



OFSSAA  
**Women's**  
**SPORT SCHOOL**  
**2012**

**SESSION SCHEDULE**

**NOTE: \* indicates classroom sessions**  
**All field sessions have a gym as a rain location**

	Session A	Session B	Session C	Session D	Session E
<b>Thursday, May 3rd</b>					
9:00 - 9:45 AM	<b>LEADERSHIP AND TEAM BUILDING- John Byl Gymnasium</b>				
10:00 - 11:00 AM	<b>1 - Conflict Resolution or Influencing Change CAAWS*</b> Classroom	<b>2- Teaching Engagement for Understanding*</b> Classroom	<b>3 - Mental Health*</b> Classroom	<b>4- Bullying &amp; Sensitive Issues*</b> Classroom	
11:15 AM -12:45 PM	<b>5- Zumba</b> Dance Studio	<b>6 -Body Weight Foundations</b> Field/Rain- Gym	<b>7 - Battling Ropes</b> Field/ Rain- Gym	<b>8 - Intro to Floorball</b> Gym	<b>9 - Low Organized Games</b> Gym
12:45 - 1:30 PM	<b>Lunch</b>				
1:45 - 2:45 PM	<b>10 - Conflict Resolution or Influencing Change CAAWS*</b> Classroom	<b>11- Teaching Engagement for Understanding*</b> Classroom	<b>12 - Mental Health*</b> Classroom	<b>13- Bullying &amp; Sensitive Issues*</b> Classroom	
3:00 - 4:30 PM	<b>14-Bells and Balls</b> Dance Studio	<b>15 - ParaSport Activities for Your Class</b> Gym	<b>16 - Tabata Style Training</b> Field/Rain - Gym	<b>17 - Gaelic Football</b> Field/Rain - Gym	<b>18 - Low Organized Games</b> Gym
4:30 - 5:45 PM	<b>Sport and Social Time</b>				
6:00 - 9:00 PM	<b>Welcome Dinner &amp; Tradeshow</b>				
9:00 PM - 1:00 AM	<b>Social &amp; Dance Party -with DJ Stevie B</b>				
<b>Friday, May 4th</b>					
7:30 - 8:20 AM	<b>Breakfast/Check-out</b>				
8:20- 9:15 AM	<b>Award Presentation &amp; Keynote Speaker</b>				
9:30 - 11:00 AM	<b>19 - Bringing &amp; Keeping Outdoor Ed in Your School*</b> Classroom/outside	<b>20 - Tchoukball</b> Gym	<b>21 -Yoga in the Classroom</b> Dance Studio	<b>22 - "FUN"-damental Movement: lessons &amp; practices</b> Gym	<b>23 - Field Hockey: lessons &amp; drills</b> Field/Rain - Gym
11:15 AM-12:45 PM	<b>24 –TRX-Training</b> Gym	<b>25 - Classroom Conditioning</b> Gym	<b>26 -Yoga in the Classroom</b> Dance Studio	<b>27 - Soccer: lessons &amp; modified games</b> Field/Rain - Gym	<b>28 -Teaching the Badminton Essentials</b> Gym
12:45 - 1:30 PM	<b>Lunch</b>				
1:45 - 3:15 PM	<b>29 –TRX-Training</b> Gym	<b>30 – Aerobic Gymnastics</b> Gym	<b>31 – Volleyball for Phys. Ed. Class</b> Gym	<b>32 - Rugby for Phys. Ed. Class</b> Field/Rain - Gym	