



SESSION SUMMARY DESCRIPTIONS

DAY 1- May 3, 2012

Day 1- Workshop 1 (10:00 - 11:00 a.m.) Classroom Format

Session A-1- Conflict Resolution or Influencing Change

Presenter: CAAWS (topic & presenter TBD)

Conflict Resolution - Provides tips and practical steps to resolve conflict at work and home. Learn best practices for successful problem solving. Think strategically about the best approach for different conflict scenarios. Develop a plan to address existing or anticipated conflict.

OR

Influencing Change - The ability to influence is a game-changer. Learn critical steps to influence a situation or change an outcome. Discuss how to be a successful advocate. Identify factors that influence decision makers. Strategize about ways to make meaningful differences in sport and physical activity.

Session B-2 Teaching Engagement for Understanding

Presenter: TBD

This session will explore techniques and resources supporting Teaching Engagement for Understanding. Additional information to be provided.

Session C-3 Mental Health

Presenter: Chris Watling, Public Health Nurse

Being prepared and knowledgeable about mental health can make a difference in the lives of your students. This session will provide information on the resources and services available to youth with mental health issues as well as help teachers prepare a course of action should a situation arise requiring their assistance. Topics for discussion include depression, anxiety, self-injury, addiction, suicide, eating disorders and more.

Session D-4 Bullying & Sensitive Issues

Presenter: TBD

The topic of bullying in schools is currently receiving well-deserved attention, the field is rich with resources for teachers and books and videos for use with students. This session will discuss the support services and resources available on the topic of bullying. It will also provide opportunities for teachers to increase their skills, awareness and understanding related to the social context of racism, sexism and homophobia, role of identity and ways to make a difference.

Day 1- Workshop 2 (11:15 a.m. - 12:45 p.m.) Active Session **(All participants are to be prepared to actively participate in the activity)**

Session A-5 Zumba (Dance)

Presented by: Jo-Anne Ediger

Ditch the workout and Join the Party is one of the mottos of Zumba basic fitness. In addition to the basic fitness, gold and toning songs will be involved to get a flavour of this enjoyable workout or depending upon your point of view, dancing! Strategies to incorporate the program into your classes will be discussed.

Session B-6 Body Weight Foundations

Presented by: David Kittner

The key to effective and functional fitness can be achieved through building a solid foundation of coordination, mobility, flexibility, balance, strength, power, multi-directional speed and agility, and aerobic and anerobic conditioning. Programming bodyweight exercises using Equalizers and Buddy Systems is fun, safe, effective, and challenging. With space and budgets at a premium, body weight training with these versatile tools can be done anywhere, anytime, large classes or small, inside or out.

Session C-7 Battling Ropes

Presented by: Rob Pacas

This presentation will leave you saying WOW! Come and be ready to experience the versatility the battling rope will provide. The battling rope is the latest craze in the fitness industry for a reason. The battling rope is extremely safe, challenging and able to provide modifications for all fitness levels. Whether you are using the ropes as part of a circuit, for strength training or by themselves as the workout, come and experience the Wave!

Session D-8 Intro to Floorball

Presented by: Juha Mikkola & Johanna Kytola

Over 400 schools Ontario-wide have adopted Floorball into their physical education curriculum now it's your time. Floorball is an evolution of floor hockey and is now played by over 2 people worldwide. This session will involve the presentation of the sport of floorball and teach you the rules of the game. Videos will be shown and the basic skills of floorball will be demonstrated. The session will end with a scrimmage game that everyone can participate in.

Session E-9 Low Organized Games

Presented by: John Byl

Low Organized Games are easy ways to get students moving and enjoying physical fitness in your class. Learn firsthand the information you need to integrate icebreakers, games of tag and activities with minimal equipment into your daily lesson plans. The focus on low organization games will provide a fun and active environment for PE students while promoting lifelong participation and health.

Day 1- Workshop 3 (1:45 - 2:45 p.m.) Classroom Format

Session A-10 Conflict Resolution or Influencing Change

Presented by CAAWS, (topic & presenter TBD)

Conflict Resolution - Provides tips and practical steps to resolve conflict at work and home. Learn best practices for successful problem solving. Think strategically about the best approach for different conflict scenarios. Develop a plan to address existing or anticipated conflict.

OR

Influencing Change - The ability to influence is a game-changer. Learn critical steps to influence a situation or change an outcome. Discuss how to be a successful advocate. Identify factors that influence decision makers. Strategize about ways to make meaningful differences in sport and physical activity.

Session B-11 Teaching Engagement for Understanding

Presenter: TBD

This session will explore techniques and resources supporting Teaching Engagement for Understanding. Additional information to be provided.

