



**PHE MB**

Physical and Health Educators of Manitoba

**EPS MB**

Éducateurs d'éducation physique et de santé du Manitoba

Volume 44, No. 1

Fall 2021



**PUT YOURSELF FIRST, YOU'RE WORTH IT!**



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# Table of Contents

President's Message By Brian McMillan .....	3
PHE MTS PD Day Program .....	4
PHE Important Dates .....	20
PHE Canada: Programs and Resources to Support You This School Year .....	21
PHE Awards .....	22
Anti Racism in Sport Campaign .....	23
Sensational Speed Stacking .....	25
Sport Manitoba Corner .....	26
September 2021 COVID Resource Document Update .....	30

# President's Message

Brian McMillan

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Welcome Back! As I move into the 2nd year of being President of PHE Manitoba I want to wish all of our members “Good Luck” in this new school year. May you have continued success as we move into a new year of challenges and successes.

Usually, each summer I spend a lot of time out on the water fishing! This year I didn't get to do that as much though, as I spent a considerable amount of time with my grandsons (Ozzie and Indy). For those of you who do not have grandchildren, I can tell you that it is the best feeling in the world. Our oldest grandson wasn't very bothered by the fact that there was a pandemic, he's only 3 after all. He was more interested in his monster trucks and telling both his Grandma and I all about them. As the end of summer neared and the grandkids went home, I started to wish I could turn my brain off from thinking about the Pandemic and all the rules that come with it. Masks remain implemented for the fall. People are still being vaccinated against COVID-19.

How does this affect what we do in Physical Education and Health? Well for the past 18 months you have changed and refined the ways to teach during a pandemic. Moving into the fall you will have a better understanding of how to proceed forward with all the regulations, many of which have been implemented from Day 1 of the Pandemic.

I look forward to this school year as it will be one of new directions and challenges. I am certain that everything will go great. If you find yourself needing to ask questions, feel free to call our PHE Manitoba office or touch base with an active or retired PE Specialist. We do have an unlimited amount of talent in our Province for you to get assistance from.

This fall we will be having our PHE Manitoba MTS PD Day online once again. I thank the committee for having this setup already and I look forward to October for when it takes place. I hope that next year we will be able to host it in person. I know many of you agree with me.

On the National Level, PHE Canada has lot of new things that they are advertising on their website. They are a good resource for any teacher in the profession. I want to say “Thank you” to Melanie Davis and the entire staff in Ottawa for the support to our Provincial Organization this past year. I have really enjoyed our ongoing partnership.

To our friends at PHE Sask. – congratulations on the name change and merger. We look forward to our continued partnership as well. This also goes out to our friends at the Council of Provinces and Territories. A huge welcome to the newest association that has started in the Yukon.

A huge thank you goes to Krystle and the Board for all that you do. I am certain that I could have not done this without you.

On a final note. This year I am happy to announce that Alyson Gysel of Kelvin High School is the new Vice President of PHE Manitoba and will replace this old dog as President in May 2022. I am very excited and I look forward to working with Alyson and the entire PHE Manitoba Board in the upcoming school year.

If you have any questions please feel free to reach out to us at the email and phone number provided in our journal.

Yours in education,

**Mr. Brian McMillan (Mick)**  
**President - PHE Manitoba**

# PHE Manitoba's MTS Professional Development Day

## Put Yourself First, You're Worth It!

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Register here: <https://memberlink.mbteach.org/Event.axd?e=1380>

**Location:** Virtual Conference

**Date:** October 22nd, 2021

**Program:**

9:00 am - 9:10 am - Opening

9:10 am - 10:00 am - Session 1

10:00 am - 10:10 am - Break

10:10 am - 11:00 am - Session 2

11:00 am - 11:10 am - Break

11:10 am - 12:00 pm - Session 3

12:00 pm - 12:30 pm - Lunch

12:30 pm - 1:20 pm - Session 4

1:20 pm - 1:30 pm - Break

1:30 pm - 2:20 pm - Session 5

2:20 pm - 2:30 pm - Break

2:30 pm - 3:20 pm - Session 6

\*Links to virtual session will be sent the week of the event.

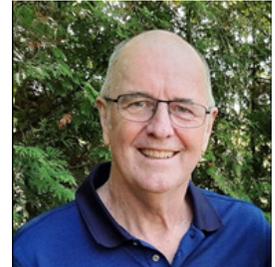
\*If are unable to attend October 22nd the day of, you can select a 'delayed registration' which will record the sessions you select and send them out to you the following week to watch at your own convenience.

