an active lifestyle. She shares and collaborates within her school district, attends and actively participates in PD sessions and promotes quality best practices.

Sherri has demonstrated leadership program planning. Her lessons include consideration of student grade level, individual abilities, developmental readiness and best practices in assessment. All her plans are kept in a “public” binder which is made available for all staff to access in order to maintain program continuity. She plans and organizes (including the booking of equipment) PE units in all required dimensions of the physical education program of studies: dance, games, gymnastics, individual activities, activities in alternative environments (i.e. grade 5 and 6 rock climbing at Vivo) and ensures there are visual materials on the walls in the teaching spaces to support teaching, learning and skill development

Sherri’s impact is visible in her school through the After School Programs she plans, organizes and supervises, and her coordination and management of a Leadership Team involving older Division II students consisting of the following various groups:

- Lunchroom Leadership Team – coordinates a group that assist the Division I students on a daily basis in the lunchroom.
- Spirit Team – oversees and schedules a team of students who assist in planning and promoting spirit days that occur throughout the year.
- Recess Equipment – oversees and schedules a group who assist in distributing sports equipment on a daily basis at morning and lunch recess.
- Outdoor Sign Team – coordinates and schedules a group that assists in updating the information on the school’s outdoor sign.
- Coordinates the following additional groups associated with the Leadership Team which have had a positive impact on school culture: “Helping Hands” and “Bucket Fillers”.

Sherri, thank you for you passion, professionalism and mentorship, you are very deserving of this award.

## EDMONTON REGION

### BRETT BARON

Brett Barron is currently instructing grade 1-8 physical education at Archbishop MacNeil School. He is a caring and charismatic individual with a keen understanding of physical literacy. Brett just completed his masters in physical education and continues to grow as an educator by attending workshops and the annual HPEC conference.

Brett has demonstrated his passion for Physical Education and Wellness in a variety of professional contributions. He has presented at the annual HPEC conference and hopes to do so again this year, he attends and contributes to local drive in workshops and one of his major highlights being his work on gamification of dance in Physical Education throughout the district with his multiplayer version of Dance Dance Revolution.

Brett leads by example, promoting health and wellness within the entire school community, affecting both staff and students.

He has developed a SWAT team within his school community (Student Wellness Advocacy Team) and within this team he has developed a tower garden program and advocated for healthy snacks and meals throughout the school. They are currently growing produce, and packaging and selling it within the school community. They are also working to inform about and replace the school vending machines with fresh alternatives.

Brett is very personable and students gravitate towards him. Students are keen and eager to become involved with the many projects that Brett helps to initiate.

Brett is an excellent teacher, an even better role model for health and wellness and very deserving of this award.

## MIGHTY PEACE REGION

### Erin Martin

Erin continues to be a positive, kind, thoughtful person who has time for everyone!

The amount of time and effort Erin puts in to make Physical Education an enjoyable, learning packed time is phenomenal! Her diligence and dedication to her students in the classroom is evidenced by the respect that she receives in return. Erin is an integral piece of the school culture of Beaverlodge Regional High School and her efforts do not go unnoticed. . She has the student's best interest and wellbeing at heart everyday. Many of Erin's former students approach her on the street and mention the impact that her teaching had upon them.

A 24 year PE teacher at Beaverlodge High School, Erin has coached volleyball most of those years, only taking breaks to have her children. The lady's volleyball teams she coached have medaled at the provincial level on numerous occasions. Over the years she has also coached football, basketball, badminton and track and field during her time at BRHS. Currently she serves on the executive of the NWASAA and ASAA and her dedication to athletics and coaching has been incredible. One of Erin's career highlights includes taking numerous teams to provincials and bringing medals home! Erin continues to be a positive, kind, thoughtful person who has time for everyone and I am pleased to offer her this award.

## MIGHTY PEACE REGION

### Troy Sandboe

Troy has contributed ideas, time and countless discussion hours over the years towards improving the delivery of Physical Education and sport programs in our community. For 24 years Troy has been teaching and coaching, promoting active living and exploring new initiatives within PE to encourage active living and healthy lifestyles in the people he works with. He is highly respected by staff and students alike as he always goes out of his way to assist colleagues in whatever ways he can and he also passionately promotes Physical Education in his role as the physical education department's subject coordinator.

Mr. Sandboe has had a positive impact upon thousands of our community's children over the more than two decades of being a motivator of active living in our school district. He has coached the senior boys basketball team for 23 years now, stressing fundamentals, positive team play and exemplary citizenship with his players.

Recently completing his Masters in Coaching, Troy has also coached his team to a zone championship this year resulting in a trip to provincials in the 3A Basketball competition. He has volunteered to assistant coach with the Grande Prairie College Womens' basketball team and is now coaching an elite team of U17 boys in basketball for the college club program.

Troy is approachable and amenable, he has chaired many PLC meetings and team taught successfully for years. His friendly smile and caring demeanor make him approachable and ready to talk with the many students who come to ask his advice. He has been noticed radiating integrity!

Congratulations Troy, your effort and integrity are an inspiration for us all.

**MIGHTY PEACE REGION****Curtis Hodge**

Curtis is kind and giving of his time, patient with students and understanding of life situations. He volunteers his time and expertise every year to better the physical and mental lives of the students he teaches and coaches; he played a role in organizing the conference you are attending today! Curtis believes in all students and always encourages them to do their best. He challenges students to be open to learning, new opportunities and growing to be healthy and happy citizens. He organizes parents, teachers and student meetings to facilitate the Holy Cross ski trip to Jasper every year where students learn to manage their money and time.