Session C-12 Mental Health

Presenter: Chris Watling, Public Health Nurse

Being prepared and knowledgeable about mental health can make a difference in the lives of your students. This session will provide information on the resources and services available to youth with mental health issues as well as help teachers prepare a course of action should a situation arise requiring their assistance. Topics for discussion include depression, anxiety, self-injury, addiction, suicide, eating disorders and more.

Session D-13 Bullying & Sensitive Issues

Presenter: TBD

The topic of bullying in schools is currently receiving well-deserved attention, the field is rich with resources for teachers and books and videos for use with students. This session will discuss the support services and resources available on the topic of bullying. It will also provide opportunities for teachers to increase their skills, awareness and understanding related to the social context of racism, sexism and homophobia, role of identity and ways to make a difference.

Day 1- Workshop 4 (3:00 - 4:30 p.m.) Active Sessions **(All participants are to be prepared to actively participate in the activity)**

Session A-14 Bells and Balls

Presenter: David Kittner

This session is dedicated to exercises using all types balls (stability, medicine, etc.) and bells (kettle and dumb bells). Exercises will focus on active movement, balance, flexibility and strength training. Resources will be provided on exercise you can take back to your classroom.

Session B-15 ParaSport- Activities For Your Class

Presenter: ParaSport Ontario

Learn how to adapt physical education programming to include students with physical disabilities as well as able bodied students. This presentation will teach delegates how to create awareness and skill development using ParaSports for all students in your classes. Further, in this session delegates will discuss resources and tools for educators to get students more engaged in ParaSports.

Session C-16 Tabata Style Training

Presenter: Rob Pacas

This workshop will take on a circuit training approach tabata style which will have you working for 20 seconds and rest for 10. Body weight exercises, various styles of tubing, weighted balls, sleds and other fitness accessories will be implemented to show why the tabata style can be used in the gymnasium, as a warm up for your sports teams, or as a Daily Physical Activity classroom activity.

Session D-17 Gaelic Football

Presenter: Stephen Bergin

Looking for something exciting and dynamic to add to your Phys-Ed program? Ireland's National Sport; Gaelic Football uses skills from sports already taught in Physical Education; Rugby, Football, Soccer and Handball. Gaelic Football is a sport for everyone; only requiring equipment you already have in your storage rooms. This is an introductory session with a complete package on teaching Gaelic Football in the gym or on the field.

Session E-18 Low Organized Games

Presented by: John Byl

Low Organized Games are easy ways to get students moving and enjoying physical fitness in your class. Learn firsthand the information you need to integrate icebreakers, games of tag and activities with minimal equipment into your daily lesson plans. The focus on low organization games will provide a fun and active environment for PE students while promoting lifelong participation and health.

DAY 2- May 4, 2012

Day 2- Workshop 5 (9:30 - 11:00 a.m.) Active Session **(All participants are to be prepared to actively participate in the activity)**

Session A-19 Bringing & Keeping Outdoor Ed in Your School

Presenter: Darrell Wright

The general purpose of the session is to outline the steps needed to start up an Outdoor Education program at the high school level. This session will include the following topics; why “Outdoor Ed.”?, initial steps, curricular tie-in, training, funding, planning, safety considerations and Issues in implementation. Discussion will take place on the current challenges outdoor education programs face and opportunity to brainstorm solutions.

Session A-20 Tchoukball

Presenter: Sue McMahon

Canada's newest sport- **Tchoukball** is a team sport played on an indoor court with a 'frame' (a device similar to a trampoline off which the ball bounces) at both ends of the court. Physical contact is prohibited, and defenders may not attempt to intercept the attacking team's passes. Come join us to learn the simple rules & drills of this fast and fun game. Information on how to organize a tournament will also be provided.

Tchoukball will become your students' favorite game in no time! Need a visual? Check out-

<http://www.youtube.com/watch?v=GkVB5biDxI0>.

Session A-21 Yoga in the Classroom

Presenter: Farena Wiggins

Participants will receive practical strategies and resources to aide them when implementing yoga into the Health and Physical Education curriculum. Basic fundamentals of yoga will be covered such as breath control, flexibility, balance, strength and stability. The different types of yoga will be touched upon but, the focus will mainly be on Hatha yoga. A variety of ideas will be identified as to where yoga fits into the HPE curriculum which can include warm-ups, fitness circuits, or a full yoga unit. Participants will leave with a basic understanding of yoga at the introductory level that they can take back and implement in their classes.

Session A-22 “Fun”damental Movement: lessons & practices

Presenter: TBD

In this session a variety of movement areas will be discussed including but not limited to: identifying the importance of fundamental movement skills and teaching physical literacy through the skills. You learn how these skills transfer to other sports and how to incorporate activities into your lesson plans. Development of these fundament skills make up the sport of gymnastics which is a great extra-curricular activity for female students. Unsure about gymnastics? A portion of the session will share how teachers run successful gymnastics program at their school and advantages the sport offers at the high school level.

