

Working Document (January 8) for CIRA Ontario, April 28, 2018, Workshops

	9:00-9:50	10:00-10:50		11:10-12:00		1:00-1:50	2:00-2:50
Gymnasium	Fitness Challenge *Ted Temertzoglou Intramural	Flipping Your Gymnasium *Ted Temertzoglou	B R	Paddle Zlam *Monica Moran	L U	Kin-Ball *Kin-Ball	Poison Ball *Kin-Ball
Great Room	Moving Mindfulness *Michelle Hillier	5, 6, 7, 8 *Michelle Hillier	E A K	Integrating Movement & Numeracy *Amy Tepperman	N C H	Making Math Meaningful in the Gymnasium *Dave Goode & Tim Scott	Developing Physical Literacy Through Dance *Carolyn Trepanier
Auditorium	Gamifying Movement *Katie Ansell	50 Games with 50 Tennis Balls *Kirstin Schwass	& E X	Racquet Sports *Robert Matheson	& E X	These are a Few of My Favourite Games *Wig Baldauf	DPA the CIRA Way *Chris Wilson & Monica Moran
Room 15	New Gopher Games *John Byl	FREE physical activity programs for elementary school children *Alison Edwards	H I B I	Spikeball? *Skyler	H I B I	Cross-Fit Challenge *Mary Neal	Mobile Apps & Fitness *Danica Vidotto
Mezzanine	Round Table on Intramurals *Andy Raithby & David Inglis	Intramurals *Ophea	T	Rick Hanson Foundation *Dawn Campbell	T	Pillars of Physical Literacy * Gord Zubyck	

Descriptions:

Katie Ansell
Gamifying Movement
Kids love games and with a little creativity you can 'gamify' just about anything to keep movement fun. We will explore tips and tricks for gamifying fundamental movement skills, fitness activities, and movements from Canada Sport for Life's Movement Preparation Guide. Activities can be used for all ages but are best suited for K-6.

Wig Baldauf
These are a Few of my favourite Games
Having been involved with CIRA over the years, producing over thirty outstanding resources that were written for Teachers by Teachers, making them very user friendly, tried and tested, there have been a number that I particularly enjoy. All the resources are designed to promote maximum fun and participation. This workshop will provide the participant with a hand pick selection of activities that I consider to be my favourites from a variety of the CIRA resources. Each participant will be leaving the session with activities they can incorporate into their programs immediately.

John Byl
New Gopher Games
Innovative equipment used to create games sure to engage all students in fun, active, and educational movement.

Dawn Campbell
Rick Hansen Foundation- Inspire, Engage, Include: Rick Hansen School Program Activities for Building Confidence, Character and School-wide Inclusion
Walk away with ready-made lessons. Free resources raise students' understanding of the potential of people with disabilities, and empower students to become difference makers in their school and community. They support a culture of inclusion, where all students accept differences and are best positioned to succeed. Come find out how these free resources are aligned with ON curriculum.

Alison Edwards
FREE physical activity programs for elementary school children
This interactive workshop will provide educators, administrators and advocates with the opportunity to engage in BOKS (Build our Kids' Success), a FREE before-school physical activity program designed to get elementary children moving in the morning and their brains ready for a day of learning. Sponsored by The Public Health Agency of Canada, Reebok and the CFL, BOKS offers a turn-key curriculum.

Dave Goode and Tim Scott
Making Math Meaningful in the Gym

The workshop will focus on implementing math into large group games. Various target and manipulation skills games will be introduced at both the primary/junior level and intermediate level with specific math curriculum expectations tied into the game. The goal is to create fun active games that reinforcing and consolidate learning in both math and Physical Education.

Michelle Hillier

Moving Mindfulness for Overall Well-Being using The Groove

In this experiential session, teachers will learn how to create mindful moments in their classrooms using The Groove Method®. "Mindfulness refers to being to intentionally being present in the moment with acceptance and non-judgment." See how The Groove can allow your students to reduce stress & anxiety, become aware of their internal emotions and build a safe community amongst others. Using inspiring music, simple kinesthetic moves & activities, creativity and self-awareness, The Groove can be integrated at anytime in your teaching practice. When you Groove, "You Can't Get it Wrong!"

