

# E-SPRINTER

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

April 2019

## President's Message

### New Year. New Beginnings. Setting Positive Intentions.

I always love starting a new year and coming back from winter break. I love how we teachers feel rested and recharged after spending time with our families and friends, and ourselves. Maybe we spent some time in nature. Maybe we read a book or two. Maybe we reminded ourselves about how much we love a regular yoga practice. Maybe we enjoyed a good run and didn't feel tired after the first few steps. Or maybe we just enjoyed the time with some good coffee and a chance to slow down. Over this winter break, I spent some

time with my family back home in BC. We kept it simple. We walked in the forest (in the rain), along the seawall (in the rain) and around the lake (in the rain). But the rain didn't matter. What mattered most was just being in the moment and in the company of loved ones.



Continued on page 2

### What's Inside

- 2019 Grant Recipients
- Drive-In Workshops
- Conference 2019: Register Today!
- Executive Elections
- Important Links
- Executive Members in the Spotlight
- Ever Active Schools: Social and Emotional Shuffle
- Alberta Teacher Educators in Physical and Health Education
- ATA Library
- Friends of HPEC

[www.hpec.ab.ca](http://www.hpec.ab.ca)



During a school year, it's easy to fill our time with our busy families, school schedules and work-related commitments, especially when we are often serving others, which is natural in jobs like ours. This past winter break reminded me that we must also nurture ourselves so that we can continue to pursue our aspirations, goals and dreams. The new year is also a good time to reconnect with our positive intentions, personal passions and what fuels our why. Simply just taking the time to (re)connect with oneself can be a very good positive intention.

In the upcoming months, your HPEC executive will be working to provide a number of opportunities for you as a professional, which will include teachers' convention workshops and our always-popular annual conference in Red Deer. Your HPEC executive members are colleagues who are kind, supportive and wonderfully passionate professionals, who enjoy serving their HPEC family. Reach out and connect with us.

Life is a journey. Let it be active.  
Be well.

*Nadeen Halls*

## 2019 Grant Recipients

### Preservice Teacher Grant

Meaghan Dickert  
MacKenzi Newman  
Evan McKinlay

### HPEC Membership Grant

Tiffany Archie  
Stacy Bauer  
Joe Faught

### ATA Educational Trust Grant

Kayley Wold  
Brittney Pylypiuk  
Meagan Clarke  
Molly Ballhorn

### Friends of HPEC Grant

Lisa Taylor  
David van den Bijgaart

Congratulations to the 2019 HPEC and ATA grant recipients. We look forward to seeing you in Red Deer at the 2019 conference "Life Is a Journey, Let It Be Active!"



## Drive-In Workshops

Save the date for these professional development opportunities brought to you by the HPEC regional representatives.

Southeast Regional will be hosting a drive-in workshop in the Medicine Hat area in the spring. Check the HPEC website for up-to-date details regarding this professional learning opportunity ([www.hpec.ab.ca/hpec-workshops](http://www.hpec.ab.ca/hpec-workshops)).

Please check the HPEC website for details regarding all drive-in workshops.

# Conference 2019: Register Today!

“Life Is a Journey, Let It Be Active”

May 9–11

Red Deer College

Keynote Speakers: Hal Johnson and Joanne McLeod

**B**ig or small, north or south, HPEC’s annual conference is always a high quality PD event. This conference moves around the province to provide access to all our valued HPEC members. This year’s conference is in the central location of Red Deer. Come to learn and play with your HPEC family! Register at

<https://event-wizard.com/HPEC2019RedDeer/0/register>. Conference website: [www.hpec.ab.ca/hpec-2019-life-s-a-journey-let-it-be-active](http://www.hpec.ab.ca/hpec-2019-life-s-a-journey-let-it-be-active).



## Executive Elections

**E**lections will be held at the 2019 annual general meeting in May for the following executive positions:

- president-elect
- vice-president (1)
- vice-president (3)

Are you wondering about what these positions involve? Read about the duties in the HPEC handbook at [www.hpec.ab.ca/hpec-handbook](http://www.hpec.ab.ca/hpec-handbook).

Interested HPEC members can put forth an electronic nomination form at [www.hpec.ab.ca/executive-member-nomination-form](http://www.hpec.ab.ca/executive-member-nomination-form).