9:00am-9:10am												
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 Topplesubes	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 Doesn'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 Cases 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					

# Physical and Health Educators of Manitoba MTS Professional Development Day Program October 22nd, 2021

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**S1 - Innovative Physical Education and Fitness Challenges with Ladders and Bosu Balls**  
Engage in over 50 different activities for about 10 different kinds of agility ladders. All focused-on fitness and several with a game component. Bosu Balls effectively develop balance, endurance, and core strength. Engage in 30+ different activities requiring a Bosu Ball for individual use, or adding additional equipment to develop greater fitness and physical literacy.



**Presenter: Dr. John Byl, Canadian Sport Education Gopher Consultant**

**Suitable for: All Educators**  
**9:10 am - 10:00 am**

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**S2 - Aquatic Risk Management: Preparing for Field Trips Around Water**  
Running a field trip that involves water such as a canoe trip or visit to a pool or waterpark? The Lifesaving Society are Canada's drowning prevention experts and this session will focus on how to prepare for any school activity that takes place in or near water. We will provide guidelines to assist in your planning of events, as well as advice gained from many years experience dealing with water safety issues. Come prepared with questions, as group interaction is highly encouraged.



**Presenter: Dr. Christopher Love**

Dr. Christopher Love is the Water Smart and Safety Management Coordinator for Lifesaving Society Manitoba, and he is responsible for the Society's public education and risk management programs. Prior to working for the Society he has worked as a lifeguard, swimming instructor, and trainer across the province. He has been a certified lifeguard and swimming and lifesaving instructor for over 30 years, and he is a National Trainer for the Lifesaving Society's programs. He holds a PhD from the University of York in the History of Swimming, and has authored a book on the subject.

**Suitable for: All Educators**  
**9:10 am - 10:00 am**

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**S3 - Yoga, Mindfulness and Meditation**

This session will go through some basic yoga sequences geared toward high school students that you can take back to your schools and teach yourself! We will also go through different ways of bringing mindfulness and meditation into your classes. Expect to walk away with practical ideas you can use in your class tomorrow!



**Presenter: Kristin Schiach**

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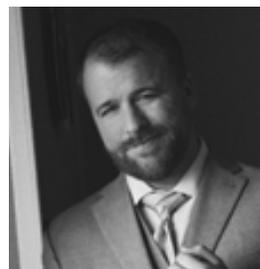
Kristin has been a high school Physical Education teacher for the past 13 years. She currently teaches at Fort Richmond Collegiate in Winnipeg. Kristin is passionate about teaching students about overall wellness and is close to completing her Yoga Teacher Training Certification.

Suitable for: All Educators, Administration, Student Teachers  
9:10 am - 10:00 am

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#### S4 – Youth and Cannabis Use Landscape in Canada

The Youth Cannabis Awareness Program (YCAP) is a free national education prevention initiative funded by Health Canada and delivered by YMCA of Greater Toronto across Canada. YCAP offers educational prevention programs to youth aged 12-24, as well as adults (parents/guardians and professionals) involved in youth's lives. Informed by protective and risk factors contributing to youth's mental health, YCAP provides a multi-faceted approach to harm reduction in order to increase knowledge and skills supporting positive youth development. YCAP takes a harm reduction approach toward recreational cannabis use. YCAP does not make value judgments regarding recreational cannabis use, rather seeks to minimize risks associated with cannabis use by providing youth with the most accurate and unbiased information.



Presenter: Steve Keller

Steve Keller is the Bilingual Curriculum Developer for the YMCA's Youth Cannabis Awareness Program (YCAP), a national initiative funded by Health Canada. He is a graduate of Trent University's School of Education and has since become a public speaker, educator and outreach worker for awareness raising programs focused on addictions, mental health, and youth wellness since 2015.

Suitable for: All Educators, Administration, Student Teachers  
9:10 am - 10:00 am

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#### S5 - Winnipeg's Anti-Racism in Sport Campaign

Winnipeg is a diverse and multicultural city, where 40% of the population identify as First Nations, Métis, Inuit, Black, or Racialized. While that diversity and multiculturalism has built a strong and resilient city, many Winnipeggers continue to face racism and discrimination in all aspects of their lives, including their participation in sport. The Anti-Racism in Sport Campaign seeks to address, disrupt and eliminate racism and discrimination in sport experienced by First Nations, Métis, Inuit, Black, Racialized, and religious minority communities in Winnipeg. This session will present information and resources from the 5 major activities of the campaign: Research, School Presentations, Training for Sport Stakeholders, Public Awareness Campaign and Accord.