Curtis has a wonderful way of developing students' abilities; taking them from the ability they first present with, to greater achievement with quality instruction and coaching. Curtis has organized the district sports committee for many years and continues to share resources and games with the other district teachers of Physical Education. He has coached many school sports teams each year including Badminton, Volleyball, Track and Field, and the school hockey team for the local 3D hockey tournament for grade 5-8 students. Curtis has also coached both hockey and baseball for community teams in Grande Prairie. He also assisted with the Dene games and ran the venue for the Arctic Winter Games when it was in Grande Prairie last. Curtis coached a Baseball community team to Provincial Gold and a Double A baseball team tier III to Provincial Gold as well.

Curtis makes all students feel special and valued, is a great motivator and the students enjoy participating in his classes. He has many previous students dropping in to see and visit with him. His principal, Caroline Richards, continually receives feedback from previous students and their parents telling her how special Mr. Hodge is to their children, that he is a great teacher, has high expectations, that they learned so much from him.

## 2016 HPEC Distinguished Service Award Gary Muennich

Gary Muennich has taught professionally in Alberta for 31 years. He began his career teaching Phys. Ed at Alexander Forbes School in Grande Prairie where he taught and coached for 11 years. When a transfer came open at Aspen Grove Elementary, Gary made that move for the next 20 years of his career.

Gary was one of the first two Physical Education teachers to meet in a Physical Education Professional Learning Community established in the GPPSD. Since this PLC began 16 years ago (and continues today) we have learned many things from Gary. Here are a couple of his best tips:

First, what or who is the best resource that you could possibly have as a Physical Education Teacher? As Gary would say, "they are playing and developing their abilities and interests right in front of you; they are your students. Listen to them, watch them, allow them to learn from their failures as well as their successes, that's why we call it introduction, exposure and proper practice. As an individual or class let them make suggestions, tweak and improve our games together so they are varied and creative and most of all fun!"

Second, shared leadership and personal responsibility. These concepts were developed through his organizational strategy of small "squads" each led by a Squad Leader and their Assistant. Each student in each squad was given the opportunity to lead their squad as roles changed at the end of each month. From rule and skill development to shared expectations of participation and personal behavior, this strategy really helped to keep things moving quickly, efficiently, consistently and safely.

We are grateful to Gary for his willingness to share so much from his experience with us. Now we can see that same growth and development happen every day and go to work with our favorite resource playing and learning before our very eyes. Thank you Gary, you are an inspiring teacher, passionate mentor and more fashionable track suits have never been worn.



## 2016 HPEC Distinguished Service Award Nicole Martens

Nicole Martens has selflessly given of her time year after year to further the physical and mental well being of our students in Grande Prairie. In addition to teaching PE at the Composite High School she has coached volleyball and soccer to a very high standard on a yearly basis. Her role in organizing the 2008 HPEC Annual conference in Grande Prairie was remarkable and she has had a hand in many community physical activity organizations in Grande Prairie over the years.

Nicole is a great role model to students and staff at GPCHS. She advocates daily physical education and promotes girls' participation in sports. At a time when girls' participation is declining in high school, she is creating innovative ideas and units to pique their interests. Some examples include Belly Dancing, Tai Chi and Self Defense.

Nicole believes in lifelong physical activity and is a true professional. Students are fortunate to have Mrs. Martens as their diligent and kind teacher. She always has their best interest at heart!



## 2016 HPEC Conference Robert Routledge Address

### Bethe Goldie

Bethe retired August 14th, 2014 after teaching and being associated with the Grande Prairie Regional College for nearly 40 years. Bethe was instrumental in her role of teaching, developing, and promoting GPRC and the Physical Education and Kinesiology Department. Bethe's impact has extended well beyond GPRC into the community of Grande Prairie, the Peace Country Region and many Provinces within Canada.

Bethe played prominent roles in many local organizations and schools such as the GP Gymniks Gymnastics Club and Kidsport, helping develop these and others from the ground up into flourishing organizations. Without her leadership, energy and work many of these organizations would not be where they are today.

Within the PEAK Department, Bethe's same leadership, energy and work were critical for the evolution and development of the Department. Her impact on students in the classroom has developed many leaders in Physical Education and Kinesiology. Bethe has become a role model for literally hundreds of future teachers who have gone on to inspire and educate children to become physically active and healthy. . Outside of the classroom Bethe touched many students through her involvement and leadership of the Students of Physical Education and Kinesiology group. Bethe provided direction and guidance to this group of students in professional and personal matters that will never be forgotten and hard to replace in the Department.

The previous two HPEC conferences held here in Grande Prairie were, in part, organized by Bethe and her colleagues.

Through all of Bethe's hard work and leadership within our community, she has been recognized for the Robert Routledge Award. We congratulate Bethe for her many years of dedicated teaching. Her undying enthusiasm and heartfelt support of her colleagues and students will be never be forgotten. We wish for her a wonderful retirement filled with joy and of course HUGS as she sets out on her next chapter.