## Important Links

- HPEC website: [www.hpec.ab.ca](http://www.hpec.ab.ca)
- If you are not an HPEC member, please consider joining HPEC as your specialist council membership—go to [www.teachers.ab.ca](http://www.teachers.ab.ca)>For Members>Professional Development>Specialist Councils>Specialist Council Memberships.
- HPEC Social Media: <https://twitter.com/albertahpec> and [www.facebook.com/HPECAlberta](http://www.facebook.com/HPECAlberta)



# Executive Members in the Spotlight

## Name: Dustin Turner

**HPEC executive position:** Secretary

**HPEC region:** Calgary

**Favourite piece of equipment when teaching:** iPad

**Favourite warm-up game:** Blob tag

**Teaching tip:** Positivity goes a long way. Always keep students at the centre.

Life Is a Journey, Let It Be Active!



*Dustin Turner*

## Name: Megan Brain

**HPEC executive position:** Vice-president of membership engagement services

**Favourite piece of equipment when teaching:** My own body!

**Favourite warm-up game:** Seven passes (keep away). This simple game can be played in small groups. The rules and equipment can be modified easily. For example, players can take three steps with the ball, players aren't allowed to move with the ball, or players must get seven passes and then pass the ball in the end zone or throw it off the wall and catch it. You can play with a rugby ball, a handball, a chicken, a soccer ball and so on. It is a great warm-up game for any type of invasion activity.

**Teaching tip:** Get involved with your PE community. Attend professional development whenever possible in and outside of our province and outside of our country. Stay inspired and learn from the experts in our field. We are never too old to learn new tips and strategies.

Life's a journey; let it be full of things that make you happy!



*Megan Brain and family*

## Name: Zach Hay

**HPEC executive position:** Southwest regional representative

**Favourite piece of equipment when teaching:** Fingers to whistle

**Favourite warm-up game:** Shuttle run with music. The simple set-up and ability to accommodate many students makes this drill my favourite for warm-ups. In addition, students enjoy the music and the suspense of whether or not they are going to be stuck in the middle to do a "gift of fitness." It is a great opportunity to practise many important fundamental movement patterns.

**Teaching tip:** Never stop learning, and collaborate with likeminded people.



*Zach Hay*

## Name: Jonathan Dick

**HPEC executive position:** Southwest regional representative

**Favourite piece of equipment when teaching:** Soft-V training volleyballs

**Favourite warm-up game:** All variations of tag

**Teaching tip:** Being flexible is key, especially teaching phys ed. Things change quickly and sometimes you just have to go with it.

Life's a journey; let it be fun and exciting!



*Jonathan Dick*



## Name: Anne Murphy

**HPEC executive position:** Greater Calgary regional representative

**Favourite piece of equipment when teaching:** My own body

**Favourite warm-up game:** Porcupines. This is a rock paper scissors challenge played with clothespins. Make four teams. Each team chooses a “porcupine” who will be at the opposite end of the playing area. The first person in line plays rock paper scissors with the first person from another team. The winner runs to get a clothespin (porcupine quill) and then runs down to give it to his or her porcupine (this person can hold the clothespin or attach it to his or her clothing). The loser of the challenge goes to the end of his or her team’s line. At the end of a predetermined amount of time, the team’s porcupine with the most “quills” wins that round.

**Teaching tip:** Try new things. Be adventurous and willing to attempt new activities or ideas in your classes.

Life’s a journey; let it be awesome!



*Anne Murphy*

## Name: Emily Gauthier

**HPEC executive position:** Calgary regional representative

**Favourite piece of equipment when teaching:** Rubber animals

**Favourite warm-up game:** Flickerball

**Teaching tip:** Get a whistle!

Life’s a journey; let it be fun!

## Name: Jonathan Mauro

**HPEC executive position:** Central (Red Deer) regional representative and 2019 conference cochair

**Favourite piece of equipment when teaching:** The outdoors

**Favourite warm-up game:** Tennis ball football/rock paper scissors (using tennis balls instead of soccer balls). See [www.youtube.com/watch?v=w7-zB-zCDY4](https://www.youtube.com/watch?v=w7-zB-zCDY4).

**Teaching tip:** Enjoy what you do and whom you are with. Be happy and build relationships first.

Life’s a journey; let it be joyful!