Session A-23 Field Hockey: lessons & drills

Presenter: Cathie Croucher & Jean Major

The Field Hockey session will focus on teaching the sport as a unit in phys. ed. class while using inside and outdoor spaces. It will provide you with a variety of instructional options that introduce students to the sport and help them develop skills required to enjoy the game.

Day 2- Workshop 6 (11:15 a.m.- 12:45 p.m.) Active Session

(All participants are to be prepared to actively participate in the activity)

Session A-24 TRX- Suspension Training

Presenter: Erin Gray

Are you looking for a **NEW, FUN and CHALLENGING** workout to incorporate into your fitness or Phys.Ed classes? Than TRX Suspension Training is for you! This “**all core all the time**” workout, developed by the Navy SEALs and backed by extensive research, is a fast, effective total body workout adaptable to all fitness levels. This workout is guaranteed to build strength, balance, flexibility and core stability! The session will introduce you to the equipment, main concepts, and sample workouts. Not familiar with TRX? Check it out on Youtube and at www.fitnessanywhere.com

Session A-25 Classroom Conditioning

Presenter: Maria Mountain

This session shows teachers how to develop their students' strength, stability, speed and stamina in 30-minutes or less using minimal equipment. See how you can train a large group of students using only two medicine balls, two stability balls and two resistance bands.

Session A-26 Yoga in the Classroom

Presenter: Farena Wiggins

Participants will receive practical strategies and resources to aide them when implementing yoga into the Health and Physical Education curriculum. Basic fundamentals of yoga will be covered such as breath control, flexibility, balance, strength and stability. The different types of yoga will be touched upon but, the focus will mainly be on Hatha yoga. A variety of ideas will be identified as to where yoga fits into the HPE curriculum which can include warm-ups, fitness circuits, or a full yoga unit. Participants will leave with a basic understanding of yoga at the introductory level that they can take back and implement in their classes.

Session A-27 Soccer: lessons & modified games

Presenter: Stephen Abbruscato

The soccer session will focus on teaching soccer as a unit in phys. ed. class and provide you with a variety of instructional options that keep students moving. It will provide specific skills, drills and strategies, to better equip teachers with the tools needed to succeed and to develop the students' skills helping them to enjoy the game and increasing their level of physical activity.

Session A-28 Teaching the Badminton Essentials

Presenter: Pierre Blanchard

This session will include the introduction basic and intermediate badminton skills in a Phys. Ed. class. Skills include basic principals such as grip, point of contact and include game strategy and classroom tournaments. This session will provide you with the knowledge and confidence to not only offer but enjoy a badminton unit in your class.

Day 2- Workshop 7 (1:45 - 3:15 p.m.) Active Sessions

(All participants are to be prepared to actively participate in the activity)

Session A-29 TRX- Suspension Training

Presenter: Erin Gray

Are you looking for a **NEW, FUN** and **CHALLENGING** workout to incorporate into your fitness or Phys.Ed classes? Than TRX Suspension Training is for you! This “**all core all the time**” workout, developed by the Navy SEALs and backed by extensive research, is a fast, effective total body workout adaptable to all fitness levels. This workout is guaranteed to build strength, balance, flexibility and core stability! The session will introduce you to the equipment, main concepts, and sample workouts. Not familiar with TRX? Check it out on Youtube and at www.fitnessanywhere.com.

Session A-30 Aerobic Gymnastics

Presenter: Lynne Smiley

Aero-Gym (Aerobic Gymnastics) is a creative combination of aerobic and dance choreography with fitness and gymnastic elements (no tumbling or inversion moves). It involves high-energy/cardio routines that maximize development of core strength, flexibility and power. It is an excellent activity of fun and fitness for teachers seeking to provide new, innovative programming or to enhance existing fitness/dance/gymnastics/DPA programs in the curriculum. Participants will learn the 7 Basic Steps of Aerobic movement, apply the Basic Steps to create a short group routine utilizing Choreography Task Cards.

Session A-31 Volleyball for Phys. Ed. Class

Presenter: Fiona MacGregor & Leslie Strickler

This session will provide you with the skills and plans required to run a fun volleyball unit. The focus will be on developing skills in serving, bumping, volleying and positioning. Footwork will also be combined with different skills and drills which help to promote continues movement and high participation. Additional examples of intermediate drills will also be presented to help your students remained challenged and engaged as they develop.

Session A-32 Rugby in for Phys. Ed. Class

Presenter: Gary MacDonald

This session will be an introduction to teaching rugby skills and the game in your Phys. Ed. class. In addition to learning about non-contact skills and indoor/outdoor drills you will be provided with modified versions of the game such as Flag Rugby and the newest Olympic sport, Rugby 7's. It will provide you with the means to integrate rugby as a unit in team sports/invasion sports or as a standalone unit.