



PHE MB

Physical and Health Educators of Manitoba

EPS MB

Éducateurs d'éducation physique et de santé du Manitoba

Volume 44, No. 2

Winter 2022



PUT YOURSELF FIRST, YOU'RE WORTH IT!



PHE MB

Physical and Health Educators of Manitoba

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Éducateurs d'éducation physique et de santé du Manitoba

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President's Message

Brian McMillan, Physical Education Coordinator, Frontier School Division



Tansi! Hello! Bonjour! Welcome Back and Happy New Year!

The other day I decided to brave the cold weather and I headed out to my ice shack on First Cranberry Lake for a day of ice fishing. For those of you have not participated in this before I suggest that you give it a try. Although the temperature was -32 outside, I did manage to get the wood stove going and brought the inside temperature up to +30. Fishing is one way for me to relax no matter what time of the year. One thing for certain is that 2021 went by in a flash.

2021 for PHE Manitoba was a unique year.

- Remote Learning for most of the 2nd half of the school year.
- Our 2nd Online MTS PD Day in October went well with a record amount of Physical Education Specialists signing up for many of the sessions offered on that day. I am happy to say that our PD Session continues to be one of the largest in the Nation.
- Our 2nd Online PHE Manitoba Awards Ceremony took place. We had a wide range of

staff from a variety of school divisions being represented. This is always a special time for us at PHE Manitoba as we recognize our talent that our Province has to offer.

- The New MPASS (Manitoba Physical Activity Safety in Schools) document will be ready in the spring.
- MB Education – K-12 Physical Education/Health Education (PE/HE) Renewal Project is starting to move forward. PHE Manitoba will be working with our partners at Manitoba Education to develop an updated curriculum for our Province. This is exciting news and look forward to hearing and see what new things are on the way.
- All our PHE Manitoba meetings continue to stay online. I am hoping that this will change, and we will be able to meet once again in person.
- Our members have taken advantage of the Intramural Grants that we offer and I am happy to say that all of them have been granted to those who applied. If you did not have the opportunity make sure you make note of it and apply once again in the new school year.
- We continue to offer PD Funding to our members. If you are interested in applying you will find information found elsewhere in the journal on how to apply.
- Over the past year PHE Manitoba has started partnerships with several other organizations as well.
- Manitoba Aboriginal Sport and Recreation Council
- Recreation Manitoba Conference Planning Committee
- Manitoba Lung Association
- True Sport pur
- University of Manitoba Kinesiology and Recreation Management Committee
- Anti Racism in Sport Working Group
- Council of Province and Territories PHE Canada
- PHE Canada Equity, Diversity and Inclusion Committee

It is our hope that with these partnerships we can get additional resources for our members to access during this time of COVID. I personally believe that everyone has been affected by this pandemic one way or another. But it is our resolve that will carry us forward. Our Physical Education Specialists have time and time again have made the best of a bad situation. Always trying to make it better for our students that we teach. That is what we all do “Teachers Teach!” On behalf myself, Krystle and our Board of Directors I want to say “Thank you! Thank you! Thank you! For what you do day in and day out. It is truly appreciated.

On a final note – I want to say “Thank you” to my best friend Joey who crossed the Rainbow Bridge just before Christmas. He was always with me during our online meetings and I felt that for most of my Presidency he always kept me balanced during this time. Being a volunteer President during a Pandemic was not what I had in mind but with that little pug around it sure helped me gather the strength I needed to go out there and do my best for our membership. I will always love you bud!

To our members! Keep working hard! Stay focused and most of all be safe.

Thank you, Ekosani, Megwetch

Creating a Mindful PE Program

Kristin Shiach, PE Teacher, Fort Richmond Collegiate

I like to use the simple definition of “paying attention on purpose” when teaching my students about mindfulness. Sometimes people, including our students, think they can’t do mindfulness. They have an image a person sitting on a mat, meditating in complete silence. A reality for some, but not for most. Although my journey to embracing mindfulness was really inspired by my time in a 200 hour Yoga Teacher Training Program at Yoga Centre Winnipeg, it was taking the first two levels of courses through Mindful Schools (www.mindfulschools.org) that formalized how I could really bring this in to my everyday teaching at Fort Richmond Collegiate.