*Jonathan Mauro and family*

## Name: Jami Danko

**HPEC executive position:** Greater Edmonton regional representative

**Favourite piece of equipment when teaching:** Music

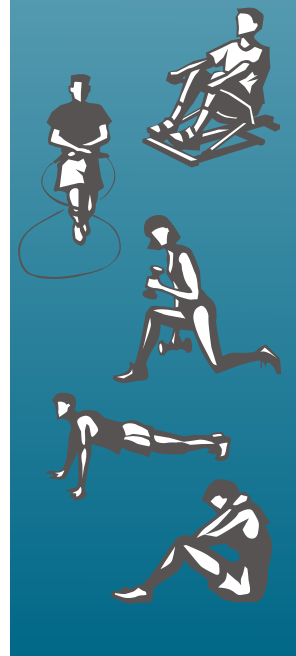
**Favourite warm-up game:** Real-life rock paper scissors. Two teams face off in the middle of the gymnasium, with a countdown led by the teacher. When the teacher says, shoot (rock paper scissors, shoot) the teams show their action of choice. Rock (crouch down low), paper (stand up with arms and legs spread out), scissors (arms crossed above head). The winning team chases the losing team. If a player is tagged, the player joins the opposing team, and it continues until no players remain on one team (or until the designated amount of time is over).

**Teaching tip:** Be a lifelong learner and role model for the area of physical education. Attend PDs, seek out new ideas from colleagues and stay physically active yourself.

Life’s a journey; let it be fun!



*Jami Danko*



## Name: Gregg Brain

**HPEC executive position:** Edmonton regional representative

**Favourite piece of equipment when teaching:** Music

**Favourite warm-up game:** Rock paper scissors, math-infused games (adding, multiplication and so on), using decks of cards (exercise) and sometimes I give the students pieces of equipment and challenge them to come up with an innovative way to use them or a creative game that hasn't been done before!

**Teaching tip:** Learn from the students: "What can you do?" Invest in your students (read what they read, listen to what they listen to, talk about their interests).



*Gregg Brain and Megan Brain*

## Name: Heather Rootsart

**HPEC executive position:** Edmonton regional representative

**Favourite piece of equipment when teaching:** Music

**Favourite warm-up game:** This is not a game, but challenging students to move any other way(s) besides running or walking is always fun.

**Teaching tip:** Let your students "in"! It's OK and important for them to see you make mistakes, because that is how we all learn and what makes us human! And be kind!

Life's a journey; let it be full of fun and laughter.



*Heather Rootsart*

## Name: Michael Hargas

**HPEC executive position:** Central West regional representative

**Favourite piece of equipment when teaching:** My stereo

**Favourite warm-up game:** Taps. You use one ball with two teams. One team tries to complete five passes in a row to score a point. If a pass is intercepted or the ball is dropped, the other team gets the ball.

**Teaching tip:** Always stay positive and make time for yourself! Healthy you means a healthy class!

Life's a journey; let it be full of mistakes.



*Michael Hargas*

## Name: Lea Bamsey

**HPEC executive position:** Central West regional representative

**Favourite piece of equipment when teaching:** Pinnies. I love to join the students when they play, and I can never remember who is on my team. I can use pinnies for tails, to mark trails and to set boundaries when I forget my cones in the gym. I can use pinnies for pretty much anything.

**Favourite warm-up game:** Tic-tac-toe. See [www.youtube.com/watch?v=IRDp5HcZyVA](http://www.youtube.com/watch?v=IRDp5HcZyVA).

**Teaching tip:** Participate with your students.

Life's a journey; let it be a challenge.



*Lea Bamsey*



## Name: Tessa Dagenais

**HPEC executive position:** North East regional representative

**Favourite warm-up game:** Builders and bulldozers. Split the class into two teams. Spread out circular disc cones all over the gym floor, half upside down and half upright. Students on one team are the builders; they flip the cones upright. Students on the other team are the bulldozers; they flip the cones upside down. When you say start, both teams must run around the gym either flipping the cones upright or upside down. Stop the teams after a minute or so, and count the cones to see which team flipped the most. Next, mix it up and have the teams flip the cones with different parts of their bodies. Switch the teams from bulldozers to builders as well.

**Teaching tip:** Get on social media and follow other PE teachers! I'm the only PE teacher at my school, and discovering the massive world online of shared resources and new ideas among PE teachers worldwide really inspires and motivates me to keep learning!

Life's a journey; let it be full of energy and fun!



