



HPEC 2019 | Life is a Journey, Let it Be Active | Red Deer

PROGRAM AT A GLANCE

Subject to Change

Thursday, May 9, 2019		
11:00 am- 12:00 pm	Pre-Conference Registration <i>* Additional to Main Conference Registration*</i> Location: GW Harris Main Building	
HPEC 2019 Pre-Conference Sessions		
12:00 pm- 4:00 pm	1) Building Intentional Connections Alberta Health Services Location: GWH162	
	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%; text-align: center;"> 2) Volleyball Talbot Walton Location: RDC Old Main Gym </td> <td style="width: 50%; text-align: center;"> 3) Track & Field Elisha O'Lain Location: RDC Outside & KS Gym </td> </tr> </table>	2) Volleyball Talbot Walton Location: RDC Old Main Gym
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HPEC 2019 Conference		
4:00 pm - 8:00 pm	HPEC Conference Registration Location: GW Harris Main Building	
HPEC Past Presidents Reception		
7:00 pm- 12:00 am	HPEC Past Presidents Reception <i>Come to Celebrate our Past HPEC Leaders</i> <i>*Included in Conference Registration*</i> Location: GW Harris Main Building 2nd Floor Bridge	

Friday, May 10, 2019

Active Living Sessions

7:00 am - 7:45 am	AMA Youth Run Club <i>Location: Meet at Registration Table</i>	Yoga <i>Location: GWH 174 Studio</i>	RYDE spin class *minimum 18 people* <i>Location: RYDE Studio</i> <i>49 St, Red Deer, AB T4N 1T6</i>
8:00 am - 8:55 am	Conference Registration <i>Location: GW Harris Main Building</i>		

Session A

9:00 am - 10:45 am	Session A Opening Ceremonies, HPEC & PHE Canada Awards & Opening Keynote Hal & Joanne McLeod <i>Location: GWH HPG (High-Performance Gymnasium)</i>			
11:00 am - 5:00 pm	Exhibitor Marketplace <i>Location: GW Harris Main Building, Great Hall</i>			
10:45 am - 11:15 am	Nutritional Break <i>* Snack Included with Conference Registration*</i> <i>Location: GW Harris Main Building 2nd Floor Bridge</i>			

Session B: Concurrent Conference Sessions

	Classroom GWH 162	Classroom GWH 167	Classroom GWH 209	Classroom GWH 173	Classroom GWH 178
11:15 am - 12:15 pm	Parkland School Division- Our journey into nature-based play and learning Tracey Gilmour, Parkland School Division *Indoors and Outdoors	BOKS Bursts- Keeping Your Students Active Throughout the Day Shannon MacMillan, BOKS	FMS Assessment Simplified Glenn Young	MIND FITNESS Breaks: Quick Techniques to Create a Calm, Focused & Fit Classroom Susan Agrios, Agrios Mindfitness	Using the Physical Literacy Observational Tool (PLOT) to assess growth in the Pre-Kindergarten Classroom Jacqueline Koval, Alyson Moring & Jennifer Yaroslowsky
	Classroom GWH 208	Gymnasium GWH 140 A	Gymnasium GWH 140 B	Movement Studio GWH 174	
	Lacrosse Dynamics in Education Nicholas Brown, Alberta Lacrosse Association	Games and Activities to Optimize Self-Regulation Ever Active Schools	Survivor! A Cooperative Games Unit Kendra Eliuk, Edmonton Public Schools	A New Standard for Warming Up! Deborah Menard, Be Fit For Life- Portage College	

12:15 pm - 1:30 pm	Exhibitor Marketplace & Bagged Lunch <i>* Lunch Included with Conference Registration*</i>			
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Location: GW Harris Main Building 2nd Floor Bridge