Check out the research on why mindfulness is beneficial in general and in education specifically on the Mindful Schools website here: <https://www.mindfulschools.org/about-mindfulness/research-on-mindfulness/> One quote from the website that sums it up is this: “Scholarly research finds that mindfulness practice decreases stress and anxiety, increases attention, improves interpersonal relationships, strengthens compassion, and confers a host of other benefits”. If that’s not what we are after in our PE programs then I don’t know what is! I can personally say that I have experienced many of these benefits in my own life. I am excited to see these benefits in my students now after one full semester of

implementing the adolescent Mindful Schools Curriculum. One of my students had this to say on a feedback form at the end of the semester: “It really helped me calm down and pause during the day – to slow down and realize what’s going on around me”.

The 101: Mindfulness Foundations course is reasonably priced and runs for 4 weeks at a time. Expect 2-3 hours of work per week with a lot flexibility on when you want to work through it. This course focused on an understanding of what mindfulness is and a lot of work to embody mindfulness and practice on your own. This serves as a basis for the (much more expensive) 201: Mindfulness in the Classroom course. This course was 8 weeks online with about the same amount of time commitment. I liked the flexibility in the delivery of it and found the information very useful as an educator. This second course also provides a K-12 Mindfulness Curriculum which has been the most useful tool for me in implementing regular mindfulness practices, lessons and discussions in my classes. Although I can’t share the document itself, I would suggest the following tips if you’re hoping to start to bring mindfulness into your classrooms as well:

1. Try it out a bit on your own at first. You don’t have to be an expert! Use an app, look online and then see if you

- can practice a few things on your own.
2. Once you feel you’ve tried it on your own and feel (somewhat) comfortable, try leading your class through a guided practice. The Mindful Schools Curriculum focuses on teaching how to use 3 different “anchors” for your attention – Breath, Sound and Body. Start with a short practice, guided by you to see if they can notice their breath.
3. Use a vibratone or some sort of bell/sound to start and end a practice. This for me has been incredibly effective. My students responded so well to the sound. It was like a trained response in everyone (including myself) to notice three breaths at the beginning of class when the vibratone sounded.
4. Every class will respond differently and that’s ok! It doesn’t have to mean silence. I had students that I thought were not enjoying or getting anything out of it later tell me that they really liked the mindfulness practices and it helped to calm them down.

If you have any questions about the Mindful Schools courses or other questions on how you can bring Mindfulness into your school, please reach out and ask me! I have also done some MTS PD Day Presentations on this topic and would be happy to share my resources.

Intramural Grant

Joel Bohemier



École Marie-Anne Gaboury students were very excited to receive two-disc golf nets from Top Link through PHE MB's intramural Equipment Grant program. These foldable nets were 150\$ each and seem very durable for indoor or outdoor use. There are several target games that you can play with these nets for practice use. Our long-term plan is to continue to use funding to purchase a few every year to eventually have enough to create a scorecard and have the students play a real game of disc golf. Thanks so much for helping us grow our physical education programming!



Register here:

https://drive.google.com/file/d/1Os1o_FwK23Y6TopHRqcNsf6l42MiTS08/view

Any questions, please contact: Gabby.desrochers@masrc.com

Deadline for registration: March 6, 2022 at 11:59PM

Register for the 2022 Physical and Health Education Virtual National Conference

Physical and Health Education Canada will host the 2022 PHE Virtual National Conference on February 17-18, 2022! This event is a unique opportunity for health and physical educators to connect, learn, and discuss the latest approaches, strategies, and emerging themes and practices for delivering meaningful physical and health education, now during a pandemic and beyond.

With 30+ live and on-demand sessions, recorded and available to watch (and re-watch) at your convenience, along with an inspiring keynote, and networking opportunities, this is an invaluable learning and networking opportunity for PHE teachers and healthy school champions across Canada.