## PRE CONFERENCE SESSIONS

*\*PRE-REGISTERED DELEGATES ONLY*

### THURSDAY MAY 12

#### ***TEACHING DANCE FOR UNDERSTANDING – GETTING STUDENTS ACTIVE IN H&PE and DANCE!***

***9:00 am—4:00 pm - Pomeroy Hotel***

***Tracy Lockwood***

*Teaching Dance for Understanding offers educators a simple framework and activities that optimize student engagement, physical activity, positive thinking, group work, and creative thinking skills. This **active learning** workshop goes through the 6 Phases of the TDfU framework where educators learn how to implement engaging, relevant and physically-active plans and units. Participants will explore a variety of dance genres (Hip Hop, African, Bollywood, Tango etc.) and learn how to lead simple dances using an interACTIVE class style. Teachers will also gain an understanding of different ways to assess dance.*

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#### ***WHY MOVING MATTERS TO POSITIVE MENTAL HEALTH***

***12:00 PM - 4:00 PM - GPRC GYM***

***Ever Active Schools***

*Do you want to be happier and healthier? Do you want your students to be happier and healthier? How about your colleagues and their students? Join Ever Active Schools as we build upon your skills to make this a reality in your school community and explore the role of physical activity in positive mental health. Come experience a variety of practical activities, capitalize on expertise from peers in the room and workshop tangible takeaways to support your whole school community.*

## HPEC 2016 KEYNOTE ADDRESS

FRIDAY MAY 13  
9:00 AM  
GPRC L106



Dr. Amanda Stanec was born and raised in Nova Scotia, Canada where she attended and played soccer for St. Francis Xavier University. Through these years, she developed a strong work ethic to accompany her active lifestyle, physical activities, and positive outlook on life.

Upon moving to the US, she attended Virginia Commonwealth University where she attained a Masters of Science with an emphasis in Physical Education and Sport Psychology. Completely devoted to her field, she enrolled in a PhD program in Kinesiology within the Curry School of Education at the University of Virginia where she was recognized as the outstanding doctoral student in her graduating year (2006). Since that time, Amanda has also become a certified power vinyasa yoga teacher in Colorado, and a health coach.



MOVE + LIVE + LEARN

Further achievements include the publication of more than twenty articles as well as co-authoring several book chapters related to physical education, sport, health, and wellness topics. She has served on the Board of Directors for Physical and Health Education (PHE) Canada and is well-respected for her contributions as Lead Writer for provincial wide physical education curriculum, university kinesiology and teacher education courses, and youth sport leadership and positive youth development programs. Most recently, Amanda presented research on experiences of elite female wrestlers related to upward social mobility at the Olympic Museum in Lausanne, Switzerland, developed resources for the Jackie Joyner-Kersey Foundation, NFL Play 60, Boys & Girls Clubs of America, and PHE Canada, and has traveled extensively to educate and inspire through her keynote presentations.

Serving as a proud education and parent ambassador for [TrueSport](#), her time is prioritized to passionately advocate on their behalf. In the early mornings, you will find the proud mother of two and Boston marathon (2014) and Ironman Coeur D'Alene (2015) finisher training for an upcoming endurance event.

## HPEC 2016 KEYNOTE ADDRESS



**SATURDAY MAY 14**  
**12:30 PM**  
**GPRC L106**

Peter Liljedahl is a former flat water canoe paddler who has competed for both Canada and Sweden at the World Championships and the Olympics. Since retiring from this sport Peter has competed on the world stage in both dragon boat and outrigger canoeing. He has also coached in all three of these disciplines as well as been the director of sport for Canoe Racing BC. He is now an Associate Professor of Mathematics Education in the Faculty of Education and the Associate Dean Academic for the Office of Graduate Studies and Post-Doctoral Fellows at Simon Fraser University in Vancouver, Canada. He is a former high school mathematics teacher who has kept his research interest and activities close to the classroom. He consults regularly with teachers, schools, school districts, and ministries of education on issues of teaching and learning mathematics.

## SESSION B

## SESSION B

**PHYSICAL LITERACY  
THROUGH GAMES & PLAY**

**Brett Baron and John Tadic**

**DIV I, II & III**

**GAMES**

**Gym 1**

This session aims to help teachers gain a better understanding of physical literacy through games and video analysis. Participants will get the opportunity to learn and use resources that will promote and develop fundamental motor skills through formative and summative assessment. BYOD

**MINI-VOLLEYBALL**

**Kiruthika Rathanaswami**

**DIV I & II**

**GAMES**

**GYM 2**

This session will focus on introducing the sport of volleyball into the early years of elementary physical education. The emphasis will be on fundamental movement patterns such as throwing and catching can be incorporated into fun game like activities. The session will follow Volleyball Canada's Mini-Volleyball curriculum

**BRAZILIAN JIU-JITSU**

**Stephen Roy & Emma Doerksen**

**ALL DIVs**

**ALT. ENVIRONMENTS**

**M121**

Origin and presentation of the sport and background. Interactive approach to Martial Arts and healthy lifestyle.

**DANCE PLAY—GET PLAYFUL ABOUT DANCE**

**Tracy Lockwood**

**DIV 1 & 2**

**DANCE**

**L106**

Teaching dance can be intimidating even to the seasoned physical educator. It's time to bring playfulness back to the gym as we help students develop physical literacy using today's most popular music! Come participate in an active DANCEPL3Y class where you'll learn simple movements from a variety of dance styles. Forget 5-6-7-8 or right foot/left foot choreography—the 'rules' of dance are removed and modified to allow each participant to experience success while discovering their unique "style" in a playful and interactive way! BONUS—playlists and moves will be shared with everyone who comes to bust-a-move.



