



PHE MANITOBA FLASH

April 2021

“Succeeding at Stay-at-Home Physical Health Education” & “Effective Training with No Equipment” Free Webinars

EVENT DETAILS:

April 13th, 2021
12 Noon – 1:00 PM

Succeeding at Stay-At-Home Physical Health Education

We will explore 50+ Covid-safe and engaging activities to learn through school at home or at school.

Presenter: John Byl PhD, (he/him) is the Canadian Gopher Educational Consultant. He is the winner of several professional awards, including the Queen Elizabeth II Diamond Jubilee Medal for promoting physical activity across Canada, and is a regular workshop leader across Canada. He has a special interest in promoting fun, active participation for all children and developing and maintaining personal wellness.

Effective Training with No Equipment

Make the most out of your home workouts despite having no fitness equipment. In addition to bodyweight exercises, the simple addition of a couch and towel can up the ante. The session will be rounded out with workout format basics to streamline your workout creation. By the end, you should be very comfortable with creating your own ‘minimalist’ workout. Participants are encouraged to be active during this session and to bring a bath/beach towel for some exercises.

Presenter: Jethro Bartelings - a Physical Educator and fitness coach. His focus has been on creating effective fitness programming and resources for his students as well as supporting fellow PE teachers through presentations. Find him on Instagram @misterbeactive for regular fitness-focused content.

This free webinar will be presented on Zoom. A link will be sent prior to the webinar date.

To register go to <https://pacm.ca/Events>

PHE Manitoba

145 Pacific Avenue, Winnipeg, Manitoba, R3B 2Z6

phemb@sportmanitoba.ca, 204-926-8357

www.phemanitoba.ca

Call for Presenters

Our MTS PD Day Call for Presenters is now available. Deadline for submissions is April 15th, 2021. [Click here for the form](#). Title for this year's conference is "Put Yourself First: You're Worth It!". If you would like to help with this year's virtual conference, please contact Krystle at phemb@sportmanitoba.ca

Sport Manitoba

We hope you're keeping well! We've put together these resources to help with your lesson planning.

- a Play More Be More multi-sport colouring contest activity, ideal for kids grades 1-6 but is appropriate for all ages
- a Sport Manitoba podcast episode featuring Desiree Scott with a quiz, recommended for kids in grades 5-8
- a Manitoba Sports Hall of Fame quiz featuring our Honoured Members, recommended for kids in grades 5-8
- four Performance videos that cover a range of off-the-field tips and tricks to boost athletic performance, recommended for kids in grades 7-9

We hope these tools and resources can help you plan active time to challenge and educate your students. If you see something you like, need more information, or have feedback for us, please email sarah.tone@sportmanitoba.ca

Thank you,
Your friends at Sport Manitoba

Contest: Play More Be More

Play More Be More is all about helping Manitobans learn about the many benefits of playing multiple sports at a young age. Learn more about the benefits of multi-sport on [Sport Manitoba's website](#).

CONTEST:

Draw a picture of yourself playing at least two of your favourite sports, share on Instagram and tag @sportmanitoba with #PlayMoreBeMoreContest for a chance to win a \$300 sport registration grant, [Lucy Tries Sports books](#), and a Team Toba hoodie!



Contest ends April 30, 2021. Happy drawing!

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Podcast: Desiree Scott

In this episode of the Sport Manitoba podcast, Olympian Desiree Scott discusses her successful soccer career, including competing for Team Canada, the best players she played with and against, and the story behind her nickname. Download this quiz ([PDF with questions and answers attached](#)), and listen to the podcast [on the Sport Manitoba website](#) to find all the answers.

Videos: Manitoba Sports Hall of Fame

The Manitoba Sports Hall of Fame & Museum is a registered charitable organization that was established in 1980 to preserve the rich history of sports in Manitoba. The Museum Gallery is located inside the Sport Manitoba facility at 145 Pacific Avenue and its archives and artifacts help to show how sport has changed in Manitoba over the decades. A new class of Honoured Members are inducted into the Hall of Fame each year. These are Manitoba's most accomplished athletes, officials, coaches, teams, sport administrators and supporters who have helped build sport in Manitoba.



Take this quiz ([PDF of quiz and answers attached](#)) and learn more about Honoured Members Dale Hawerchuk, Jon Montgomery, and Cindy Klassen and their journeys through sport.



Videos: Performance Series

Sport Manitoba's [Performance Series](#) brings together specialists from different fields to share tactics and tools that can improve athletic performance. These tactics can often be applied to other areas, like building healthy relationships, study habits, and mental preparedness. The following sessions are available:

- [Progressing Plyometrics](#)
- [How to Optimize Your Strength & Conditioning Program](#)
- [Managing Stress & Anxiety](#)
 - [You Snooze, You WIN!](#)

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Anti-Racism in Sport Campaign



Come celebrate with us as we launch Immigration Partnership Winnipeg's Anti-Racism in Sport Campaign!

Winnipeg's Anti-Racism in Sport Campaign is a city-wide anti-racism campaign that will run from April 2021 until March 2022. Funded by the Canadian Heritage, the campaign seeks to disrupt all levels of racism, from micro-aggressions to and systemic racism, through a multifaceted approach that includes: a research project, junior high school presentations, training for sport stakeholders, a public awareness campaign, and an Anti-Racism in Sport Accord. The campaign partners with diverse Winnipeg-based partners and stakeholders to address racism and discrimination in sport in our city. For more details check out the attached one-pager with more details and our website: www.antiracisminsport.ca

Date: April 22, 2021

Time: 9:00-10:00am

Location: Zoom

Registration (required): arisc-launch.eventbrite.com

We will be giving out campaign swag bags to the first 50 people living in Winnipeg who register (these bags will be delivered to you prior to the launch).

Attached is our campaign launch poster (PDF and social media image versions).

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Follow our social media accounts and help us promote our campaign with your networks:

- Facebook: <https://www.facebook.com/ARISWinnipeg>
- Instagram: <https://www.instagram.com/antiracisminsport>
- Twitter: <https://twitter.com/AntiRacismSport>

High School Dragon Boat Challenge and Virtual Race



May 17 – June 14

- team of 10 people / boat • two - 1 hour scheduled practices (includes multiple timed trials) • best time posted online • steersperson / coach provided
- registration fee \$250 / team • a fun + safe outdoor activity • access to indoor washrooms
- Provincial protocols in place • all equipment disinfected before and after each use • 6 ft physical distance to be maintained on and off land • hand

sanitizer provided • masks mandatory

PDF with information is attached to this email.

Annual General Meeting

PHE Manitoba's Annual General Meeting will be held virtually on Wednesday May 19th, 2021. If you wish to attend, please email Krystle at pheemb@sportmanitoba.ca and a link will be sent out closer to the meeting date.



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