Presenter: Daria Joquera Palmer, Campaign Project Manager, Anti-Racism in Sport Campaign

Suitable for: All Educators  
9:10 am - 10:00 am

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## S6 - Sex Ed for 2020 & Beyond

The Human Sexuality Resource by Manitoba Education is older than many youth. It made its debut around the same time as youtube and smartphones around 15 years ago. Much has changed since then but two things that haven't are youth's need for information about growing up and how to make sense of their world. Demonstrated in this session are the principles of comprehensive sexuality education which takes a holistic approach. Principles of sex positivity, inclusion, equity, harm reduction, strengths-based, youth engagement, trauma informed etc. are the approaches to this resource. You will be introduced to sessions for junior high students on values, consent, wellness, relationships, gender identity, sexual orientation, substance use, and more, facilitated on the Kahoot platform available for all teachers to use.



**Presenter:** Eveline Buehlmann

Working with youth in the areas of sexual and mental health (including substance use) and healthy relationships throughout the province of MB for the past 20 years is my area of expertise. Our goal is to create and facilitate inclusive, sex positive, strengths-based, trauma informed health materials developmentally appropriate for younger youth.

**Suitable for:** All Educators

9:10 am-11:00am

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## S7- Help Shape Concussion Awareness in Manitoba Schools

Sport Manitoba has identified concussion awareness and education as an ongoing priority. Put your thinking caps on! Participants can expect an interactive and engaging session. We will brainstorm to determine the resources you need to recognize and identify concussions on the field, on the court, or in the classroom. Your input will help us create future tools to help protect those you work with.



**Presenter:** Megan Foster, Sport Development Officer

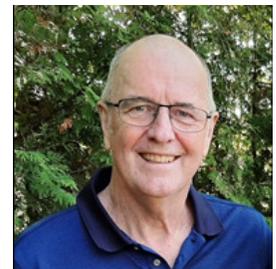
**Suitable for:** All Educators

9:10 am - 11:00am

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## S8 - Individualizing Physical Education for K-6 and using Innovative Toppletubes

With Covid-19 it has been more important than ever, and as good teaching practice, to try to individualize equipment contact as much as possible. We will take a look at examples of how we can do this through 40+ locomotor, fitness, target, net/wall activities, as well as manipulative retain, and manipulative send and receive activities. ToppleTubes are an innovative product that is useful in developing mental and physical skills of locomotion and fitness. We will explore 30+ activities that develop student skills.



**Presenter:** Dr. John Byl, Canadian Sport Education Gopher Consultant

**Suitable for:** All Educators

10:10 am - 11:00 am

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### S9- Aquatic Programs for Your School

Participants will learn about the public education and training courses that the Lifesaving Society can provide to your school. Topics will include Swim to Survive swimming lessons, First Aid & CPR courses, and options for school clubs. As part of the presentation we will review the safety issues that come up with aquatic programming, the community and health and safety issues you can improve outcomes in, and the program support options available from the Society. The session will end with a general Q & A exchange.



**Presenter: Dr. Christopher Love**

Dr. Christopher Love is the Water Smart and Safety Management Coordinator for Lifesaving Society Manitoba, and he is responsible for the Society's public education and risk management programs. Prior to working for the Society he has worked as a lifeguard, swimming instructor, and trainer across the province. He has been a certified lifeguard and swimming and lifesaving instructor for over 30 years, and he is a National Trainer for the Lifesaving Society's programs. He holds a PhD from the University of York in the History of Swimming, and has authored a book on the subject.

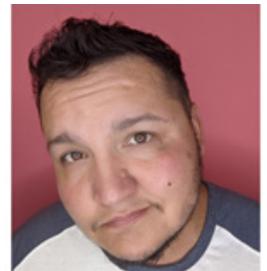
**Suitable for: All Educators**

**10:10 am - 11:00 am**

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### S10- 2SLGBTQ+ Safety & Inclusion in Sports

All children deserve to participate in sports. We will discuss barriers and challenges that exist in sports and recreation for 2SLGBTQ+ youth. We will analyze real and current issues, share recommendations for safer practices and resources to assist in making sports accessible and safer for all youth.