12:30 pm -
1:30 pm

HPEC Annual General Meeting

* HPEC members welcome, please attend*

Location: GWH 162

Session C: Concurrent Conference Sessions

	Classroom GWH 162	Classroom GWH 167	Classroom GWH 209	Classroom GWH 173	Classroom GWH 178
1:30 pm - 2:30 pm	Cannabis; Information for Educators Gail Foreman, Alberta Health Services	Sex Ed: How to Answer Student Questions Nicole Inglis, Alberta Health Services	Getting off the Mental Health Rollercoaster: From Health Champion to Healthy Champion Astrid Kendrick, University of Calgary	PRISM- Professionals Respecting Individual Sexual and Gender Minorities Alberta Teachers Association	Nutrition for Active Youth: NEW Resources for Coaches Harrison Blizzard, Alberta Health Services
	Classroom GWH 208	Gymnasium GWH 140 A	Gymnasium GWH 140 B	Movement Studio GWH 174	
	MHL + 4thR = A Recipe for Teaching Mental Health Erin Luong, CCSD	The Student-Directed Classroom: An Experiential Learning Experience Court Rustemeyer, Vincent Massey School	First Steps: An introduction to First Nations hand drumming Glenn MacLeod	Promoting Lifelong Participation in Students with Developmental Coordination Disorder Holly Dushow, Sylvia Schell, Kayla Roth & Delanie Allen, Alberta Health Services	

2:30 pm -
3:00 pm

Nutritional Break

* Snack Included with Conference Registration*

Location: GW Harris Main Building 2nd Floor Bridge

Session D: Concurrent Conference Sessions

	Classroom GWH162	Classroom GWH167	Classroom GWH209	Classroom GWH173	Classroom GWH178
3:00 pm - 4:00pm	Inclusive PE for All: Strategies to foster meaningful participation for ALL students Jennifer Leo, The Steadward Centre for Personal and Physical Achievement	Orange Marks the Spot- Outdoor Adventure Deborah Menard, Be Fit For Life- Portage College *Outdoors	How to Make Your HIT a HIT! Glenn Young	Loose Parts Play Ever Active Schools	Indigenous Ways of Knowing: Walking in our Footsteps Alberta Teachers Association
	Classroom GWH208	Gymnasium GWH 140 A	Gymnasium GWH 140 B	Movement Studio GWH 174	
	KAOS X SPORT (Chaos Cross Sport) Tim Stewart, Buck Mountain	In-Line Skating tricks of the trade Alien In-Line	Executive Functioning Through Physically Active Play Dr. John Byl, GOPHER	Superheros of Physical Literacy Dance Party Matt Leung & Susan Shearer, DANCEPL3Y	

Conference Social | Let's Play Eh?

5:30 pm - 6:30 pm	Cocktails & Active Festivities Active Games *ATM on Site* <i>Location: Canyon Ski Hill</i>	Social Shuttles Pick-up <ul style="list-style-type: none"> ● 4:45 @ RDC, then pick up @ Cambridge ● 5:30 @ RDC, then pick up @ Cambridge ● 6:15 @ RDC, then pick up @ Cambridge Return <ul style="list-style-type: none"> ● 10:30 pm, drop off at Cambridge then RDC ● 11:30 pm, drop off at Cambridge then RDC. ● 12:30 am drop off at Cambridge then RDC ● 1:45 am drop off at Cambridge then RDC
6:30 pm - 1:00 am	Conference Social Dinner & Dance *One Social Ticket Included with Conference Registration*	

Saturday, May 11, 2019

Active Living Sessions

7:00 am - 7:45 am	Fitness Class <i>Location: GWH High-Performance Gymnasium</i>	Yoga <i>Location: GWH 174 Studio</i>
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Session E: Concurrent Conference Sessions

