

# PHE MANITOBA FLASH

**March 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](mailto:phemb@sportmanitoba.ca), 204-926-8357**  
**[www.phemanitoba.ca](http://www.phemanitoba.ca)**

## **Fit Kids Healthy Kids Leader Training**

*Fit Kids Healthy Kids leader training*

*Fit Kids Healthy Kids can work with your staff to learn about physical literacy, fundamental movement skills and how to incorporate games and activity into your programs. Training sessions can be done in-person or virtually and session length and content may be adapted upon request.*



*Fit Kids Healthy Kids offers some different types of training sessions:*

- *Preschool training session*
- *School-aged training session*
- *All ages*
- *Keynote speaker*

[Contact us](#) today to book your training session!

## **Dragon Boat Challenge!**

This exciting event will be held at the Manitoba Canoe Kayak Center with junior and senior high school students from all across the province competing for the title of Dragon Boat Champions! Boats are made up of 21 people, including a drummer. The

boats race over a 500-meter course, finishing in front of a riverbank packed with spectators. Registration includes two, one-hour practices, along with all the equipment and training necessary to compete, steers persons and coaches are provided. Racing dragon boats will help you learn the importance of working together as a team to move the boat quickly and efficiently through the water. Come enjoy the Dragon boat festival and the excitement of racing with other schools! Register now and enjoy early bird pricing until March 31st 2023!

A yellow rectangular poster for the 2023 Manitoba School Dragon Boat Challenge. The text on the poster reads: "2023 Manitoba School Dragon Boat Challenge!" followed by a bullet point: "Come test your speed and teamwork at this years Manitoba School Dragon Boat Challenge, Sunday June 4<sup>th</sup>, 2023!". On the right side of the poster, there is a logo featuring a red dragon and the text "MANITOBA SCHOOL DRAGON BOAT CHALLENGE". Below the logo is a silhouette of two people in a dragon boat, with the text "MANITOBA PADDLING ASSOCIATION" underneath.

Location: 80 Churchill Drive • Email: [mpadragonboat@gmail.com](mailto:mpadragonboat@gmail.com) • Call: 204.284.4646  
For more information, visit our website: [https://www.mpa.mb.ca/content.php?navigation\\_id=4585](https://www.mpa.mb.ca/content.php?navigation_id=4585)  
Turning people into paddlers one adventure at a time!

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## School Clinic- Ultimate

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 organizations throughout the years to offer introductory ultimate clinics that have 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 self-officiated that emphasizes sportsmanship through the Spirit of the Game. Ultimate is easy to learn, requires little equipment and can be played in any open space.

[Please complete this form to request a MODS clinic in your school!](#)

## School Clinics-Badminton

**Clinics**

**Gym Class**  
\$150\* Half Day (4 Hours)  
\$200\* Full Day (7.5 Hours)  
\*Plus Mileage  
We use a variety of lesson plans throughout the day to leave the teachers with an entire units worth of badminton activities after one day!

**School Team Clinic**  
\$10 per athlete \*Minimum 10 Athletes  
\*Plus Mileage  
One of our coaches will come to your school practice and work on more intermediate/advanced techniques with your motivated players

**Teacher/Coach Clinic**  
Email [ryan@prairiebadminton](mailto:ryan@prairiebadminton) to discuss

**Let us host your practice!**  
Bring your school team or class to Prairie Badminton for practice at a reduced rate! Contact us for availability!

**About Us**

**Prairie Badminton** is Manitoba's **only** dedicated badminton facility!

All day drop-in & court rentals, Monday through Sunday!

Apart from our school clinics (see inside), we also offer group & private lessons for people of all ages and skill levels.

Our pro-shop carries a wide array of equipment and accessories for new and experienced players alike.

We also offer affordable stringing services with an assortment of string varieties and colors!

**School Programming & Equipment Options**

(204) 663-5499  
[prairiebadminton.ca](http://prairiebadminton.ca)  
@PrairieBadminton

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