

PHE MANITOBA FLASH

April 2023

Call for Presenters!

The Physical and Health Educators of Manitoba are looking for session presenters for our 2023 PHE Manitoba MTS Professional Development Day being held on October 20th, 2023. Interested presenters are asked to submit their application(s).

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.

[Click here for the Call for Presenters](#) and let's make this the best MTS PD Day!



PHE Manitoba
145 Pacific Avenue, Winnipeg, Manitoba, R3B 2Z6
phemb@sportmanitoba.ca, 204-926-8357
www.phemanitoba.ca

2023 Access and Inclusion Sport Conference

Hosted by Immigration Partnership Winnipeg's Anti-Racism in Sport Campaign, the conference will be held on Saturday, April 29, 2023, from 9:00am to 3:00pm at Sergeant Tommy Prince Place, 90 Sinclair St, Winnipeg, MB R2X 3C7 Canada.

The conference is a platform to discuss the perspectives, experiences, and barriers that historically excluded groups encounter in sports.

We aim to bring together sport organizations, coaches, athletes, researchers, policymakers, and other stakeholders to share their knowledge, ideas, and experiences towards making sports more inclusive for all.

Registration can be done here [2023 Access and Inclusion to Sport Conference – Anti-Racism in Sport \(antiracisminsport.ca\)](https://www.antiracisminsport.ca)

The conference will feature keynote speeches, panel discussions, workshops, and interactive sessions with experts in EDI, researchers, practitioners and youth leaders. Attendees will have the opportunity to learn about the latest research, policy initiatives, and innovative approaches to address the challenges of access and inclusion in sports.

We believe that your experience and insights would be a valuable addition to the conference, and we would be honored to have you join us for this event. The conference also provides an excellent opportunity for networking and sharing ideas with others in the sport sector in Manitoba.

To register for the conference, please visit our website. The registration fee is \$15, and lunch will be provided. Complimentary tickets are available for individuals or organizations who face barriers to the registration fees (no proof of barrier required).

This Conference is made possible in part through funding from the Canadian Race Relations Foundation's National Anti-Racism Fund.



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Celebrate with us on April 28 as we recognize 40 years of experiential learning. We look forward to seeing our dedicated Fieldwork partners as we gather to recognize them for being an essential part of work integrated learning in the Faculty of Kinesiology and Recreation Management at the University of Manitoba. We do hope you can join us!

Friday, April 28, 2023
2:30pm - 4:30pm
Marshall McLuhan Hall
65 Chancellors Cir Room #204
University of Manitoba, Fort Garry Campus

For more information, contact Colleen Plumton
Colleen.plumton@umanitoba.ca
204 474 8636

Please RSVP by emailing kinrec@umanitoba.ca kinrec@umanitoba.ca

Additional Information:

As part of our celebration, we are including an Indigenous pipe ceremony. For those that would like to participate, the ceremony will take place from 1:45-2:15pm. Brian Rice has kindly offered to perform this special ceremony. Colleen will meet you in front of the main entrance to the Education Building. Post ceremony, we will proceed to Marshall McLuhan for the event.

3-ply medical masks are required for University events.

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Sport Manitoba is proud to host the Girls Multi-Sport Series! This series gives **girls ages 10-12** of all backgrounds the chance to get active and try multiple different sports they may not have tried before. Each sport will have instructors leading the way with experience and knowledge specific to their activity, ensuring everyone is learning, staying safe, and having fun! The **April 14th** session sports will include **volleyball, rhythmic gymnastics, soccer and ringette**.

For more information, [email](#) or **call Amanda Daurie at (204) 223-4078**.

For more information and to register: [2022-2023 Girls Multi-Sport Series | Sport Manitoba](#)

GIRLS MULTI-SPORT SERIES

Friday, Apr. 14, 2023

**Sport Manitoba
145 Pacific Avenue
Winnipeg, MB**

Sport Manitoba is proud to host the Girls Multi-Sport Series! This FREE series gives girls ages 10-12 of all backgrounds the chance to get active and try multiple different sports they may not have tried before.

Each sport will have instructors leading the way with experience and knowledge specific to their activity, ensuring everyone is learning, staying safe, and having fun!

Featuring volleyball, soccer, ringette, and rhythmic gymnastics!

Sport
MANITOBA



Sport Manitoba Performance Quiz

Why We Warm Up Suited for students in Grades 5-8+ A good warmup is essential for a training session, practice, or competition. Warmups help athletes get in the right mindset, build intensity as the warm-up progresses, and increase focus. Structured warm ups, like the one Sport Manitoba's Performance Specialists created, will help your athletes prepare mentally and physically, and prevent injuries. YOUR TASK Watch this video (https://youtu.be/GfkEWblp_IA) and read this blog (<https://www.sportmanitoba.ca/why-do-we-warm-up/>) to learn more about structuring warm ups, then let's test your knowledge

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