



# PHE MANITOBA FLASH

**OCTOBER 2021**

## PHE Manitoba MTS PD Day “Put Yourself First, You’re Worth It!”

This year’s event will take place virtually on October 22<sup>nd</sup>, 2021.  
Early bird registration only costs \$45.00 (conference fee and full membership) and ends October 15<sup>th</sup>!  
The price increases for late registration to \$55.00 and will take place from October 16<sup>th</sup>-October 20<sup>th</sup>.

9:00am-9:10am				OPENING			
9:10am-10:00am	S1- Innovative Physical Education and Fitness Challenges with Ladders and Bosu Balls	S2- Aquatic Risk Management: Preparing for Field Trips Around Water	S3- Yoga, Mindfulness and Meditation	S4- Youth & Cannabis Use Landscape in Canada	S5- Winnipeg's Anti-Racism in Sport Campaign	S6- Sex Ed for 2020 & Beyond	S7- Help Shape Concussion Awareness in Manitoba Schools
10:00am-10:10am				BREAK			
10:10am-11:00am	S8- Individualizing Physical Education for K-6 and Using Innovative Topples/Tubes	S9- Aquatic Programs for Your School	S10- 2SLGBTQ+ Safety & Inclusion in Sports	S11- RAMPing Up Your Warm-Up and Movement Preparation	S12- Everyone's a Climber	S6- Continued	S7- Continued
11:00am-11:10am				BREAK			
11:10am-12:00pm	S13- Adventure Does n't Have a Season	S14- PHE MB- Who We Are & What We Do	S10- Continued	S15- Exceed with Speed and Progressing Plyometrics	S12- Continued	S16- Street Drugs and Substance Use Through the Lens of a Paramedic	S17- Pension Sustainability
12:00pm-12:30pm				LUNCH			
12:30pm-1:20pm	S18- Badminton- Training School Teams for Success	S19- The Booming Present and Future of Disc Golf	S20- Take Climbing to the Next Level- Theory!	S21- Refining and Designing: Exercise Selection	S22- Welcome to the Pleasuredome	S23- Restore! Movement as Medicine for Hours of Screen Time	S24- Yoga, Mindfulness, and Meditation **Repeat of S3
1:20pm-1:30pm				BREAK			
1:30pm-2:20pm	S18- Continued	S25- Keep Kids Moving with BOKS- A Showcase of New Resources and Best Case Practices	S26- Take Climbing to the Next Level- Practical!	S27- Functional Range Conditioning	S22- Continued	S28- Collaborating to Optimize Phys Ed Experiences for Kids with Challenges	S29- Unpacking Health Promoting Schools
2:20pm-2:30pm				BREAK			
2:30pm-3:20pm	S30- Outdoor Education- Youth Outdoors Project	S31- Keep Kids Moving with BOKS- A Showcase of New Resources and Best Case Practices **Repeat of S25	S26- Continued	S32- Winterball/Baseball	S33- What is Disc Golf and How Does it Fit in Phys. Ed	S34- Canada's New Food Guide- Evidence Based Nutrition	S35- Building Confidence- Individualizing the PE Experience

[The full program and registration information can be found here.](#)

**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 Manitoba Awards Evening

Come celebrate the 2020-2021 PHE Manitoba Award winners on October 21<sup>st</sup>, 2021! If you would like to join the celebration, please email [phemb@sportmanitoba.ca](mailto:phemb@sportmanitoba.ca) for the Zoom link and password.



## Bison Transport Sport LeadHERship Series



## Bison Transport Sport LeadHERship Series

The Bison Transport Sport LeadHERship Series, hosted by media personality Sara Orlesky, is a **free** five-part series and professional development opportunity designed for YOU- Manitoba's coaches, administrators, community leaders, and volunteers of all genders, from all sports, from across the province.

The goal of each session is to help you empower and encourage the girls you work with to stay active and involved in sport and become the next generation of female sport leaders. You'll take away practical tips and

tools to help you build your network and knowledge base.

### First Session: **Getting Girls Back in Sport**

This free session will convey the reality of where the participations levels of women and girls are currently in Manitoba and how the pandemic has affected them. We will then hear from three guests, Dr. Adrienne Leslie-Toogood, Mackenzie Zacharias and Sarah Zacharias who will share their own experiences navigating the pandemic.

Wednesday, October 13<sup>th</sup>, 2021 at 7:00pm CST

[Register Here for the Free Session](#)

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## **Basketball Manitoba Super Coaches Clinic**

2021 Basketball Manitoba Super Coaches Clinic is being held virtually on Friday October 22<sup>nd</sup>, 2021. Registration is free. More information can be found [here](#).



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### **Important October 2021 Dates**

October 5 <sup>th</sup> , 2021	Happy World Teachers' Day!
October 13 <sup>th</sup> , 2021	Bison Transport Sport LeadHERship Series: Getting Girls Back in Sport <a href="#">Register Here</a>
October 15 <sup>th</sup> , 2021	Early Bird MTS PD Day Registration ENDS <a href="#">Register Here</a>
October 16 <sup>th</sup> - 20 <sup>th</sup> , 2021	Late MTS PD Day Registration <a href="#">Register Here</a>
October 21 <sup>st</sup> , 2021	PHE Manitoba Awards Evening Virtual
October 22 <sup>nd</sup> , 2021	MTS PD Day Virtual
October 22 <sup>nd</sup> , 2021	Basketball Manitoba Super Coaches Clinic <a href="#">More Information Here</a>