Michelle Hillier

5,6,7,8.....no way! A NEW Student-Centred Approach to Teaching Dance & Movement

Kids LOVE to DANCE! Experience a revolutionary approach to teaching dance and creative movement to your students. Experience a new way to look at dance education with a pedagogical focus on simplicity, creativity and student-centred teaching. Participants will be introduced to strategies for motivating students to develop creative and unique movements in the context of a HPE or Dance setting using the elements of dance and fundamental movements skills. Explore dance styles and music from around the world (Hip Hop, African, Bollywood and more!)

Kin-Ball Canada / Omnikin

Poison Ball

A brand new game to become the sole survivor or the last team on the court! That means, eventually you have to get everyone poisoned to win. We have to engage all students actively and promote physical activity through in a dynamic game. Develop student game, presence and decision-making ability while being physically active.

Kin-Ball Canada / Omnikin

Kin-Ball

KIN-BALL® sport is played with 3 teams and a very light 4-feet 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.

Robert Matheson

Racquet Sports

Mary Neal, Peel District School Board
How to empower students to build community and world connections through student-led physical activity challenges
See how you can empower your student leaders to promote healthy living and build community connections through the creation of a cross-fit challenge video. Mary Neal will share her experiences in connecting students to other schools around the world who all took part in a 5 week challenge. Learn how you can use the videos as a resource for DPA in the classroom. Apply your skills to create your own cross-fit challenge video and be inspired to start your own school community cross-fit challenge.

Ophea
Intramurals
This workshop will focus on inclusive strategies to involve all students in physical activity and sport. We will explore effective student leadership practices, as well as a variety of successful intramural models, appropriate games, activities and supervision approaches. Raise the Bar can support you to develop, implement and sustain a quality intramural program.

Andy Raitby and David Inglis
Intramural Round Table
Participants will engage in a lively discussion on the merits and benefits of intramural programming. We'll discuss inclusive and creative ideas to generate excitement in your school. Please come with your ideas and be ready to share.

Ted Temertzoglou
Intramural Fitness Challenges
Join us as we learn how fun and engaging fitness games & activities can be used to engage all students. Take your intramural program to the next level by incorporating Fitness challenges, dynamic group games that require little to no (or minimal) equipment. These activities will help improve mental health and contribute to ones physically literacy journey.

Ted Temertzoglou
Flipping Your Gymnasium
Building on UNESCO's Quality Physical Education Policy Document, we will look at how we can reimagine our grade 9 & 10 HPE programs to engage all students. Using the new Healthy Active Living 2.0, we will explore the flipped classroom approach and how it is used to help students set and achieve personal goals. This is an active session, get ready to move.

Amy Tepperman
Topic: Moving EDGEducation: Integrating Movement, Creativity, Confidence and Community with Numeracy and Literacy!
We don't need to convince you that physical activity, creativity & social/emotional learning are a necessary part of life & learning. But how about the rest of your school? Be the champion that makes learning with the BODY, BRAIN & BEING realistic for ALL and receive engaging take-aways that get

students active throughout the day in math & literacy - and effectively incorporate math & literacy into H&PE!
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Carolyn Trepanier

Developing Physical Literacy Through Dance
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Bring your H&PE program to life with dances that develop physical literacy & fundamental movement skills! Forget 5-6- 7-8 or intimidating routines & learn simple moves from a mix of music styles-ie. Hip Hop, Ballroom, Bollywood & sports themes! Discover an instructional style that fosters acceptance & diversity by building self-confidence, maximizing participation & promoting interACTIVE learning!
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Danica Vidotto

Mobile Apps and Fitness

Description of workshop (maximum 400 characters):This workshop is intended to inspire and model health and physical educators to use mobile technology in the classroom. Through stations, educators will have the opportunity to explore different apps that have been curated for fitness classes. The apps emphasize the importance of using technology meaningfully, safely, and engagingly in the gym.

Gord Zubyc

Pillars of Physical Literacy

This workshop will cover the following topics: 1. What is Physical Literacy? 2. Benefits of Physical Literacy 3. Current State of Physical Literacy 4. Four Pillars of Physical Literacy 5. Developing Physical Literacy. Participants will reflect on the opportunities and environment that currently exist in their schools/communities and develop a plan to build upon them.