**Presenter: Dene Guillas**

Dene (he/him) proudly identifies as an Indigenous, transgender man who has always lived and worked on Treaty One Territory, the territories of the Anishinaabeg, Cree, Oji-Cree, Dene, Dakota and Metis Nations.

He has been lucky enough to be involved in the training and education field for over 15 years. His love of helping others has led him to Rainbow Resource Centre in 2019, where he works as the School Equity & Inclusion Coordinator. This has allowed his passion of interacting and speaking with others, to morph into a positive way to give back to the community. Helping to raise awareness for our youth has given him a purpose that is extremely close to his heart.

**Suitable for: All Educators**

**10:10 am - 12:00 pm**

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### S11 - RAMPing Up Your Warm-Up and Movement Preparation-The Workout Workshop | Presented by Sport Manitoba

Use the RAMP acronym to guide your warm-up design and prepare your body for the upcoming demands of your workout or gym class. This 4-Part Workout Workshop will take teachers through the workout design process from start to finish, incorporating exercise videos and ideas, opportunities to participate, and considerations for age-appropriate training that can be applied across different demographics.



Presenter: Neal Prokop (MSC, CSCS), Jeff Wood (BPE, CSCS), Jacqueline Mazur (BKin CSCS), Davis Chase (BKin CSCS).

Suitable for: All Educators  
10:10 am - 11:00 am

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### S12 - Everyone's a Climber

At some point in our lives, we've all felt the need to climb something; a tree, a ladder, perhaps the scramble from chair, to counter, to cookie-jar. Climbing is so much fun, and provides the opportunity to develop physical strength, flexibility, balance, etc. No matter your skill level you can start climbing and grow physical and mental skills.



Presenter: Kori Cuthbert

Kori was born in Portage la Prairie, Manitoba and grew up on a small grain farm. As Manitoba has very few rocks and very little elevation to gain, Kori's first exposure to climbing revolved around childhood summer trips to Squamish while visiting Vancouver-based family.

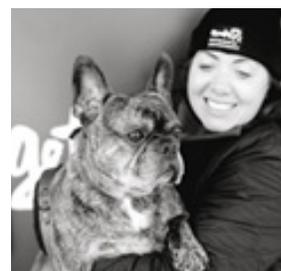
When Kori moved to Winnipeg to attend the University of Manitoba in 2007, his interest in climbing grew while going to a small bouldering wall regularly at the university, run by the University of Manitoba Climbing Club. After completing his Bachelor of Kinesiology in 2012, he turned his sights to outdoor climbing and began to make 3 hour weekend trips to Northwestern Ontario for sport and trad climbing. Along with his experience and expertise, Kori has a passion for movement and climbing and has been a mainstay in the Winnipeg climbing community for years.

Suitable for: All Educators, Teacher Wellness  
10:10 am - 12:00 pm

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### S13- Adventure Doesn't Have a Season

Kendrick's Outdoor Adventures, began in late 2020 out of a desire to keep building the new-found love of the outdoors and to introduce even more ways to be active all year round. With a background in marketing and retail and a passion for community and connection the guest experience, accessibility, healthy lifestyles and mental well-being remain top of mind. The themes for this PD day align with our vision to provide outdoor adventure experiences. Getting outside and out to adventure, perhaps try something new aligns to not only teacher wellness but student and community wellness. Everyday humans can try new things!



Presenter: Lana Bakun

Suitable for: Grades 5-8, 9-12, Teacher Wellness  
11:10 am - 12:00 pm

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#### S14- PHE MB - Who We Are & What We Do

Who are the Physical and Health Educators of Manitoba? We are a MTS affiliated Special Area Group specializing in helping the Physical and Health Teachers in the province. Find out what is included in a PHE MB membership, including: equipment grants, professional development funding, upcoming workshops, mentorship opportunities, geocaching loaner programs, and more!



Presenter: Alyson Gysel

Suitable for: All Educators

11:10 am - 12:00 pm

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#### S15- Exceed With Speed and Progressing Plyometrics

Use it or lose it. This informational session defines speed and plyometrics, provides drills, progressions and important considerations in regards to loading, rest and intensity.



Presenters: Neal Prokop (MSc, CSCS), Jeff Wood (BPE, CSCS), Jacqueline Mazur (BKin CSCS), Davis Chase (BKin CSCS)

Suitable for: All Educators, Teacher Wellness

11:10 am - 12:00 pm

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#### S16 - Street Drugs and Substance Use Through the Lens of a Paramedic

A detailed discussion on current drug trends, substance use and addiction along with stigma reduction techniques. Signs and symptoms of drug overdose/poisoning, the pharmacology and pathophysiology of various substances including opioids, methamphetamine, benzodiazepines and other stimulants. The focus is polysubstance use from a personal trauma lens. Local drug response data will be discussed along with a few impactful stories along the way.



