OPENING GENERAL SESSION
Thursday, May 8, 2014
9:00 – 9:45 a.m.
TERRY KNIGHT

TITLE: Leadership & Team Building

PRESENTER:
Terry is a retired high school physical education teacher and outdoor educator who has led team building games and activities for high school students, athletes, campers, teachers, coaches, Outward Bound participants, and corporate executives. She believes that we do not stop playing because we grow old; we grow old because we stop playing!

DESCRIPTION:
Come prepared to have fun and participate in a variety of ice breakers and team building activities that require few or no props. These activities can be used with teams and classes to promote teamwork, communication, trust, and fun!
SESSION 1A
TITLE: Ideas for Your Fitness Classes
PRESENTER: ERIN GRAY
DESCRIPTION: TBD

SESSION 1B
TITLE: Canadian Sport for Life and Long Term Athlete Development – integrating it into curricular and co-curricular decision-making
PRESENTER: JODI GRAM & KATHLEEN MAJOR
DESCRIPTION: This session will examine the background of the model, what drives it, and how it works. The presenters will share some ways in which they have embedded it into their HPE and athletics programming, the struggles and successes they have encountered along the way, as well as what is being discussed as possible next steps. The session will also include facilitated small and whole group discussions for ways to implement CS4L and LTAD within your own unique school environment. Participants will leave the session with an action step to help bring LTAD to life in some way at their respective schools.

SESSION 1C
TITLE: Mental Health: Helping Students Cop
PRESENTER: TBD
DESCRIPTION: TBD

SESSION 1D
TITLE: Nutrition
PRESENTER: TBD
DESCRIPTION: TBD
SESSION 1E
TITLE: Activities for Health Curriculum: Sexuality & Substance Abuse
PRESENTER: SHANNON OGILVIE & SARAH HUNTER
DESCRIPTION: “Hands-on Healthy Sexuality and Substance Use” Attendees will participate in a variety of hands-on activities relating to the sexuality and substance abuse portions of the healthy living curriculum strand. Participants will leave the session with a collection of activities that can be taken back to use in their health units.

SESSION 2A
TITLE: Zumba
PRESENTER: DEBBIE BAILIS
DESCRIPTION: Using Latin rhythms from all over the world, I would like to offer a fun, high energy dance/fitness-style aerobic class. Zumba is lively and exciting -- making it not feel like exercise; it can still give you a beneficial and effective workout. It is a whole-body aerobic exercise that uses up a lot of energy and burns calories through dancing. With so much movement involved, Zumba can improve your flexibility, and it can help to strengthen the core.

SESSION 2B
TITLE: Body Weight Foundations
PRESENTER: DAVID KITTNER
DESCRIPTION: Body Weight Foundations The key to effective functional fitness and athletic development is achieved by building a solid foundation of coordination, strength, power, balance, multi-directional speed and agility, and aerobic and anaerobic conditioning. Programming body weight exercises using simple tools like Resistance Bands, 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 2C
TITLE:  Lacrosse
PRESENTER:  TBD
DESCRIPTION:  TBD

SESSION 2D
TITLE:  Pickleball
PRESENTER:  JEFF MORGAN & DEREK MORGAN
DESCRIPTION:  Pickleball is a paddle sport that combines elements of tennis, badminton and table tennis. Played on a court with the same dimensions as doubles badminton, Pickleball players use a hard composite or wooden paddle and a plastic wiffle ball. Pickleball is currently North America’s fastest growing participation sport, and it continues to spread around the globe as participants enjoy its simple rules, ease of play and action-packed rallies. This session will cover the following: a) A fundamental warm-up; b) Paddle familiarity drills/skills; c) Explanation of rules; d) Tactics and strategies e) Where to purchase/acquire quality equipment and supplies f) Game play. This game is meant to be played.....within ten minutes of being introduced to this wonderful game, almost every participant can experience success and fun!