The conference will feature sessions on a variety of priority topic areas, including:

- Teacher and student well-being
- Building healthy and inclusive learning environments
- Instruction and assessment in times of uncertainty
- Infusing Indigenous voice and experience in PHE
- Practical teaching tools on critical topics in PHE including sexual health, substance use, and outdoor education

Regular Registration (Starting January 14)

- Member – \$200
- Non-Member – \$225
- Student/Retiree – \$100
- Non-member Group Rate (5 people or more) – \$200 per person

Registration is open! For the latest updates or to register, visit the event website [at www.phecanada.ca/virtual2022](http://www.phecanada.ca/virtual2022).

*Congratulations
PHE MB Award
Winners!*



*Jethro
Bartelings*

PHE MB SENIOR YEARS
PHYSICAL EDUCATOR AWARD



*Melissa
Ferrar*

PHE MB HEALTH EDUCATOR
AWARD



*Nicole
Clement*

PHE MB EARLY YEARS
PHYSICAL EDUCATOR AWARD



*Leslie
Duhamel*

PHE MB MIDDLE YEARS
PHYSICAL EDUCATOR AWARD



*Manitoba
Aboriginal Sport
and Recreation
Council*

COALITION AWARD



*Daniel
Shynkaryk*

WINNIPEG REGIONAL
RECOGNITION AWARD



*Erik
McKenzie*

ANDY POWER AWARD



*Purvis
Cromarty*

NORMAN EAST REGIONAL
RECOGNITION AWARD



*Jason
Curtis*

WESTMAN REGIONAL AWARD



*Justine
Wilmot*

OUTDOOR EDUCATION AWARD
OF MERIT




PHE MB

Physical and Health Educators of Manitoba

EPS MB

Éducateurs d'éducation physique et de santé du Manitoba



Josiah
Rogge

PHE CANADA DR. ANDY
ANDERSON YOUNG
PROFESSIONAL AWARD

Kaden
Mirza



BRANDON UNIVERSITY DICK LA
PAGE SCHOLARSHIP

Ryan
Metcalf

BRANDON UNIVERSITY DICK LA
PAGE SCHOLARSHIP

Juliana
Jarmoszko

UNIVERSITY OF MANITOBA DICK
LA PAGE SCHOLARSHIP



Kristen M.
O'Keeffe

UNIVERSITY OF MANITOBA DICK
LA PAGE SCHOLARSHIP



Congratulations!

École Héritage Immersion - Intramural Grant

Dariene Côté

The \$300 Physical Education Grant that we received at École Héritage Immersion this year enabled our department to purchase an Omnikin ball, an Omnikin bladder, and three beach balls. This equipment has supported the following activities to date:

- Volleyball fundamentals in the early years (K-6)
- Kin-ball (3-12)
- 4 corner Omnikin (3-12)

- Score a goal without touching the balls throwing soft balls to displace them (everyone)
- Pass the ball person-to-person while lying on their backs along a wall with feet up (no hands); the first person continues to get up and goes to the end of the line (everyone)

With the remaining funds, we purchased 18 yoga blocks which, aside from yoga, has supported the following

unique and exciting games at the elementary school level:

A few activities they have supported:

- Brise-chateau : every group has a 4 block castle to defend while others throw balls at it (1-6)
- Team work to create a pictured structure such as a castle, bridge, person, etc. (k-2)

Richer School – 2021-2022 PHE Manitoba School Intramural Grant

Graham Bodnar

It seems like students are always asking to try something new and it just so happens that this year we had the opportunity to introduce the sport of Spikeball to our school just in time for Intramurals. With the help of the PHE Manitoba Intramural Equipment Grant, we were able to purchase 4 Standard Spikeball Kits (each kit includes a net and three balls). The total cost of the equipment was \$331.52 and the equipment was purchased from Home Run Sports. Our physical education budget was able to cover the additional funds that were not provided by the PHE Manitoba Grant.

Because it was their first time playing, there was definitely a learning curve for students to understand the strategy and how the game is actually played. Before we got to actual game play, we spent a few sessions learning the required skills

of serving, passing, and spiking with the use of the nets and the official Spikeball balls. The game could be compared to Volleyball in the sense that a team has three touches before they must spike the



ball off the net to the other team. When a team cannot receive the ball and spike it back to the other team, a point has been scored. Students had a blast, even as they made mistakes, as they understood that this game can be a lot harder than it looks.

