



March 2022

Traditional Games Workshop

There are only a handful of spots available for the upcoming Traditional Games Workshop on Friday, April 29th, 2022 at the Dakota Community Centre. Schedule for the day is below. Registration can be [found online here!](#) Deadline to register is April 15th, 2022.

Time		Location		What	
9:00am		Front Entrance		Registration & Sign In Starts	
9:45am		Gymnasium		Opening Prayer & 2022 MIG Presentation	
10:00am				Break into groups 1 & 2	
GROUP 1			GROUP 2		
Time	Location	What	Time	Location	What
10:00am	Gymnasium	Archery Training	10:00am	Upstairs	One-Foot High Kick Training
11:15am	Gymnasium	Basketball Challenge Training	11:15am	Upstairs	Long Distance Run
11:45am	Gymnasium	Strong Person Carry	11:45am	Upstairs	Foxtails & Targets
12:15pm		LUNCH	12:15pm		LUNCH

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12:45pm	Upstairs	One-Foot High Kick Training	12:45pm	Gymnasium	Archery Training
2:00pm	Upstairs	Long Distance Run	2:00pm	Gymnasium	Basketball Challenge Training
2:30pm	Upstairs	Foxtails & Targets	2:30pm	Gymnasium	Strong Person Carry
Time		Location		What	
3:10pm		Gymnasium		Closing Prayer & Comments/Questions, Door Prize Draw	

Sport Manitoba Info

Learn New Sports and Get Active

Sport Manitoba champions the benefits of the multi-sport approach, and believes that kids who play a variety of sports at a young age can reap the [many benefits](#).

Many high-profile athletes connect their skills and successes to playing multiple sports in their development years – Wayne Gretzky played baseball, Steve Nash played soccer, tennis and hockey, and Clara Hughes is also a cyclist.

Activity:

Alexa Scott competed in speed skating for Team Manitoba at the 2019 Canada Games in Red Deer, Alberta. She set personal bests, broke records, and came home with three gold medals. Three years later, she competed in her first-ever Olympic Games in Beijing. Challenge your students to learn more about local athlete Alexa Scott and her multi-sport experience by reading this feature article:

<https://www.sportmanitoba.ca/play-more-be-more-alexa-scott/>



Learning Outcomes:

At the end of this activity, students will be able to:

- Learn the benefits of being a multi-sport athlete
- Learn about one of Manitoba's newest Olympians
- Increase their knowledge of different sport opportunities in Manitoba

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Quiz:

Here are five quick trivia questions to accompany the article:

1. In 2019, Alexa won which Sport Manitoba award?
2. At what age did Alexa start speed skating?
3. Which two sports does Alexa credit with helping her build skills that helped her become a better speed skater?
4. What sport introduced Alexa to skating?
5. What is Alexa's hometown?

Answers:

1. Sport Manitoba's Junior Athlete of the Year
2. 9
3. Volleyball and soccer
4. Figure skating
5. Clandeboye, Manitoba

If you're interested in adding new sports to your classes, contact one of our Provincial Sport Organizations to inquire about equipment rentals, clinics hosted by coaches, and more.

<https://www.sportmanitoba.ca/partners/>

SIGN UP FOR SUMMER CAMP

This year, our multi-sport summer camp has a female-only group in each of its three weeks. This is a very active camp, where campers try and learn about a bunch of different sports, including: flag football, basketball, volleyball, badminton, soccer, fencing, tennis, cricket, curling, and more!

If you teach girls aged 9-11 who might be interested in a sport-focused summer camp, please share this opportunity with them: <https://www.sportmanitoba.ca/2022-summer-camp/>



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Call for Presenters

The Physical and Health Educators of Manitoba are looking for session presenters for our 2022 PHE Manitoba MTS Professional Development Day being held on October 21st, 2022.

Interested presenters are asked to submit their application(s) by **April 30th, 2022.**

The format of PHE Manitoba's MTS Professional Development Day has yet to be decided.

Government health protocols in place, at the time of the event, will be followed.



Do you have a teaching idea, program, initiative, or project that should be shared with other physical and health educators

across Manitoba? Do you have expertise in one of the following themes in relation to Physical Education/Health Education?

Movement Skills and Concepts, Healthy Schools Initiative, LGBTQ Awareness, Inclusive Physical Education/Inclusion Strategies, Substance Use and Misuse, Education Cultural Awareness Strategies and Activities, Instructional Planning, Dance/Gymnastics, Intramurals/Extra-Curricular, Fitness Management Skills and Concepts, Assessment and/or Reporting, Individual/Dual Activities, Group/Team Activities, TGFU, Leadership, Staff Wellness/Staff PD, Differentiated Instruction, Curriculum Development or Implementation, Safety/Risk Management, Personal and Social Management, Health Lifestyle Practices, Basic/Fundamental Movement Skills, Physical Literacy, Outdoor/Alternative Pursuits, Multicultural or Innovative Games, Mental Health or Mental Well-Being, Coaching, Sustainable Development.

If so, click the link below to apply for this year's MTS Professional Development Day!

<https://forms.gle/UJvccw89JkjlYRX8>

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