SESSION 2E
TITLE:  Games of Low Organization
PRESENTER:  CIRA ONTARIO
DESCRIPTION:  Extra Ordinary Competitive Games: Come and engage in fun and inclusive variations on traditional games!
SESSION 3A
TITLE: Ideas for Your Fitness Classes
PRESENTER: ERIN GRAY
DESCRIPTION: TBD

SESSION 3B
TITLE: Canadian Sport for Life and Long Term Athlete Development – integrating it into curricular and co-curricular decision-making
PRESENTER: JODI GRAM & KATHLEEN MAJOR
DESCRIPTION: This session will examine the background of the model, what drives it, and how it works. The presenters will share some ways in which they have embedded it into their HPE and athletics programming, the struggles and successes they have encountered along the way, as well as what is being discussed as possible next steps. The session will also include facilitated small and whole group discussions for ways to implement CS4L and LTAD within your own unique school environment. Participants will leave the session with an action step to help bring LTAD to life in some way at their respective schools.

SESSION 3C
TITLE: Teaching Games for Understanding
PRESENTER: TBD
DESCRIPTION: TBD

SESSION 3D
TITLE: Nutrition
PRESENTER: TBD
DESCRIPTION: TBD
SESSION 3E

TITLE: Activities for Health Curriculum: Sexuality & Substance Abuse
PRESENTER: SHANNON OGILVIE & SARAH HUNTER
DESCRIPTION: “Hands-on Healthy Sexuality and Substance Use” Attendees will participate in a variety of hands-on activities relating to the sexuality and substance abuse portions of the healthy living curriculum strand. Participants will leave the session with a collection of activities that can be taken back to use in their health units.

THURSDAY, MAY 8, 2014 3:00 – 4:30 PM

SESSION 4A

TITLE: Bands, Bells, and Balls
PRESENTER: ROB PACAS
DESCRIPTION: The CrossBell can be used to perform kettlebell, dumbbell, and barbell exercises with a few simple modifications. The system is compact and lightweight to give you all the benefits of using different exercise equipment, without the cost. The focus of this presentation will focus on exercises that can be adaptable for classes, teams or personal use. Some metabolic resistance circuits will be performed during this active session.

SESSION 4B

TITLE: ParaSport Activities for Your Class
PRESENTER: ONTARIO WHEELCHAIR SPORTS ASSOCIATION
DESCRIPTION: TBD
SESSION 4C
TITLE: Yoga
PRESENTER: TIIU VAIL
DESCRIPTION: Yoga is an amazing tool that encompasses so much more than only the physical body postures! Learn how to use many of the facets of yoga in a physical education or regular classroom setting.

SESSION 4D
TITLE: Field Hockey: Lessons & Drills
PRESENTER: CATHIE CROUCHER & JEAN MAJOR
DESCRIPTION: TBD

SESSION 4E
TITLE: Sepak Takraw
PRESENTER: TBD
DESCRIPTION: TBD

FRIDAY, MAY 9, 2014
8:30 – 10:00 AM

SESSION 5A
TITLE: Bringing/Keeping Outdoor Ed in Your School
PRESENTER: DARRELL WRIGHT
DESCRIPTION: TBD
SESSION 5B

TITLE: TRX Training
PRESENTER: DAVID KITTNER
DESCRIPTION: TBD

SESSION 5C

TITLE: Boot Camp/Self-Defense
PRESENTER: CAROL CONNOR
DESCRIPTION: This session will provide a positive self defense experience by offering a dynamic, vigorous session with a focus on energizing the mind and body through the medium of self defense. Participants will learn the necessary steps to prepare should a confrontation arise, as well as how to escape from grabs, strikes, defense from a gun or knife and what to do if the attacker takes you to the ground. Our program is an educational tool promoting self-confidence, safety awareness, mental focus, healthy active living and the development of group dynamics and teamwork skills.

SESSION 5D

TITLE: Soccer: Lessons & Modified Games
PRESENTER: TBD
DESCRIPTION: TBD

SESSION 5E

TITLE: Folkdance
PRESENTER: SARAH RUSH
DESCRIPTION: TBD
SESSION 6A

TITLE: Coaching In Ontario Schools Certification

PRESENTER: KATHY BROOK

DESCRIPTION: CIOS is a program developed by the Coaching Association of Canada and the Ontario Federation of School Athletic Associations to give teacher-coaches and community volunteers the special skill-set they need to coach effectively in the school environment. The course is NCCP accredited, and is led by a NCCP trained Learning Facilitator. This workshop combines information required by coaches of beginner to intermediate athletes with skills they specifically need to work with student-athletes in the school environment. Topics include Canadian Sport 4 Life, coaching philosophy, policies and procedures, safety guidelines, and coach responsibilities.

This session is continued at 1:00; delegates must complete both parts to receive certification.