	Classroom GWH162	Classroom GWH167	Classroom GWH209	Classroom GWH173	Classroom GWH178
8:30 am- 9:30 am	The Power of Play: Engaging Learners of All Ages Alberta Teachers Association	HALL 2.0 Initiative: Policy to Practice Ted Temertzoglou & Ever Active Schools	Outdoor Exploration Danielle Fortin, Pursuit Adventures	Chair Yoga for the Classroom Donna Freeman, Yoga in my School	Purposeful PE in Practice Elisha O'Lain, Marshall Springs School
	Classroom GWH208	Gymnasium GWH 140 A	Gymnasium GWH 140 B	Movement Studio GWH 174	
	Rookie Rugby Peter Houlihan, Alberta Junior Rugby Association *Outdoors	Hoops and Hoopla Andy Raithby, CIRA Ontario	Mirror, mirror on the wall...reflecting on inclusion so we don't drop the ball Hayley Morrison, University of Alberta	HPEC Smorgasbord HPEC Regional Representative	
9:30 am- 10:00 am	Nutritional Break * Snack Included with Conference Registration* Location: GW Harris Main Building 2nd Floor Bridge				
10:00 am- 1:00 pm	Exhibitor Marketplace Location: GW Harris Main Building, Great Hall				

Session F: Concurrent Conference Sessions

10:00 am- 11:00 am	Classroom GWH162	Classroom GWH167	Classroom GWH209	Classroom GWH173	Classroom GWH178	
	Incorporating Mental Skills/Resiliency into your day Danielle Fortin, Pursuit Adventures	POWER of PLAY- Fundamentals of Fitness, Dance & Games Deborah Menard, Be Fit For Life- Portage College	TGFU slo-pitch focused (fielding) activities Megan and Greg Brain *Outdoors	Emotion-Focused School Support: A quick intervention for dealing with challenging emotions Sue Huff	Come help share the Safety Guidelines for Physical Activity in Schools Kathy Belton, Injury Prevention Centre School of Public Health, University of Alberta	
	Classroom GWH208	Gymnasium GWH 140 A	Gymnasium GWH 140 B	Movement Studio GWH 174		
	Dance Decoded- Life Beyond the Chicken Dance Erin Post, Certified AFLCA Fitness Instructor	Omnikin Games for Younger Participants Paolo Zambito, Kin-Ball Canada	Hurley Wherly Paul Bourgoin, Ecole des Beaux-Lacs	Let's Focus on FUN and Take a PLAYful Approach to Physical Education K-6 Jodi Harding-Kuriger		

11:00 am- 11:30 am	Nutritional Break <i>* Snack Included with Conference Registration*</i> <i>Location: GW Harris Main Building 2nd Floor Bridge</i>
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Session G: Concurrent Conference Sessions

11:30 am- 12:30 pm	Classroom GWH162	Classroom GWH167	Classroom GWH209	Classroom GWH173	Classroom GWH178	
	Enhancing and maintaining school sport Jonathan Mauro	Get Them Moving, Learning & Loving It! PE 7-12 Jodi Harding-Kuriger	Part 2 TGFU Slo-pitch Greg and Megan Brain *Outdoors	Exclusion By Numbers: Developing Empathy and Inclusion in Physical Education through Games and Play Rebecca Rubuliak, Ever Active Schools, Be Fit For Life	Enriching Secondary Physical Education with Social Media- #active365 and Results of a Thesis Lisa Taylor	
	Classroom GWH208	Gymnasium GWH 140 A	Gymnasium GWH 140 B	Movement Studio GWH 174		
	The Duke of Ed Award – Fulfilling Your Potential Diana Cretu, The Duke of Edinburgh's International Award	Active and Cooperative Games: Large Omnikin Products Paolo Zambito, Kin-Ball Canada	Using Innovative Equipment to Learn Striking/Fielding Games Dr. John Byl, GOPHER	My Favourites Andy Rithby, CIRA Ontario		

Conference Closing

12:30 pm	Conference Closing & Bagged Lunch <i>* Lunch Included with Conference Registration*</i> <i>Location: GW Harris Main Building 2nd Floor Bridge</i>
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