*Tessa Dagenais*

## Name: Nick Brown

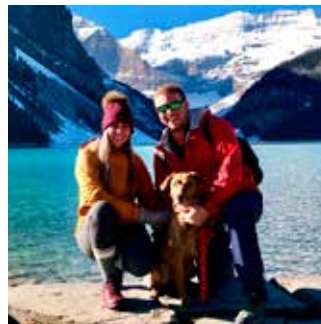
**HPEC executive position:** North East regional representative

**Favourite piece of equipment when teaching:** Hula hoops

**Favourite warm-up game:** Fundamental tag: Place fundamental warm-up cards on the board. Select two to five students to be taggers, and give them a red ball. Students will all start running. When they are tagged (touched by the red ball; students are not allowed to throw the ball), they change their locomotion to the FMS card that is top on the list. When they are tagged again, they move down to the next locomotion. Game is over when everyone is doing the last FMS card on the board.

**Teaching tip:** Progressions never happen without regressions.

Life's a journey; let it be a long one! Stay active, healthy and happy!



*Nick Brown and family*

## Name: Katey Scully

**HPEC executive position:** Northwest regional representative

**Favourite piece of equipment when teaching:** Wireless microphone headset

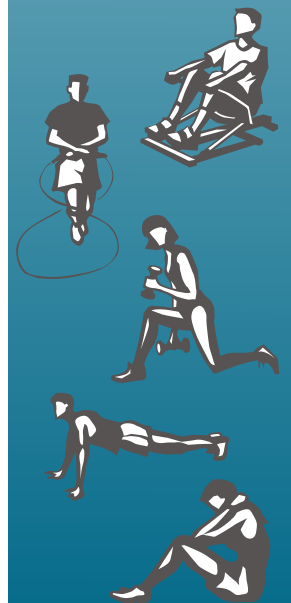
**Favourite warm-up game:** I love the buffalo game. We play with pool noodles and throw them like spears at the herd of buffalo kids who run across the gym. When you are hit with a noodle, you become a buffalo hunter. I usually tell stories pertaining to Head-Smashed-In Buffalo Jump and relate the game to what happened to the buffalo as more and more explorers began to hunt the buffalo.

**Best piece of teaching advice:** If you are a coffee drinker, get yourself a good stainless steel mug with no plastic. You will set it down somewhere in your travels and find it a week later. If it is stainless steel, you can wash and go. If it is plastic, you will never get that nasty taste out.

Life is a journey; let it be full of unexpected miracles.



*Katey Scully and family*



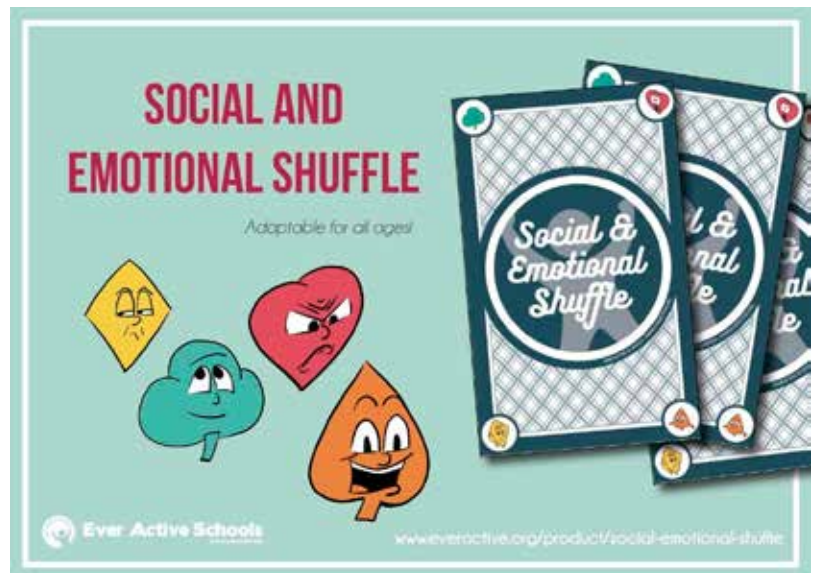
# Ever Active Schools: Social and Emotional Shuffle

These Social and Emotional Shuffle cards are designed to support social and emotional learning (SEL) in the classroom and beyond. The activities, promoting questions and sparking conversations, can be incorporated throughout the year to help students develop their social and emotional competencies in active and engaging ways. As students develop the ability to name, describe and express emotions, as well as recognize these emotions in others, they strengthen all five of their SEL competencies: self-awareness, self-management, social awareness, responsible decision making and relationship skills (CASEL 2017). This resource can be adapted to be

used with early, middle and later years students.