SESSION B

**POWER 2BE ME:  
CUTTING EDGE PROGRAM FOR JUNIOR HIGH**

**Lee Finell  
DIV III  
HEALTH AND WELLNESS  
L123**

Power2B Me uses technology in the form of videos and an on-line food file to engage students and support teachers. Meets curriculum outcomes for health and wellness and bridges the gap to the new health curriculum.

**ATHLETIC TAPING**

**Nicole Nightingale  
Div III & IV  
COACHING  
J202**

This hands on session will cover as many different athletic tape jobs as we have time for, like wrist and ankle. Please dress so we have access to wrists and ankles up to mid-calf.

**IMPROVING ELEMENTARY STUDENT  
CONFIDENCE & COMMUNICATION SKILLS**

**David & Kayla Murray  
DIV I & II  
ALT. ENVIRONMENTS  
CLIMBING WALL**

Indoor rock climbing is a fun and exciting way to improve your students' level of self-confidence. It will also help them develop communication, trust, and team work skills. Come join us to experience a fun and active session that will get your blood pumping and put a smile on your face.

SESSION B

**BENEFITS OF RUN CLUBS: HOW THEY  
STRENGTHEN SCHOOL COMMUNITIES**

**Ever Active Schools  
ALL DIVs  
INDIVIDUAL PURSUITS  
OUTSIDE (red star on map)**

Looking for ways to strengthen your school community while increasing physical activity levels? Find out how to register and implement an AMA Youth Run Club in your school community. This free, fun and flexible program provides Alberta Schools with all of the resources and supports needed to start up a run club, or enhance an existing run club. Hear about how the AMA Youth Run Club engages students 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 behaviour.

**SHAKE IT OFF—CLAIM YOUR CALM WITH  
TRAUMA & TENSION RELEASE EXERCISES  
90 MINUTE SESSION**

**Darren Stoupe  
ALL DIVs  
HEALTH & WELLNESS  
H211**

Let go of stress and anxiety, build deeper self-awareness, and cultivate compassion and connection through the highly restorative process of Tension & Release Exercises—TRE. Whether you're preparing for an important game or presentation, or seeking less chatter in your head, TRE will calm your nervous system allowing for a more enjoyable life.



## SESSION C

**SITTING VOLLEYBALL**

**Matthew Clegg**  
**DIV II, III & IV**  
**ADAPTED SPORT**  
**Gym 2**

Sitting volleyball is easily incorporated into a Physical Education program if a court and/or space is available. The sitting game can provide a way to teach the fundamental skills of volleyball along with creating an inclusive activity for students with and without disabilities to participate in together.

**ATHLETIC GROOVE: BUILDING PHYSICAL LITERACY USING THE POWER OF MUSIC AND CREATIVE MOVEMENT**

**Michelle Hillier & Amy Tepperman**  
**All DIVs**  
**PHYSICAL LITERACY**  
**M121**

Do you want your students to build athleticism and physical fitness in a student-centred, creative and fun way for your participants? Athletic GROOVE builds physical literacy and fundamental movement skills while exploring creativity, confidence and community. Songs can be used as one-off activities for skill development, warm-up games or in a playlist sequence. Be inspired by energizing global music to improve strength, stamina, coordination, balance, agility and social skills....we call it The GROOVE! You can't get it wrong!

## SESSION C

**HOOPS AND HOOPLA  
 (BASKETBALL)**

**Andy Raithby**  
**DIV II, III & IV**  
**GAMES**  
**Gym 1**

CIRA ONTARIO IS EXCITED TO INTRODUCE AGAIN, ONE OUR MOST POPULAR SESSIONS, HOOPS AND HOOPLA. THIS WORKSHOP IS ALL ABOUT THE BEAUTY AND FUN OF SHOOTING HOOPS. THERE ARE OVER 40 SHOOTING GAMES, SHOOTING DRILLS AND EXCITING SHOOTING CHALLENGES FOR CLASSES, TEAMS AND INTRAMURAL PROGRAMS. EACH GAME IS GUARANTEED TO ADD FUN TO ALL PROGRAMS. BE SURE TO USE THE BONUS GAMES FOR DRIBBLING AND PASSING COMPETITIONS AS WELL.

**Healthy School Culture: What every Physical Educator Needs to Know**

**Ever Active Schools**  
**ALL DIVs**  
**HEALTH & WELLNESS**  
**L106**

A healthy school is one that consistently strengthens its capacity to be a healthy setting for learning. By creating opportunities for students to build their attitudes, knowledge and skills in all subject areas, we are creating opportunities for student voice. and physical educators can play a key role in this process.

SESSION C

**INCLUSION IN PHYSICAL EDUCATION: THE POWER PLAY STRATEGIES TO INCLUSIVE PEDAGOGY AND PROGRAMS**

**Hayley Morrison**  
**ALL DIVs**  
**PHYSICAL LITERACY**  
**L123**

This session will discuss different pedagogical strategies to assist teachers in developing programs and their pedagogy for inclusive PE. Exploring these strategies could be the power play elements to having an inclusive classroom. We will discuss pedagogy, curriculum, and scenarios in PE while actively engage in creating stations, explore how to utilize peers, and strategize modifications for “traditional” activities done in PE

**STRESS AND MAKING IT WORK FOR YOU**

**Michelle Hodder & Frances Russell**  
**ALL DIVs**  
**HEALTH & WELLNESS**  
**J202**

Stress has gotten a very bad rep. Yes, it is true that too much cortisol, nature’s stress hormone, can have a negative impact on a person’s weight management, sleep schedule, and productivity. This presentation has a ‘wellness’ approach and will offer a variety of effective strategies through an engaging and interactive session on how you can deal with, manage and make stress work for you!

