

Friday, December 2nd @ LaurenHill Academy

2355 Rue Decelles, Saint-Laurent, QC H4M 1C2

Keynote Speaker: Dr. Doug Gleddie, University of Alberta



Dr. Doug Gleddie is a husband and father who also happens to be an Associate Professor at the University of Alberta (Elementary Physical Education). In a career filled with change, the only true constants have been physical activity/education, working with kids and, how joy fills the spaces in between. Although it took him a while to fully embrace this epiphanal thought, the journey itself has enabled Doug to work with a wide variety of people and organizations across Canada and around the world. Doug is currently researching narratives of movement and physical education as well as exploring the affective aspects of physical literacy. He takes care of his own wellness by being active with his family; improving his guitar picking and seeking new challenges each day. Visit Doug's blog at www.purposefulmovement.net.

Workshops

TITLE	PRESENTER	WORKSHOP DESCRIPTION
Introduction to Rugby	Melany Waring, Physical Education Teacher, Forest Hill Senior, Lester B. Pearson School Board	This workshop will familiarize teachers with the game of Youth Rugby and promote confidence in teaching this increasingly popular sport. Teachers will learn how to progressively introduce the skills and rules students need to acquire in order to play a game of touch rugby (or flag rugby). By gradually layering rules onto basic games, physical educators will learn how to turn an average 'non-stop' PEH game favourite into a game of touch rugby suited for students. Although this workshop is geared towards elementary age students, the content is also applicable to high school aged students in a physical education setting. Elementary and Secondary
Backwards Design in Action: Being purposeful about our teaching practice	Joey Feith, Physical Education Teacher, St. Georges School of Montreal Founder, ThePhysicalEducator.com	A quality physical education program should develop physically literate individuals, but how can we be sure we are reaching that goal? This workshop will introduce <i>backwards design</i> , the process of using your provincial PEH curriculum to identify learning objectives, create competency-based assessment tools and plan purposeful lessons that ensure a quality PEH program. Throughout this presentation you will get access to many of the tools I use in order to create my backwards-designed physical education program. By walking you through a competency-based unit to highlight the design and assessment process used throughout it, this session will give you a better idea of what backwards-design looks and feels like in physical education so you can make it a part of your teaching practice! Elementary and Secondary
Inuit Games	Eugene Contreras, Physical Education Teacher, Lord Aylmer School, Western Quebec School Board.	This workshop will introduce you to various traditional Inuit Games (leg wrestling, musk-ox push, arm-pull, kneel jump, high kick etc.) and suggest ways to play them with your students in Physical Education and Health, challenging them to test their strength, agility and endurance. Participants will also discover how to run a Mini "Arctic Winter Games" friendly competition with their classes. There will also be a brief presentation on igloo building, which makes a great focal point for an authentic experience with students. Elementary and Secondary
Spikeball®	Skyler Boles, Education Specialist for Spikeball Inc.	Spikeball® will teach you about the incredible sport of roundnet. This 2v2 sport is like if volleyball and four-square had a mutant baby! This workshop will start with a demonstration of the game followed by an introduction of rules and modifications for teaching. Participants will set-up their own nets and experience controlling the ball. 360 degrees of playing field make this sport like nothing you have ever experienced before. If you are looking for the next best thing in physical education, you must be here! Very active and fun! Participate as much or as little as you want! Secondary