SESSION 6B

TITLE: DANCEPL3Y

PRESENTER: MELANIE GUERTIN

DESCRIPTION: Students are motivated by dance, yet teaching 5-6-7-8...kick ball change...pop and lock can be intimidating even to the seasoned educator. Join us for an active DANCEPL3Y class - this internationally accredited curriculum-based program modifies the 'rules' of dance (choreography and technique) to allow students to experience success with foundational movements and playful formations as they develop physical literacy. Learn simple movements from a variety of dance styles (Hip Hop, Urban, Ballroom, Bollywood, Lyrical, Jazz/Funk) and explore the elements of dance while developing Fundamental Movement Skills!

Teachers love our interACTIVE 360-degree teaching approach that develops interpersonal skills. Forget that right foot/left foot choreography - come follow the 3 Rules of PL3Y: Be Positive. Be Fun. Be Yourself as you get PLAYful with teaching dance! BONUS - playlists and moves will be shared with everyone who comes to bust-a-move with us!
SESSION 6C
TITLE: Rugby for Phys. Ed Class
PRESENTER: DARRELL WRIGHT
DESCRIPTION: TBD

SESSION 6D
TITLE: Circuit Training on a Low Budget
PRESENTER: JENNA BELL
DESCRIPTION: In this session, participants will go through a variety of circuit training exercises and set ups, including options using limited equipment and space. Participants should be ready to be active and sweat! Some workouts will be time based, and all workouts will have an option to be completed with or without running. The presenter will provide outlines of exercises and workouts, and will show modifications to the exercises so that you can challenge students and athletes at all levels!

SESSION 6E
TITLE: Inuit Games: Games for Survival
PRESENTER: JONELLE ST. AUBYN & LAURA VOTEARY
DESCRIPTION: Inuit Games - Games for Survival The Inuit Games originated from hundreds of years ago, when the Inuit lived in igloos and tents. These games were played so that they would be physically strong and mentally healthy enough to survive in the -50 degree weather in which they had to go hunting. There are three basic types of games that work on agility, strength and endurance. Each of these games has a purpose and as we play each game, the purpose of this game will be taught. This presentation will teach educators how to easily incorporate the Inuit Games into their regular Health and Physical Education classes in a fun and interactive way.

SESSION 6F
TITLE: Kin-Ball
PRESENTER: TBD
DESCRIPTION: TBD
KEYNOTE ADDRESS
Friday, May 9, 2014
12:15 – 12:45 PM
TBD

FRIDAY, MAY 9, 2014
1:00 – 2:30 PM

SESSION 7A

TITLE: Coaching In Ontario Schools Certification

PRESENTER: KATHY BROOK

DESCRIPTION: CIOS is a program developed by the Coaching Association of Canada and the Ontario Federation of School Athletic Associations to give teacher-coaches and community volunteers the special skill-set they need to coach effectively in the school environment. The course is NCCP accredited, and is led by a NCCP trained Learning Facilitator. This workshop combines information required by coaches of beginner to intermediate athletes with skills they specifically need to work with student-athletes in the school environment. Topics include Canadian Sport 4 Life, coaching philosophy, policies and procedures, safety guidelines, and coach responsibilities.

This session is continued from 11:45; delegates must complete both parts to receive certification.
SESSION 7B
TITLE: POWERPL3Y
PRESENTER: Daniela Goode
DESCRIPTION: Discover how positive coaching and play-based training can be powerful (and ridiculously fun) tools to motivate your students to get fit! Join us for POWERPL3Y (power-play), an athletic strength and conditioning class that focuses on simplicity, group interACTIVITY and positivity. We will use music to drive dynamic movement in all planes of motion and 360 degrees of space, creating drills in strength, agility, balance, coordination, plyometric and functional training, that will inspire those inner athletes to #trainoutsidethebox

SESSION 7C
TITLE: Flag Football
PRESENTER: TBD
DESCRIPTION: TBD

SESSION 7D
TITLE: Volleyball for Phys. Ed Class
PRESENTER: TBD
DESCRIPTION: TBD

SESSION 7E
TITLE: Tabata
PRESENTER: ALISHA HUNNISETT
DESCRIPTION: This session will introduce you to a form of high intensity interval training that is body weight driven. These workouts require no equipment and can be done in small spaces. You will leave the session with sample workouts that you will be able to immediately use in your PPL or fitness focus courses.