SESSION C

**PREPARING CHILDREN AND YOUTH TO BECOME ACTIVE ADULTS THE OUTDOOR WAY**

**Albi Sole**  
**ALL DIVs**  
**DPA/PHYSICAL LITERACY/ALT. ENVIRONMENT**  
**J228**

If children are to choose and active lifestyle for their whole life they need to be able to develop the skills, knowledge, attitudes and self-efficacy required to be outdoor-active. This session will explore how you can help your students develop these attributes in a progressive way from K-12, and how to transform your school into an 'Outdoor Active School.

**SPIKEBALL**

**David Van den Bijgaart**  
**DIV III & IV**  
**GAMES**  
**OUTSIDE (red star on map)**

Spikeball is a team sport played by two teams of two players. It is a combination of volleyball and four square played around a rebounder. This fast paced sport works on hand eye coordination, spatial awareness and communication.



## SESSION D

## INTRODUCTIONS TO DBL BALL

**James Levesque****ALL DIVs****GAMES****Gym 1**

DBL Ball is a new team sport where players can dribble, kick or throw the ball in order to score a goal. Hands and feet are permitted. To score a goal, the player must throw the ball through the side that face the exterior of the field. The defense player can pass through the DBL Ball goal to make a save. Skills from Handball, soccer, basket-ball, Volley-ball and hockey are needed to be a complete DBL Ball Player. For videos:

[www.youtube.com/user/dblball](http://www.youtube.com/user/dblball)

**DEVELOPING PHYSICALLY LITERATE 21ST  
CENTURY LEARNERS  
(ELEMENTARY FOCUS)**

**Doug Gleddie****DIV I & II****PHYSICAL LITERACY/GAMES****Gym 2**

This active session will focus on movement preparation games, micro and macro physical literacy circuits to increase student engagement in health and physical education. Come away with ideas to easily integrate fun 'exercise in disguise' physical literacy games that benefit all students regardless of their current athletic proficiency. These activities will help academic readiness, mental health and contribute to ones physical literacy journey.

## SESSION D

## MEANINGFUL MOVEMENT STRATEGIES

**Jodi Harding-Kuriger, Jonathan Mauro, &****Dustin Devereaux****ALL DIVs****ALTERNATIVE ENVIRONMENTS****M121**

The physical spaces of our learning environments shape behaviour. Using the genius Don't Walk In The Hallway teaching tool, we will model and test new ways to use the tool to create meaningful movement. We look forward to sharing and collaborating with you!

**PHYSICAL LITERACY ASSESSMENT FOR  
YOUTH (PLAY) TOOLS WORKSHOP**

**Jodi Minton****DIV I, II, & III****PHYSICAL LITERACY****L106**

This session will provide participants with the ability to execute, score and interpret the physical literacy assessment for youth (PLAY) tools. There are numerous opportunities and applications for these tools, including physical literacy awareness for parents and coaches, global and individual tracking of physical literacy and assessing the impact of your programs on physical literacy development.

**SESSSION D**

**SESSION D**

**BASIC INSTRUCTIONAL STRATEGIES**

**Amanda Stanec**  
**ALL DIVs**  
**INCLUSIVE EDUCATION**  
**L123**

In this session research will be shared in practical and learner-centered ways so that current teaching practices can be slightly modified to ensure all students experience success and enjoy a warm and upbeat learning environment in physical education.

**WHAT CAN I DO WITH 4 WEEK CROSS COUNTRY OR TRACK AND FIELD SEASON?**

**Bill Corcoran**  
**DIV III & IV**  
**COACHING/INDIVIDUAL PURSUITS**  
**J228**

Junior high or Senior high track and xc running coaches are often faced with a very short time (3 to 5 weeks) to prepare athletes for Zones or Provincials. Given this, what is the best way to use that time to prepare athletes to have the best student experience.

**DECK OF CARDS = DECK OF FUN**

**Sonia Sheehan**  
**ALL DIVs**  
**GAMES**  
**H211**

Come and see how a deck of playing cards can be used to create a variety of movement experiences that promote movement, fitness, fun, and cooperation. These activities can be used in the gymnasium or can be modified for small spaces. The Deck of Card games work for students K -12 and as staff wellness/teambuilding activities.

**YOU HAVE COLLAPSED—WHAT NEXT?**

**Kim Ruether, Kara Endresen, Bonnie Caspar, & Liz Campbell**  
**ALL DIVs**  
**HEALTH & WELLNESS**  
**J202**

Life can be a sh!t show, and you have had a rotten day. So bad, in fact, that YOU have collapsed! Hold your breath as you hope someone brings an AED.... Using humour, best-effort prizes, and timed skill drills, this interactive session offers an opportunity to be the ‘victim’ of a Sudden Cardiac Arrest, practice the use of an AED with CPR, and evaluate the lifesaving efforts of your peers. Following a powerful PowerPoint presentation, you learn the skills needed to make certain your schools are prepared to rapidly save a life .... Seconds count!