Presenter: Cory Guest

Cory has worked in EMS since 1996 getting his start in a rural setting before reaching his goal of career urban EMS in Winnipeg Manitoba in the fall of 2000. The highlight of Cory's career has been the creation of illicit and prescription drug programming. This initiative was developed in the fall of 2016 when Winnipeg was experiencing a peak in EMS response to opioid related incidents. The programming is now embedded in the community, he has presented to thousands of high school students and other community members. The idea is to provide educational awareness to assist our youth and young adults in making smart, educated choices when presented with illicit or prescription drugs.

Suitable for: All Educators, Teacher Wellness

11:10 am - 12:00 pm

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### S17- Pension Sustainability

This seminar is tailored to TRAF participants and the objective of the seminar is to help members understand aspects of pension sustainability and the likelihood/inevitability of changes to your pension either negative or positive from the plan participant's point of view. If you have already attended one of these seminars before you are certainly able to attend. What will be new is information about changes to other provincial Teacher pension plans over the last year, along with some projections of an actual effect to a pension value if a combination of the ancillary benefits change, as has happened across the country.



**Presenter: Glen Anderson**

Department Head, Member Benefits, The Manitoba Teachers Society

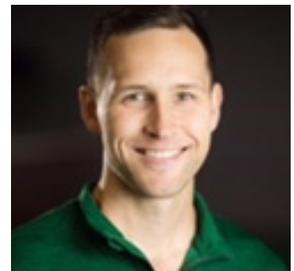
Suitable for: All Educators, Teacher Wellness

11:10 am - 12:00 pm

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### S18- Badminton - Training School Teams for Success

This session will work on a combination of drill and drill frameworks for badminton that can be adapted to meet the needs of your athletes. Some drills will focus on technical proficiency, and some will develop strategy with less emphasis on technique.



**Presenter: Ryan Giesbrecht**

Ryan Giesbrecht was the Executive Director of Badminton Manitoba for 10 years and Owner/Operator of Prairie Badminton - Winnipeg's first badminton specific facility

Suitable for: Grades 5-8, 9-12

12:30 pm - 2:20 pm

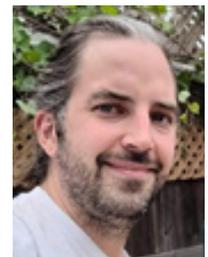
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### S19- The Booming Present and Future of Disc Golf

Learn more about one of the fastest growing sports in the world and how the activity is currently expanding in Manitoba at a rapid pace. Your only connection to disc golf may be the FROLF (frisbee-golf) reference dropped by George in Seinfeld and Andy on The Office. But for those who have not yet stumbled upon the sport, you will soon realize just how big it is getting, and for good reason. We will explore the inclusiveness the sport brings for all ages, abilities, and social-economic status. How the sport uses technology unlike any other to increase activity adherence, accessibility, goal setting and connection to others. Learn about the Professional Tour and what is on the horizon for disc golf in MB schools and community.



**Presenters: Bryce Bergman (top left), Darryl Reilly (middle), and Tyler McGurry (bottom left)**  
Disc Golf Manitoba is a not-for-profit organization which serves to regulate, and organize disc golf events and maintain courses in Manitoba. The organization is composed of 9 board members and many sub committees working to help grow the sport and provide current members and the public positive experiences. The presenters are composed of physical education teachers who serve on Disc Golf Manitoba's Education Committee.



Suitable for: All Educators, Teacher Wellness

12:30 pm - 1:20 pm

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## S20- Take Climbing to the Next Level - Theory!

You've seen it? You've heard about it? Other physical educators are talking about it? However, you don't know where to begin. Whatever your situation, climbing is the perfect addition to your physical education program. Maybe you have a wall already and are looking to get some refreshing ideas to inject some excitement and teaching strategies into the climbing experience? Learn everything you need to know for taking climbing to the next level in your school and physical education program. While climbing, children are developing strength, endurance and flexibility. In addition they're overcoming challenges, persevering and developing confidence. The perfect way for students of all levels and abilities to participate in a Physical Literacy enriched experience. Learn ways to have fun, improve pedagogy, challenge students, increase engagement while staying safe. Tips for acquiring a wall, improving a wall and route setting options and improvements. There are many considerations for a climbing experience in your school and it can be overwhelming. Let's help you get provide the best experience for all your students.