Once we got the basics down, we were then able to play games in the traditional 2 on 2 format. However, some students preferred to make up their own games such as four people in a group working together to keep the ball in the air as each spike counted as a point. It wasn't long before students were asking if we could keep score and even have an official tournament.

Anytime we get a chance to increase physical literacy by giving students new opportunities, it is something that we are excited about at our school. We would like to give a huge thank you again to PHE Manitoba for the equipment and for making it possible to continue building the options that we can offer students in our Intramural program.

Happy Thought School - Intramural Grant

Natalie McConnell, Phys Ed Teacher

Happy Thought School would like to thank PHE MB for contributing to our intramural program! We purchased four Fast Trak scooters from Amazon for \$89.45 a scooter plus taxes. Additional funds were provided from our Phys Ed budget. We purchased the scooters to add to our Fuel for Fun intramural. The scooters are designed with larger non-

marking wheels that have a plastic barrier and a larger base (16" by 16). The larger wheels sit "outside" the edge of the board for extra stability. Students have appreciated the larger base and smoother side. During the year, students in grades K-4 may receive a pass to come to the gym for Fuel for Fun. Passes are handed out to students caught fueling their body

with a fruit or vegetable. On Fuel for Fun days students enjoy some exploratory play during the lunch recess. The program is meant to encourage healthy eating throughout the year. Thank you for allowing us to experience a new activity at Happy Thought School!



Fuel for Fun Pass

Congratulations!! You have been spotted FUELing your body for FUN with a vegetable and/or a fruit!! Use this pass to get into the gym at 1:10 pm on a FUEL FOR FUN DAY.

Playing Around With Covid - Intramural Grant

Matthew Trudeau

Once we received the grant, we thought it would be a fun and good idea to promote games which allowed for social distancing, and some that we could also use outdoors. We wanted to change up the games we play during our lunch period/intramurals. We went with 6 parachutes that can be used for a large variety of games including parachute volleyball which is played with a regular volleyball/badminton net, a volleyball or a softer ball, and the parachutes. The rules are very similar to the regular game of volleyball, except this version focuses a lot more on teamwork since they must catch the volleyball in their parachute and make passes together in order to count points. We bought our parachute set (6 Parachutes) from Amazon for a total of \$119.88

Our second purchase was for activities a little less active, but great for the body and the mind. We purchased 15 yoga mats from Dollarama for yoga, meditation, and dancing. We offer yoga to the students in order to offer a different approach to having a good mental health and overall wellbeing. Each mat costed \$4.00 and we now have enough for our yoga program and mats to use in our physical education classes.

Our third and final purchase was used for Spyderball nets. They are very similar to Spikeball nets, except with a different name. This purchase was great because it adds a new popular game that most of the students have heard about but have never played. We purchased the nets from Indigo Distribution Centre for \$39.98 each, which came at a great price

to allow us to purchase more nets. The students will play in mini tournaments with a partner to test their hand-eye coordination.

We are very thankful for this grant, as it has motivated us to think outside the box and to get away from the traditional sports that they typically play. We went with the vendors listed above as they offered the best pricing for the equipment required to be able to run the programs that we wanted. We went over the \$300 grant by \$21.32, and the remaining total was paid out of pocket by one of the phys. ed. teachers.

Topple Tubes - Intramural Grant

Perry Rubinfeld

With our school intramural equipment grant this year, we decided to order “Topple Tubes”. We got both the standard and rainbow sets.

It was purchased through Gopher. Check them out on the Gopher website.

I had the opportunity to be at a virtual Sage session this year where one of the new activities was Topple Tubes. There were many great ideas.

Basically, it is a tube which $\frac{1}{2}$ is one color and $\frac{1}{2}$ another yellow and blue. My idea is to turn over as many tubes as you

can in an allotted time. The team with the most colors on top wins. There are quite a few variations with these tubes so an entire class can play it at once or smaller groups can play games like Tic Tac Toe.

With social distancing in effect, the tubes can be placed at least two meters apart. The tubes are very sturdy. You can write numbers, letters, or words on each end to incorporate numeracy and literacy.