**IMPROVING SECONDARY STUDENT CONFIDENCE & COMMUNICATION SKILLS**

**David & Kayla Murray**  
**DIV III & IV**  
**ALT. ENVIRONMENTS**  
**CLIMBING WALL**

Indoor rock climbing is a fun and exciting way to improve your students’ level of self-confidence. It will also help them develop communication, trust, and team work skills. Come join us to experience a fun and active session that will get your blood pumping and put a smile on your face.

## SESSION E

**ELEMENTARY GYMNASTICS FOR DUMMIES**

**Chris Shaw**  
**DIV I & II**  
**GYMNASTICS**  
**Gym 1**

Most often when teachers think of gymnastics their heart begins to race, their stomach gets butterflies and their palms begin to sweat! The gymnastics picture that forms is what is seen on TV. Well, I am here to let you know don't sweat it. Through a progressive circuit students can experience the basic fundamental skills of gymnastics through a safe challenging lesson using the DOMINANT MOVEMENT PATTERNS (DMP) of gymnastics. In the end they will be able to create and discover many gymnastics movements in a safe supportive environment. It's easy!

**7 THINGS THEY'RE LIKELY DOING WRONG...**

**Laura Hancharuk**  
**DIV III & IV**  
**HEALTH & WELLNESS / INDIVIDUAL PURSUITS**  
**M121**

Join veteran personal trainer Laura Hancharuk, and learn how to identify and correct common exercise errors in the weight room and fitness classes. Keep students safe while helping to build their strength- and self-esteem!

## SESSION E

**GOPHER ASSESSMENT, GAMES AND ACTIVITIES**

**Shane Leverenz**  
**ALL DIVs**  
**GAMES**  
**GYM 2**

At Gopher Sport it is our mission to help make the world a more active and healthy place! We support this mission in many different ways, one of which is our innovative assessment tools, games and activities. I will take you through some of our new and most popular games you can implement in your own classroom. In addition, I will present a variety of assessment tools that will give you access to quantitative data to make sure all those Physical Education Activities are doing what they're designed to do! Keeping your kids active, healthy and having fun!

**PHYS. ED. FOR ALL**

**Amanda Ebert—The Steadward Centre**  
**ALL DIVs**  
**ADAPTED SPORT**  
**L106**

Are you looking for ideas on how to reduce behaviors, increase participation, and adapt instruction for all learning abilities and styles? This session will explore the philosophy of Adapted Physical Activity and how to apply the principles and theories to your classroom. Together we will look at simple equipment modifications, cueing and instructional styles and ideas to structure your lessons.

**SESSION E**

**ASSESSMENT IN PE**

**Amanda Stanec**  
**ALL DIVs**  
**PHYSICAL EDUCATION**  
**L123**

This session will highlight ways to use assessment to help your students reach their potential without feeling overwhelmed and short on time.

**POSITIVE YOUTH DEVELOPMENT AND SCHOOL  
BASED PHYSICAL ACTIVITY PROGRAMS**

**Colin Deal**  
**ALL DIVs**  
**HEALTH & WELLNESS/COACHING**  
**J202**

Positive youth development (PYD) is a strength-based perspective of youth development which is useful for guiding research and practice. This session will introduce PYD, the associated developmental outcomes, and key features of positive youth development informed sport, physical education, and physical activity programs. Group discussion will be used to explore strategies to create a PYD environment and promote positive developmental outcomes.

**POST-SECONDARY PHYSICAL LITERACY**

**Dwayne Sheehan**  
**ALL DIVs**  
**PHYSICAL LITERACY**  
**J228**

Mount Royal University is leading the post secondary physical literacy movement in Alberta. We educate and motivate university students to live healthy lifestyles and prepare them to become champions of physical literacy. Living a healthy and active life is more than just being physically fit — we also concentrate our efforts in the areas of emotional health, psychomotor health, healthy eating and spiritual well-being. The Bachelor of Health and Physical Education — Physical Literacy Major takes a comprehensive approach to health and wellness and prepares graduates to become advocates for physical literacy and overall healthy lifestyles in the community. The skills and knowledge acquired in this program will provide graduates with a well-rounded education that expands their career opportunities as young professionals or graduate students. This session will provide an overview of the commitment MRU is making to Alberta's effort to be a national leader in physical literacy.

## SESSION E

## NUMERACY AND PLAY

**Andy Raithby**

**ALL DIVs**

**GAMES**

**OUTSIDE (red star on map)**

Every game involves some level of "numeracy", whether we're keeping score or counting outs and adding pins dropped, sports enhances our sense of numbers. This active session will provide participants with a variety of fun games designed to promote our "Numerical literacy". Guaranteed fun for kids of all ages.



## HULA HOOPS IN SCHOOLS

**Amanda Stryda**

**ALL DIVs**

**INDIVIDUAL PURSUITS/GAMES**

**H211**

Hoop Dance or Hooping is taking a properly sized and weighted hula hoop and moving it all over body, not just the basic waist hooping. Here you will learn tricks and techniques you never knew possible with this childhood toy to share with students. We will also play hoop inspired games great for all ages.





SESSION F

**BATS, BALLS, NETS, AND WALLS**

**Robert Matheson**  
**DIV II**  
**GAMES/PHYSICAL LITERACY**  
**GYM 1**

The Teaching Games for Understanding approach is a great way to introduce sport skills to students without actually playing the sport. One of the main benefits of this approach is that students get active quickly by playing the game instead of practicing sport-specific skills. Students will naturally develop skills and strategic knowledge from playing the game. Games can be played in smaller groups of students with similar abilities. This workshop will focus on games for students in Grades 3-6. It will focus on net/wall games and striking/fielding games.