## Reference

Collaborative for Academic, Social, and Emotional Learning (CASEL). 2017. "Framework for Systemic Social and Emotional Learning." CASEL website. <https://casel.org/core-competencies/> (accessed February 25, 2019).



## Alberta Teacher Educators in Physical and Health Education

Lauren Sulz, an assistant professor in the Department of Secondary Education at the University of Alberta, was named PHE Canada Research Council Researcher of the Month in December 2018.

Congratulations go out to Lauren Sulz for this honour. Please visit the PHE Canada's Research Council's website to read more about Lauren Sulz's work in the area of health and physical education: <https://phecanada.ca/connecting/research-council/researcher-month>.





# ATA Library

I recently borrowed a book from the ATA library, and I would like to share my thoughts on the process and the book.

The ATA library at Barnett House in Edmonton is free to ATA members. Thousands of titles are stored in the library, and although you can go there to sign out books as you do at your community library, the ATA library is actually accessible to all, regardless of your location.

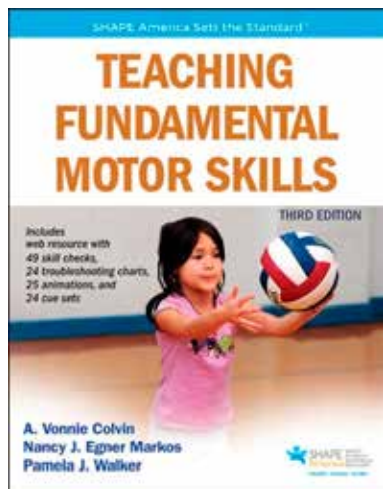
First, you need to sign up for an ATA library account. If you already have an ATA online account, then you are already set up. If not, instructions for how to create an ATA library account can be found here: [www.teachers.ab.ca/SiteCollectionDocuments/ATA/For%20Members/Programs-and-Services/ATA%20Library/CreateAccount.pdf](http://www.teachers.ab.ca/SiteCollectionDocuments/ATA/For%20Members/Programs-and-Services/ATA%20Library/CreateAccount.pdf).

After you have signed up, you can begin browsing the catalogue. Here are some quick numbers based on subject searches in the catalogue:

- Physical education yielded 194 results.
- Health yielded 355 results.
- Coaching yielded 46 results.

The ATA library is always adding to its collection, and recently the ATA has started to highlight new titles on its Twitter feed. I highly recommend checking it out: @albertateachers #ATALibrary.

Once you have found a title that you would like to borrow, send a request to the ATA. If the title is in stock, they will send it to you right away. If not, you will



be placed on the hold list, and they will send the title to you when the previous user returns it.

Books and videos are loaned by mail (with return postage prepaid) for a period of one month. Instructions for how to request an item can be found here: [www.teachers.ab.ca/SiteCollectionDocuments/ATA/For%20Members/Programs-and-Services/ATA%20Library/RequestItems.pdf](http://www.teachers.ab.ca/SiteCollectionDocuments/ATA/For%20Members/Programs-and-Services/ATA%20Library/RequestItems.pdf).

If you have any questions regarding the ATA library, you can reach them at [library@ata.ab.ca](mailto:library@ata.ab.ca); phone 780-447-9400 (in Edmonton) or 1-800-232-7208 (elsewhere in Alberta.)

## Book Review

*Teaching Fundamental Motor Skills*, 3rd ed, by A V Colvin, N J Markos and P J Walker. 2016. Champaign, Ill: Human Kinetics.

A lot of books focus on which motor skills should be taught to elementary school children, but few focus on how to teach those skills. *Teaching Fundamental Motor Skills, Third Edition*, steps into that gap and provides expert instruction on both, serving as a foundation for successful movement experiences for children. The book will help you guide your students in mastering the critical elements of 8 locomotor and 17 manipulative skills. The approach offers a perfect balance between sound pedagogy and fun activities that will engage your students and keep them learning.



This book is easy to use and easy to apply as a physical educator. The authors give a detailed overview of each fundamental motor skill and the skill progression for each.