The two sets came to \$402.00. The extra money was taken from our physical education budget.

Topple Tubes are a great cardio activity and as a bonus is a quiet activity as well. The tubes so far have been used in the gym, but any space, large or small can be utilized including the outdoors.

Students love using Topple Tubes and each student can participate fully at their own speed. I would highly recommend Topple Tubes as a great intramural activity. Thank you PHE MB for supplying the funds for purchasing this item.

Bring an Olympic Silver Medalist to School

PHE Manitoba

Rowing is an amazing sport that is a great way to get fit, be a part of team and have fun!

Manitoba Rowing Association has many programs for youth. One of our programs are visits to schools. Our Head Coach is Janine Stephens, a two-time Winnipeg Olympian and Olympic Silver Medalist. Janine can come out to your school and teach indoor rowing. We can provide ergs (like rowing machines) if needed. Janine is super passionate,

friendly and inspiring! She is the perfect person to lead sport programs for youth. Visits to junior high and high schools can happen as early as March and April. Visits are limited, so please contact Janine at rowingcoach@sportmanitoba.ca to book TODAY!

Rowing is a part of the 2022 Canada Summer Games in Niagara in August. We are still looking for athletes for the team! If you were born in 2001 or later, you are eligible to be a part of Team

Toba! If you want to try it out, email Coach Janine Stephens at rowingcoach@sportmanitoba.ca.

Scholarships Anyone? There are many scholarships available for both high performance athletes and athletes brand new to rowing. To try this Olympic sport, contact Coach Janine at rowingcoach@sportmanitoba.ca. No experience needed. For ages 14 and up.



WANT TO BE YOUR BEST AND BE A PART OF A TEAM?

TRY ROWING!

- School visits to learn indoor rowing from two-time Olympian Janine Stephens
- Scholarships for brand new athletes and high performance.
- We are still looking for athletes for the 2022 Canada Summer Games. Come out and try it!

Contact Coach Janine at rowingcoach@sportmanitoba.ca.

Manitoba Sports Hall of Fame

Black History Month

Honoured Members Database Scavenger Hunt

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 photographs and artefacts on display within our exhibits touch on many different stories from many different sports. These 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 special athletes, officials, coaches, teams, sport administrators and supporters who have helped build sport in Manitoba.

In recognition of Black History Month, this trivia game will have you searching through our Honoured Members database to learn all about black athletes who have left their mark on sports in our province.

INSTRUCTIONS

- a) Search the Manitoba Sports Hall of Fame online database to find the answers.
 - b) Database website address: <http://honouredmembers.sportmanitoba.ca>
 - c) Use step one, two and three listed in the database to aid in your search.
 - d) Have fun!
-
- 1) They called me "The Citation" and I played football for the Winnipeg Blue Bombers from 1950-56. I was an all-star six times playing both defense and offense. Who am I?

 - 2) I play this sport on the beach and on a hard court. I represented Canada at the 1996 Olympics and competed in three Pan American Games. Who am I?

 - 3) I was a track star in the early 1900's and represented Canada at the Olympics in 1912. In 1913, I dominated the Canadian Outdoor Championships, winning gold in both the 100 and 220-yard dash events. Who am I?

 - 4) I taught the "sweet science" to kids in Winnipeg once my career ended. Before that, I was the Canadian Light Heavyweight Champion from 1968 to 1973. Who am I?

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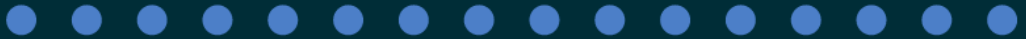
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 - 4) I taught the "sweet science" to kids in Winnipeg once my career ended. Before that, I was the Canadian Light Heavyweight Champion from 1968 to 1973. Who am I?

ANSWERS

- 1) Tom Casey
- 2) Wanda Guenette
- 3) John "Army" Howard
- 4) Al Sparks
- 5) Willard Reaves
- 6) John Carson
- 7) James Murphy
- 8) Charles Showkat Baksh
- 9) Winnipeg Blue Bombers & Winnipeg Goldeyes
- 10) Leo Lewis



MINI ACCESSIBLE SPORTS EXPO

Garden City
Community Center
725 Kingsbury Ave
Saturday, February
26th, 2022
1:30PM-5:30PM



REGISTER AT
ASCMANITOBA.CA

In accordance with Manitoba Public Health, everyone in
attendance must provide proof of vaccination and wear a mask.