<p>The Groove: Using a Movement- Based Pedagogy to Build Physical Literacy</p>	<p>Michelle Hillier, HEAD OF EDGEUCATION, The Groove EDGEducation/Dance AQ Instructional Leader, York University</p>	<p>Do you want to build athleticism and physical fitness in a student-centred, creative and fun way for your participants? The Groove builds physical literacy and fundamental movement skills while exploring creativity, confidence and community. Songs can be used as one-off activities for skill development, warm-up games or in a playlist format. Be inspired by energizing global music to improve strength, stamina, coordination, balance, agility and social skills....we call it The Groove! You can't get it wrong! Elementary</p>
<p>Mini-Tennis - A Sport That Can Be Played Anywhere!</p>	<p>Jérôme Ouellet Agent de développement, Tennis Quebec</p>	<p>We often hear that tennis is difficult to teach in schools, with its unusual rules, space requirements and the level of skill that is needed to play successfully and have fun. Our job today is to prove otherwise! In this workshop we will show teachers how to manage small spaces in their gymnasiums, limited equipment and large groups in order to have students progress from learning basic skills to playing points in just a few lessons. We'll present a selection of mini-tennis equipment that accommodates various ages and skill levels, and demonstrate the four basic principles of a lesson. Elementary</p>
<p>Gymnastics</p>	<p>Jessica Mocella, Sessional Instructor, Department of Kinesiology and Physical Education, McGill University</p>	<p>Come and brush up on your gymnastics! This workshop will provide an overview of simple (e.g. forward rolls) to complex (cartwheels, handstands) mat-based gymnastic skills. Teachers will have the opportunity to practice fundamental skills and review progressions and learning cues for teaching. Steps for teaching more complex skills (handstands, cartwheels) and modifications will be introduced. As safety is a critical component in gymnastics, the mechanics of proper and safe spotting for some complex skills will be demonstrated. Elementary</p>
<p>Kin-Ball</p>	<p>Marc-Andre Laliberte,Coordinator Kin-Ball Canada</p>	<p>Following a brief overview of the sport of Kin-Ball, this workshop will provide teachers with a more in-depth understanding of the rules, techniques and strategies employed in the game. A series of learning activities designed to improve the motor skills needed to play Kin-Ball (including kicking, two person ball control and ball displacements) will be introduced. This workshop will also show teachers how to modify the rules during game play to help students master this unique and intense sport. Finally, fun lead-up activities that place students in game situations and that can be used for evaluation purposes when KIN-BALL® is played for a full term or a couple of weeks will be demonstrated. Elementary and Secondary</p>
<p>DBL Ball</p>	<p>James Levesque, Creator, DBL Ball</p>	<p>DBL Ball is an exciting new team sport where players can dribble, kick or throw the ball in order to score a goal. Both hands and feet are permitted, and skills from handball, soccer, basketball, volleyball and hockey are required to effectively play the game. This workshop will introduce teachers to the sport of DBL Ball. After completing this workshop, participants will know all the basic rules of DBL Ball and be familiar with teaching progressions to introduce it to their students. www.youtube.com/user/dblball Elementary and Secondary</p>
<p>Exercise in Disguise</p>	<p>Ted Temertzoglou, VP Teacher Student Success, Thompson Publishing</p>	<p>This active session will focus on movement preparation games, micro and macro physical literacy circuits to increase student engagement in elementary health & physical education. Come away with ideas to easily integrate fun 'exercise in disguise' physical literacy games that benefit all students regardless of their current athletic proficiency. These activities will help improve academic readiness, mental health and contribute to ones physically literacy journey. Elementary</p>
<p>Sharing Session – LOGs in High School</p>	<p>Session Participants</p>	<p>Share one idea and get a bunch in return! Come to this session to share a lead-up game or low-organization game that's been a hit with your students, and discover some tried, tested and true activities from other high school teachers in return. If you have a write-up of your game/activity, please email it to apeqonline@gmail.com. APEQ will create a digital folder to share with workshop participants. Secondary</p>
<p>Developing Athleticism for All</p>	<p>Ted Temertzoglou, VP Teacher Student Success Thompson Publishing</p>	<p>This active session will focus on movement preparation games, micro and macro physical literacy circuits to increase student engagement in high school health & physical education. Come away with ideas to easily integrate fun 'exercise in disguise' physical literacy games that benefit all students regardless of their current athletic proficiency. These activities will help improve academic readiness, mental health and contribute to ones physically literacy journey. Secondary</p>

Fundamental Movement Skills for K-2	<p>David Arsenault, Champions for Life Foundation</p>	<p>In order for children to develop physical literacy and have success in sport – either for recreation or competition – it is important they master fundamental movement skills (FMS) before learning sport skills. This session will review 9 fundamental movement skills: balancing, running, jumping, galloping, hopping, skipping, catching, rolling a ball, and throwing a ball including how to progress certain movement skills, as well as the presentation of a formative assessment tool for FMS. Teachers will have access to activity ideas from The Champions for Life K-2 Physical Literacy program which will be made available to workshop participants. Join David Arsenault, accomplished athlete, trainer, and coach as he shares his mission and vision for helping children develop physical literacy.</p> <p>Elementary</p>
Canadian Olympic Schools Program	<p>Sandra Sassine, 2008-2012 Olympian Program Manager, Education, Youth & Community Outreach Canadian Olympic Committee</p>	<p>Discover the Canadian Olympic Schools Program! Engage your students in Olympic-themed educational activities that highlight physical activity, mental fitness and the Olympic values of Excellence, Friendship and Respect. After a short overview of the Olympic Schools Program, participants will actively engage in the Canadian Olympic Activity Challenge using the challenge cards and activity tracking tool. Come and learn how to use our resources and the Olympic Spirit to engage and motivate your students!</p> <p>Elementary and Secondary</p>
BOKS (Build Our Kids' Success)	<p>Lynn Rizutto, Manager of National Program Services, BOKS</p> <p>Kim St. Pierre, BOKS Regional Coordinator, Eastern Canada (Québec & Ottawa)</p>	<p>This interactive workshop will introduce teachers to 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. A short introduction to the BOKS program will be provided, including an overview of the free resources for schools who enroll. This will be followed by an active session where participants will experience a BOKS class. Launched in 2009, BOKS was built on the concept that ACTIVE KIDS = ACTIVE MINDS.</p> <p>Elementary</p>
“Coles Notes” - PEH Evaluation in Quebec	<p>Katherine Baker, Physical Education and Health Consultant, English Montreal School Board</p>	<p>How is participation and effort built into evaluation? What about fitness assessments? Evaluation in Physical Education and Health can be challenging (even for veteran teachers!). This presentation will highlight some of the key features of the PEH Framework for Evaluation in Quebec and provide examples of practical assessment tools aligned to the framework. Participants will have a chance to share best practices as well as discuss challenges and will leave with a better understanding of how to evaluate each competency of the PEH program according to the framework.</p> <p>Elementary and Secondary</p>

Register online at
<http://apeq2016.eventbrite.ca>

Early-bird registration ends November 14th

We hope to see you there!

Note that due to venue availability, the conference is on a Friday this year and a week later than usual. We hope our out-of-town attendees can make a weekend out of a trip to Montreal!

**For questions or more information, please email
apeqonline@gmail.com.**