**HEALTH CHAMPIONS UNITE!**

**Nadine Halls & William Roy**  
**ALL DIVs**  
**HEALTH & WELLNESS**  
**J228**

We know that healthy students are better learners but how do we get there? This interactive session will review the **Comprehensive School Health (CSH)** approach and the key priority areas: **healthy eating, physical activity, and positive mental health**. Participants will explore their role in a healthy school community and discuss ways to make sustainable change. We will provide you with some fun, easy (and cheap!) ideas for you to take back to your classrooms and to engage your students, collaborate and share ways to include activities into lessons, and brainstorm applications for more learning outcomes in other areas.

SESSION F

**TRIPLEBALL**

**Kiruthika Rathanaswami**  
**DIV I, II, & III**  
**GAMES**  
**Gym 2**

This session will focus on Tripleball, the official competition format for 13U age competitions. This format promotes better skill development, participation, meaningful competition, and fun. Tripleball allows for an easier transition into the full sized game play by allowing more touches with the ball and longer rallies.

**Assessing Physical Literacy in Schools: How 8-12 year old children are being evaluated in Canada?**

**Dwayne Sheehan**  
**DIV II**  
**PHYSICAL LITERACY**  
**L123**

The Canadian Assessment of Physical Literacy is the only validated and reliable measure of physical literacy in the world. A team of researchers from across the country have been gathering baseline data on children from 8-12 years old since 2014. This session will discuss results from 1000 students in Alberta and how you can use the assessment tool for free anytime.

**MENTAL TRAINING FOR ATHLETES**

**Peter Liljedahl**  
**ALL DIVs**  
**COACHING**  
**L106**

In this session we will move beyond managing anxiety and positive self-talk and look at the stages of of mental training that are often overlooked in our rush to get to mental imagery.

## SESSION G

**BASKETBALL MOTION OFFENSE**

**Chris Nicol**  
**DIV III & IV**  
**COACHING**  
**Gym 1**

This session will equip you with the tools to implement a motion offense that works at all levels. Motion offense teaches your players to play the game. It is adaptable, easy to teach, easy to learn and fun to play. The session will include progressions and drills that you can easily implement into your next practice or unit. 'Coach' Nicol is more than willing to share any information or resources .

**FUNDational GAMES**

**Robert Matheson**  
**DIV I**  
**Games**  
**M121**

The fundamental movement skills are the building blocks that children need to be active throughout their lives. This workshop will review the key FMS. Participants will learn a variety of games that will allow their students (Grades 1-3) practice in the FMS. Using FUNdational Games to teach FMS will make the process more engaging and students will be more likely to develop positive attitudes towards physical activity. This is an important step towards leading a healthy, active life.

## SESSION G

**DEVELOPING PHYSICALLY LITERATE 21ST  
 CENTURY LEARNERS  
 (SECONDARY FOCUS)**

**Doug Gleddie**  
**DIV III & IV**  
**PHYSICAL LITERACY/GAMES**  
**Gym 2**

This active session will focus on movement preparation games, micro and macro physical literacy circuits to increase student engagement in health and physical education. Come away with ideas to easily integrate fun 'exercise in disguise' physical literacy games that benefit all students regardless of their current athletic proficiency. These activities will help academic readiness, mental health and contribute to ones physical literacy journey.

**Utilizing Para-sport Inclusion Strategies in P.E.  
 and Coaching**

**Nathan Kindrachuck –The Steadward Centre**  
**ALL DIVs**  
**COACHING/ADAPTED SPORT/INCLUSIVE ED.**  
**L106**

Strategies from inclusive education and Para sport literature as well as strategies from practical experience coaching Para athletes at The Steadward Centre will be presented that can be used to assist teachers and coaches in their integration of students and athletes with a wide variety of abilities.

SESSION G

**SPORTS INJURIES: PREVENTION & MANAGEMENT**

**Dave Hurta**  
**ALL DIVs**  
**HEALTH & WELLNESS**  
**L123**

This presentation will discuss common sports injuries, the healing process and principles in the prevention and management of these injuries.

**DISC GOLF IN YOUR SCHOOL**

**Chris Watson**  
**ALL DIVs**  
**INDIVIDUAL PURSUITS/ALT. ENVIRONMENTS**  
**OUTSIDE (red star on map)**

In this session you will learn the basics of how to throw a disc in disc golf for distance and control through a hands-on grip it and rip it formula. Mini-games a plenty will be provided so you can take them back to your school and get discing.



SESSION G

**APPETITE FOR CHANGE: CREATING HEALTHY FOOD ENVIRONMENTS**

**Ever Active Schools**  
**ALL DIVs**  
**HEALTH & WELLNESS**  
**J228**

Appetite for Change came out of a partnership between Alberta Schools Athletic Association (ASAA) and Ever Active Schools (EAS). The idea is simple: Our environments shape our eating habits; and healthy food environments should exist in settings that promote physical activity. Student athletes have an Appetite for Change, so come hear about the new policy passed by ASAA promoting just this, and learn about the tools and resources that exist to support you in making over your sporting tournaments and school food environments.

