



# PHE MANITOBA FLASH

March 2022

## Traditional Games Workshop

PHE Manitoba and the Manitoba Aboriginal Sport and Recreation Council is proud to host a Traditional Games Workshop on Friday, April 29<sup>th</sup>, 2022 at the Dakota Community Centre. Schedule for the day is below. Registration can be [found online here](#) or by [printing this form](#) and emailing it to [phemb@sportmanitoba.ca](mailto:phemb@sportmanitoba.ca)

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
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	

**PHE Manitoba**  
**145 Pacific Avenue, Winnipeg, Manitoba, R3B 2Z6**  
**[phemb@sportmanitoba.ca](mailto:phemb@sportmanitoba.ca), 204-926-8357**  
**[www.phemanitoba.ca](http://www.phemanitoba.ca)**

## PHE MB Online Shop

PHE MB has an online shop featuring women's and men's sweaters, shirts, pants, hats, and more! The online store closes on Friday, March 25<sup>th</sup>, 2022. [Click here to check out the store and place your order!](#)



## Sport Manitoba Info

### Cooperative, Active Games to Get Kids Moving

[Fit Kids Healthy Kids](#) is a physical literacy program that teaches children aged 2-12 and their adult leaders - like you - the fundamentals of movement like running, jumping, throwing, and catching as well as many others through games and activities that are non-competitive and inclusive.

### TOP FIVE GAMES

The top rated games in our [free online games database](#) are all unique activities that build different skills, and are suitable for a range of ages and abilities.

- [Banana Tag](#) - a fun warm up/cool down activity
- [Hot Potato](#) - a classic cooperative game
- [Hoop Raider](#) - an energetic, fast-paced team building game
- [Pool Noodle Hockey](#) - just like ice hockey, but with pool noodles
- [Human Ladder Relay](#) - a multi-skill game for older kids



Our games are adaptable for large and small groups, indoor and outdoor spaces, and require little-to-no equipment. They're ideal for quick, active breaks and can introduce young kids to important sport skills.

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## **PHYSICAL LITERACY TRAINING**

If your school or educators are interested in physical literacy training, our program coordinators can teach you all about the fundamental movement skills and how to incorporate games and activities into your programs. Training is available at no cost and can be done virtually or in person. Contact [fitkidshealthykids@sportmanitoba.ca](mailto:fitkidshealthykids@sportmanitoba.ca) for more information.

## **Manitoba Organization of Disc Sports**

Manitoba Organization of Disc Sports (MODS) is a provincial sport governing body that provides the sport of ultimate to adult, youth and school programs in Winnipeg and surrounding areas. MODS has worked with many schools and organization throughout the years to offer introductory ultimate clinics that has led to participation in school / divisional jamborees, or a MODS organized tournament.

MODS would like to provide your school with a clinic introducing the sport of ultimate to your students in the way of basic concepts of throwing, catching, running, jumping, and mini games. The sport of ultimate is noncontact, fast paced, and is self officiated that emphasizes sportsmanship through Spirit of the Game. Ultimate is easy to learn, requires little equipment and can be played in any open space.

To request MODS at your school, [please fill out this form and send back to the email listed.](#)

## **Canadian Mental Health Association Resources**

Here is the link to Canadian Mental Health Association's Care for All in Education website:  
[www.careforallineducation.com](http://www.careforallineducation.com)

Here is the link to their posters <https://careforallineducation.com/posters/>

To reach a Wellness Specialist for support and resources, please call 1-877-602-1660 or email [info@careforallineducation.com](mailto:info@careforallineducation.com)

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