Each chapter includes the following:

- An introduction, which includes a suggested age at which the skill or a portion of the skill should be mastered and, where appropriate, where the skill aligns with the National Standards and Grade-Level Outcomes (Based on SHAPE America)
- Four to six critical elements that are necessary for the skill to be performed correctly
- Cue words to help students remember each critical element
- Partner skill-check assessments that help partners evaluate each other's progress
- Success builders to help students correct problems
- Activities for practising the entire skill at once
- Troubleshooting charts for identifying problem areas
- Lesson plans that guide you through the instructional sequence

This book is an ideal resource for the elementary educator; however, it would be a good addition for any physical educator who is interested in the biomechanical development of the skills.

*Kim Bates, Treasurer*

## Friends of HPEC

HPEC established the Don Williams Special Project Fund in 1991 in honour of Don Williams's retirement. At Don's request, in 1996 the name formally changed to Friends of HPEC to honour the retirement of his long-time friend LeRoy Pelletier and the contributions of many other HPEC members. The purpose of the Friends of HPEC grant is to provide financial support for up to two grants of \$500 each year to assist with work on projects that will promote the teaching of health and physical education in Alberta schools. Application forms for this grant are available on [www.hpec.ab.ca](http://www.hpec.ab.ca).

To make a donation to the Friends of HPEC Professional Development Fund, please contact [pastpresident@hpec.ab.ca](mailto:pastpresident@hpec.ab.ca). Your donation may be in any amount and may be given in honour or in memory of a colleague in our profession if you wish.



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The Alberta Teachers' Association (ATA) requires consent to publish personal information about an individual. *Personal information* is defined as anything that identifies an individual in the context of the collection: for example, a photograph and/ or captions, an audio or video file, artwork.

Some schools obtain blanket consent under FOIP, the *Freedom of Information and Protection of Privacy Act*. However, PIPA and FOIP are **not** interchangeable. They fulfill different legislative goals. PIPA is the private sector act that governs the Association's collection, use and disclosure of personal information.

If you can use the image or information to identify a person in context (for example, a specific school, or a specific event), then it's personal information and you need consent to collect, use or disclose (publish) it.

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Notify the ATA privacy officer immediately of **any** incident that involves the loss of or unauthorized use or disclosure of personal information, by calling Barnett House at 780-447-9400 or 1-800-232-7208. Maggie Shane, the ATA's privacy officer, is your resource for privacy compliance support.

780-447-9429 (direct)

780-699-9311 (cell, available anytime)



The Alberta Teachers' Association

## Consent for Collection, Use and Disclosure of Personal Information

Name: \_\_\_\_\_ (Please print)

I am giving consent for myself.       I am giving consent for my child or ward.

Name: \_\_\_\_\_ (Please print)

By signing below, I am consenting to The Alberta Teachers' Association collecting, using and disclosing personal information identifying me or my child or ward (identified above) in print and/or online publications and on websites available to the public, including social media. By way of example, personal information may include, but is not limited to, name, photographs, audio/video recordings, artwork, writings or quotations.

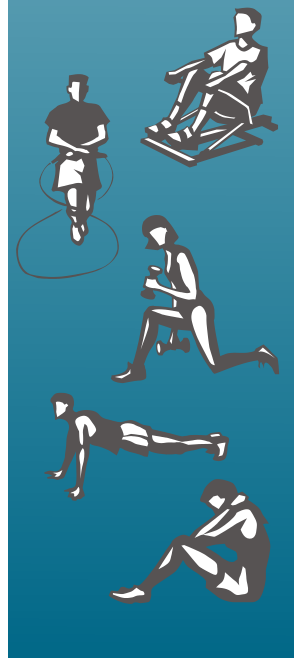
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Signed: \_\_\_\_\_

Print name: \_\_\_\_\_ Today's date: \_\_\_\_\_

For more information on the ATA's privacy policy, visit [www.teachers.ab.ca](http://www.teachers.ab.ca).



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A complete list of the HPEC executive is available at [www.hpec.ab.ca/current-hpec-executive](http://www.hpec.ab.ca/current-hpec-executive).

## Stay Connected with HPEC



HPEC is active on social media and frequently shares HPE information through its Facebook and Twitter accounts.



Recently HPEC has improved and updated its blog—please check it out at <http://albertahpec.blogspot.ca/>.



Please follow HPEC on Twitter @albertaHPEC and like HPEC on Facebook.

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