



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

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

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

Save the Date: Physical Literacy 5.0 Workshop

Save the date- April 28th, 2022 for a **FREE** Physical Literacy 5.0 workshop! More details and registration will be sent out at a later date.



Fun and Multi-Sport Games!

Play More Be More is all about helping Manitobans learn about the many benefits of playing multiple sports at a young age. Most importantly, the ability to have fun in new ways and walk away with a positive and enjoyable experience in sport. Learn more about Play More Be More on [Sport Manitoba's website](#).

Activity

Fit Kids Healthy Kids games are appropriate for kids aged 2-12 and help them practice fundamental movement skills that make them competent and confident in multiple sports, and in life. **Atoms** is an activity you can add to your program / class that teaches multiple skills: <https://fkhk.sportmanitoba.ca/node/167>

Atoms is a fun game that incorporates several locomotive skills, such as running, hopping, and leaping. To play:

- The leader calls out a skill, such as hopping.
- All participants then hop around until the leader calls out a number.
- Participants must then form groups with that amount of people in each group. For example, if the leader calls out "four!", participants must make groups of four.

Those that can't form a group with the correct amount, must do jumping jacks or answer different skill questions as a team. Over time, children get to practice various fundamental movement skills and work cooperatively to form groups quickly!



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Anti-Racism in Sport Virtual Conference

The Anti-Racism in Sport Campaign working group is proud to host a two-day virtual conference on January 22nd and February 5th, 2022. This conference will examine the perspectives, experiences and barriers that historically excluded groups experience in sport as well as some of the ways organizations can make sport more inclusive.



The Anti-Racism in Sport Campaign seeks to increase, promote, and engage in discussions on anti-racism in sport about the presence of all levels of racism in sport in Winnipeg and its impact on people's lives, and raise awareness, address, and eliminate racism and discrimination experienced by First Nations, Metis Nation, Inuit, Black, Racialized, and Religious Minority communities in sport in Winnipeg.

The sessions will have presentations that address barriers to participation that include:

- 2SLGBTQ+ Community
- First Nations, Métis Nation, Black, Racialized and Religious Minority Groups
- Newcomers, Immigrants and Refugees
- Women and Girls
- Athletes with a disability

January 22nd, 2022 Presenters:

- Winnipeg Newcomer Sport Academy
- Rainbow Resource Centre and Out There Winnipeg
- Disability Sport Stakeholders, including: Manitoba Possible, Accessible Sport Connection, Manitoba Deaf Sports Association, and Manitoba Wheelchair Sport Association

February 5th, 2022 Presenters (please confirm this list with Daria):

- Isabelle Aube - Manitoba Aboriginal Sports and Recreation Council
- Women and Girls in Sport Speaker (TBA)
- Anti-Racism in Sport Campaign

Register here to attend the event:

<https://diversityandinclusioninsportconferenceday1.eventbrite.com>

More details are on our website: www.antiracisminsport.ca

Funding for this Conference is provided through funding provided by Canadian Heritage for the Anti-Racism in Sport Campaign, and by a generous donation from Food & Beverage MB.

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Yoga Poses for a Sharper Mindset



Yoga can be described as a combined blend of physical exercise, breath work, relaxation, and overall harmony of the body, mind, and environment. With all these things working at once it can take some practice to get comfortable with and can be quite intimidating to get started.

[You can find 3 Yoga Poses for a Sharper Mindset here.](#)

Teaching Sexuality: Facilitation Skills for Teachers and Service Providers Workshop

Learn how to integrate comprehensive sexuality education lessons and activities into service programs or classrooms. Participants will discuss and practice a number of activities that can be used immediately after the training. After the training, there will be the option to purchase or download (for free) SERC's Teaching Comprehensive Sexuality Education Kit. The Kit contains all the materials needed to teach the basics discussed during the training.

The date and program of this workshop will be confirmed at a later date. Those interested in registering please hold March 15th and March 16th, 2022, from 9:00am-3:00pm, in your calendar. This **FREE** workshop is for members of the Manitoba education community only*

[Register Here](#)

Government of Manitoba COVID-19 Important Links

- [Attestation of Participant Roster \(For School Use Only\)](#)
- [COVID-19 Dashboard: School-Aged Cases and School Staff Cases in Manitoba](#)
- [COVID-19 Education Plan](#)
- [Public Health Orders for Indoor Youth Sports \(December 2021\)](#)
- [Resources and Links](#)
- [State of Emergency and Public Health Orders](#)

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Lets Talk About Cannabis Workshop

PHE Manitoba and the Youth Cannabis Awareness Program are proud to present a **FREE** “Let’s Talk About Cannabis” Workshop on February 15th at 4:00pm.

Join us as we explore factors influencing a young person’s decision to use or not use cannabis, risks of cannabis use for youth and strategies to lower risks, popular methods of cannabis consumption among youth, when cannabis becomes a problem, and where to find information and support and what to expect from support services across Canada.

[You can register here to attend the interactive workshop.](#)



Let's Talk About Cannabis
An interactive workshop

Join us as we explore...

- Factors influencing a young person's decision to use or not use cannabis
- Why cannabis affects everyone differently
 - THC dosage in edibles and beverages
 - THC bioavailability
- Popular methods of cannabis consumption among youth
- Risks of cannabis use for youth and strategies to lower risks
- When cannabis use becomes a problem
- Where to find information and support and what to expect from support services across Canada

YCAP provides free curriculum aligned workshops. Sign up below for an example of a workshop you could integrate into your classroom!

Click here to register!

Join us for a webinar at:
February 15th
4:00 PM

Presented by the Youth Cannabis Awareness Program
To learn more, contact alexander.pittner@ymca.org
Or visit www.ymca.org/ycap

True Sport Principles



TRUE SPORT

True Sport Principles

- Go For It**
Rise to the challenge – always strive for excellence. Be persistent and discover how great you can be.
- Play Fair**
Customed, respect, and follow the rules. Play with integrity – competition is only meaningful when it is fair.
- Respect Others**
Show respect for everyone involved in creating your sporting experience, both on and off the field of play. Win with dignity and lose with grace.
- Keep It Fun**
Find the joy in sport and share it with others. Remember what you love about sport and why you play.
- Stay Healthy**
Always respect and care for your mind and body. Advocate for the health and safety of yourself and those around you.
- Include Everyone**
Recognize and embrace strength in diversity. Invite and welcome others into sport.
- Give Back**
Set standards and give guidance. Encourage your sport group to make a difference in the community.

The True Sport Principles express an approach to sport that the vast majority of Canadians already believe in and practice. Although widely embraced, these principles often go unspoken. So when they are violated — when people’s attitudes and actions threaten healthy and respectful competition — supporters of good sport can be caught off guard, unsure how to stand up for the sport they believe in.

You can download the new [True Sport Principles here.](#)

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