What Our Mentees
Have to Say...

“The mentorship program
is like having a built in
support system as an
emerging educator.”



phecanada.ca/mentorship





PROGRAMME NATIONAL DE MENTORAT

d'Éducation physique et santé Canada



1 FAITES UNE DEMANDE

Il ne faut que vous connecter à votre compte étudiant d'EPS Canada pour soumettre une demande d'être encadré(e) par un(e) des mentors du réseau national d'EPS Canada.



2 TROUVEZ-VOUS UN(E) MENTOR

Une fois que nous recevrons votre demande, notre équipe travaillera en vue de vous jumeler avec un(e) mentor approprié(e), sur la base des renseignements que vous fournissez.



3 RENDEZ-VOUS AUTOUR D'UN CAFÉ – RÉEL OU VIRTUEL

Une fois que nous vous aurons trouvé un(e) mentor, vous pouvez prendre contact avec lui/elle et fixer un RDV en personne ou en virtuel.



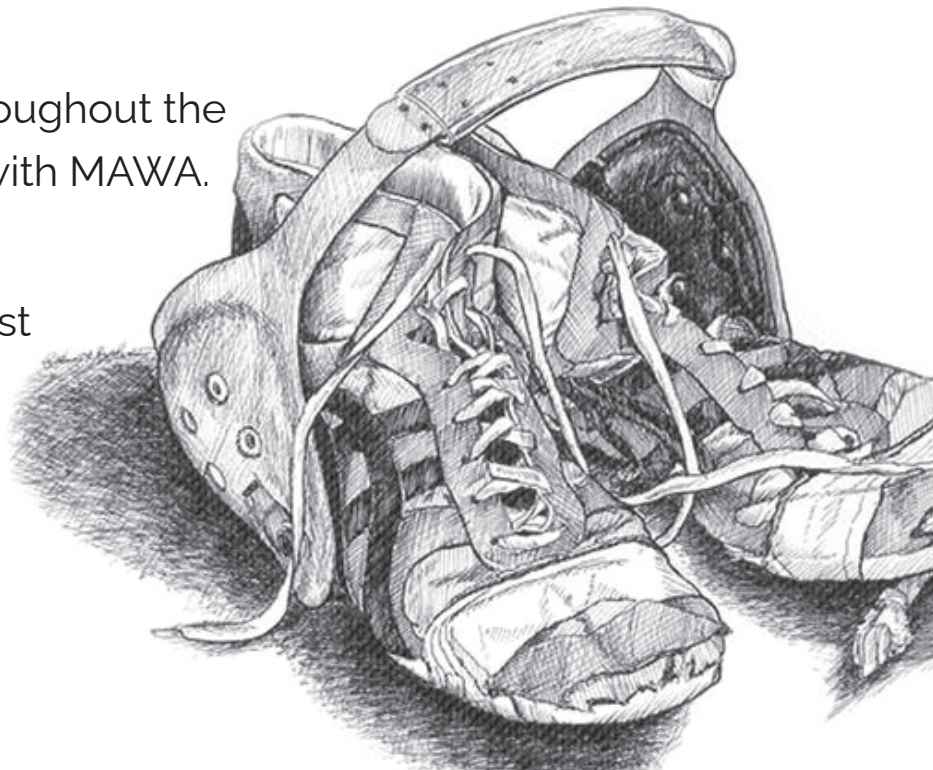
WRESTLING MANITOBA

About Manitoba Amateur Wrestling Association (MAWA)

MAWA is the recognized governing body for the sport of Wrestling in the province of Manitoba. We are an affiliate member of Wrestling Canada Lutte which is the national governing body in Canada. Freestyle and Greco Roman are the two styles of wrestling sanctioned by MAWA.

There are over 20 clubs throughout the province that are affiliated with MAWA.