## SESSION H

**THE TEACHING PERSONAL AND SOCIAL  
RESPONSIBILITY (TPSR) MODEL IN ACTION**

**Hayley Morrison & Doug Gleddie**  
**ALL DIVs**  
**GAMES/DANCE**  
**GYM 1**

Teaching Personal and Social Responsibility (TPSR) is a curriculum model for physical education. Essentially, TPSR enables students to be successful in social environments and learn how to be responsible for themselves and the situations around them. We will engage in hands-on activities based on the TPSR model to demonstrate the benefits of the model, explore key elements and provide practical application to your physical education class.

**KINBALL**

**Marc Laliberte**  
**ALL DIVs**  
**GAMES**  
**Gym 2**

KIN-BALL<sup>®</sup> sport is played with 3 teams and a very light 4-foot ball and requires skills and strategies not found in any traditional athletic competition. No physical contact, no intimidation, no interference and no one left out. Every member of the team is involved in the continuous action. Promotes cooperation, speed, agility, aerobic activity, coordination, flexibility, and sportsmanship. Participants will be initiated to the sport and play different cooperative games. Play inside or outside. Have a ball!!

## SESSION H

**REJUVENATING THE PHYSICAL EDUCATION  
CLASSROOM**

**Ever Active Schools**  
**DIV I & II**  
**HEALTH & WELLNESS/PHYSICAL LITERACY**  
**M121**

Learning to move is just as important as learning to read and write. This session will explore ways to get K-6 students developing confidence, competence and motivation through a variety of different movement activities, ultimately developing physical literacy. Participants will learn first-hand how to embed physical literacy into their practice and leave with activities, tools, resources and ways to access ongoing support.

**COACHING TWEEN GIRLS**

**Ashley Wiles**  
**ALL DIVs**  
**COACHING**  
**L106**

How to communicate with girls who are rapidly dropping out of sports and unwilling to be active or getting into the drama and mean girls that are tearing up teams and setting coaches and teachers back in their training.

SESSION H

**NURTURING A CS4L COMMUNITY**

**Jodi Minton & Wendy Moar**  
**ALL DIVs**  
**PHYSICAL LITERACY/COACHING**  
**J228**

The purpose of the Makadiff project is to develop a sustainable and healthy sport/active living community in Grande Prairie and surrounding areas. Join the Be Fit For Life Centre and Alberta Sport Development Centre – NW in a facilitated discussion around what is needed to best support YOU in your school setting, administration role or extracurricular activities in order to reach this goal.

**Concussion Management**

**Steven Novakowski**  
**ALL DIVs**  
**HEALTH & WELLNESS**  
**L123**

This presentation will focus on the basics of concussion management including signs and symptoms, the rehabilitation approach and principles of cognitive rest and classroom activity modification.

SESSION H

**QUESTIONING TAKEN FOR GRANTED COACHING PRACTICES**

**Tim Konoval - The Steadward Centre**  
**ALL DIVs**  
**COACHING/ADAPTED SPORTS/INCLUSIVE EDUCATION**  
**J202**

It is now well established that coaching is a social activity inextricably linked to the constraints and opportunities of human interaction. Accordingly, coaching researchers have used various social theorists to investigate the influences that cause coaches to coach the way they do in an effort to develop more effective coaching. Recently, one group of sociologically-informed coaching researchers focused on coaches' practices — what actually occurs in training spaces — to examine some of the taken-for-granted assumptions of coaches' everyday practices. This research clearly showed how the strict organization of time and space in coaches' practices, while having great utility, can also normalize and objectify athletes' bodies and lead them to experience a number of problematic effects, such as drop-out, burnout, disengagement, and underperformance. More specifically, through the theoretical tools of Michel Foucault, this research has outlined how repeated exposure to temporal and spatial control can limit and constrain athletes' growth and development while interfering with their ability to learn about their bodies and their performances. Importantly, in the context of school sport, a key objective for any coach is to develop practices that allow their athletes to learn in meaningful ways. As a result, in this presentation I will suggest new tools for coaches to use that will allow them to develop practices that are less reliant on the use of temporal and spatial techniques to organize athletes' bodies. This presentation will largely draw from practical examples of endurance sport coaching practices; however, I believe these ideas are highly relevant for any sport coach who is interested in thinking differently about their practices.

## PRESENTING SPONSOR



GPRC is proud of its record in learner service and the preparation of our students for productive employment, lifelong learning and participatory citizenship.

The College offers a wide variety of programs including university studies, trades, and career studies. Instruction is based at campuses and learning centres in northwestern Alberta: Grande Prairie, Fairview, Grande Cache, Edson, Hinton and Jasper.

GPRC is dedicated to providing learners with access to high quality and diverse lifelong learning opportunities. Strong programming

and highly qualified faculty ensure comprehensive opportunities for the learners of our region and welcomes students from across Canada and around the world.

Students may choose from a wide range of certificate or diploma options, or begin degrees or professional programs in disciplines including Arts, Commerce, Education, Engineering, Fine Arts, Nursing, Physical Education or Science. Several degrees may be completed on campus in Grande Prairie through collaborative programs with four-year universities. Selected Apprenticeship and trades programs are offered in either Fairview or Grande Prairie. Instruction in selected programs is provided in learning centres through both classroom instruction and video conference.

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Gopher has diligently served teachers, coaches and athletic directors around the world for over 65 years. We are committed to offering the best equipment on the market to help both young and old live more active and healthy lives.

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THANKS!!!

A great big thank you goes out to all our exhibitors and sponsors who have donated the door prizes. You've helped make this conference the best it can be.

In addition, thanks to all the people that worked so very hard to contribute countless hours to make this conference possible. You rock!