Our season runs from September 1st to August 31st with over half a dozen local sanctioned tournaments held throughout November – March.



REGISTER NOW



Proud Host of the 2022
Canadian Junior
Nationals July 28-31



MENS
CO-ED
YOUTH
WOMENS
MASTERS

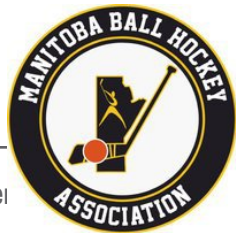
PLAY BALL HOCKEY

LEAGUES RUN APRIL TO JUNE



WWW.MANITOBABALLHOCKEY.COM

Sport
MANITOBA



Winter

Ball Hockey a Great Summer Sport for Kids of All Ages and Abilities

With the pandemic restrictions coming to an end the Manitoba Ball Hockey Association is looking forward to a great summer youth season of ball hockey with the Manitoba Minor Ball Hockey League. Kids of all ages from 4 to 19 can play in divisions suiting their skill level. The leagues start in April and run until the end of June to not interfere with Summer holidays. Games are on Monday to Tuesday evenings with divisions being coed up to 13 years old and then having boys and girls divisions for 14 to 19. We have really seen the girls divisions grow in recent years including kids brand new to the game of hockey to AAA players that have played Team Canada and beyond.

Ball hockey is a great physical activity mixing speed, stamina, athleticism, skill and competition. For competitive ice hockey players it is a great way to build their speed, endurance and hand eye coordination, while at the same time changing it up a bit and having some fun. For those who have not played hockey or are relatively new to the game it is a great way to experience the sport without learning the difficult skill of skating. It is also a great activity for every player in between those two skill levels.

The Manitoba Ball Hockey Association will be hosting the Junior National Championships in Winnipeg this summer and will be looking for the top ball hockey players to represent our province in 5 divisions including U19, U17 and U15 boys and U19 and U16 girls. To date Manitoba has been very successful at the National level and have had many players and coaches selected to represent our province on Team Canada at the World Championship level. In 2022 we will have 3 females and 4 Males representing us on Team Canada in Slovakia, in the Junior World Championships in June. Sign up now and maybe you will be our next Team Canada representative going for gold, or at the very least you will have a great time playing the game!

For more information please visit our website at www.manitobaballhockey.com

Registration is now open for our Anti-Racism in Sport Training! Please share widely!

The Anti-Racism in Sport Campaign is pleased to offer the free workshop, 'Sport is not an equal playing field: An Introduction to Anti-Racism Literacy and Action'. This interactive session is designed for all sport stakeholders (coaches, administrators, officials, parents, athletes, board members, etc.).

Date: Multiple dates available throughout February and March 2022

Length: 3 hours

Location: virtually via Zoom (in-person options may be available in the future).

Cost: Free!

Register: <https://forms.gle/i8BesRfT3a3K2p9FA>

Workshop participants will gain knowledge in the following areas:

- An introductory understanding of anti-racism literacy
- The current state of racism and sport in Winnipeg
- Skills and tools on how to be an anti-racist in sport

This workshop will be accompanied with a worksheet that will enhance participants' engagement with the material.

Follow Anti-Racism in Sport Campaign's social media accounts or check out our website for more details, or email us at: info@antiracisminsport.ca

- Facebook: @ARISWinnipeg
- Instagram: @AntiRacismSport
- Twitter: @antiracisminsport
- Website: www.antiracisminsport.ca



ANTI-RACISM
IN SPORT

Winnipeg | Treaty No. 1 Territory

**SPORT IS NOT AN EQUAL
PLAYING FIELD:**

**An Introduction to Anti-Racism
Literacy and Action**

FREE interactive session for all sport stakeholders
(coaches, administrators, officials, parents, athletes and board members)

Length: 3 hours
Location: Virtually through Zoom

Topics Covered:

- Anti-racism literacy
- Current state of racism in sport in Winnipeg
- Anti-racism in sport tools and resources

Registration and more information:
www.antiracisminsport.ca

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Notes

NOTES

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



PHE MB

Physical and Health Educators of Manitoba

EPS MB

Éducateurs d'éducation physique et de santé du Manitoba