**Presenter: JJ Ross**

JJ Ross is the Coordinator of Physical Education and Health Education (PE/HE) for the St. James-Assiniboia School Division. He has taught PE/HE across the province from for the last 23 years.

**Suitable for: All Educators, Teacher Wellness**

**12:30 pm - 1:20 pm**

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## S21- Refining and Designing: Exercise Selection

There are hundreds of exercises to select from, but how do you choose which ones make it into your workout? The session discusses key movements, progressions and regressions, and strategies to get the most out of your workouts.

**Presenters: Neal Prokop (MSC, CSCS), Jeff Wood (BPE, CSCS), Jacqueline Mazur (BKin CSCS), Davis Chase (BKin CSCS).**



**Suitable for: All Educators, Teacher Wellness**

**12:30 pm - 1:20 pm**

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## S22- Welcome to the Pleasuredome

As a teacher you have relationships with your students and with each new subject you introduce, you are helping students form a relationship with the content. The human sexuality curriculum has many outcomes regarding healthy relationships, but in a curriculum defined by STIs, unintended pregnancy and abuse prevention are we building a healthy relationship between students and human sexuality? The curricular outcomes are missing the one word needed in healthy relationships and human sexuality: pleasure. The workshop will discuss various ways to put pleasure back into lessons in a way that will feel good to students and teachers alike.

**Presenter: J Fiedler**

J Fiedler is originally from Detroit Michigan where they supported people living with HIV and taught people how to fix their bicycles. J views sex ed as not only a key towards personal autonomy, but also a way for communities to connect toward collective liberation. They have facilitated workshops with the Sexuality Education Resource



Centre in various territories around Manitoba from The Pas to Morden.

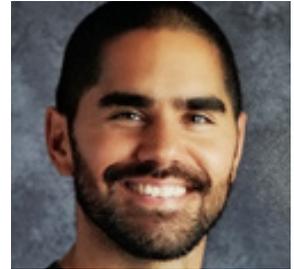
Suitable for: All Educators

12:30 pm - 2:20 pm

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### S23- Restore! Movement as Medicine for Hours of Screen Time

Hours of sitting in front of your computer does a number on your body. This session will provide movements to restore movement and posture from these chunks of sedentary time. You'll have single restorative exercises you can use or complete flows and 'workouts' to accomplish this as well. This session is for teachers as much as it is for them to share with their students.



Presenter: Jethro Bartelings

Physical and Health Educator at Tech Voc High School

Suitable for: All Educators, Teacher Wellness

12:30 pm - 1:20 pm

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### S24 - Yoga, Mindfulness, and Meditation

This session will go through some basic yoga sequences geared toward high school students that you can take back to your schools and teach yourself! We will also go through different ways of bringing mindfulness and meditation into your classes. Expect to walk away with practical ideas you can use in your class tomorrow!



Presenter: Kristin Schiach

Kristin has been a high school Physical Education teacher for the past 13 years. She currently teaches at Fort Richmond Collegiate in Winnipeg. Kristin is passionate about teaching students about overall wellness and is close to completing her Yoga Teacher Training Certification.

Suitable for: All Educators

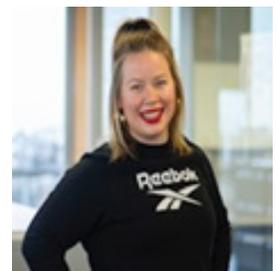
12:30 pm - 1:20 pm

Repeat Session\*

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### S25- Keep Kids Moving with BOKS - A Showcase of New Resources and Best Case Practices

BOKS (Build Our Kids' Success) is a free nationwide charity, focused on getting kids more active. You will learn new Bursts (DPA activities), ways to incorporate Mindfulness into your programs, how to implement a running program that keeps kids interested (no, it is not just about running laps), ideas for movement at Recess, leadership opportunities with BOKS, AND our BOKS Bootcamp program (for kids in grade 7-12). Grab your runners and water bottles and get ready to move! We will share real life examples of unique and creative ways your peers have put BOKS into action within their communities. Leave this session with a back pocket full of new ideas and learn how to access all our resources that takes the prep out of the equation for you!



**Presenter: Kyla Crocker**

Kyla Crocker is the Regional Coordinator with BOKS for Central Canada. She is a dynamic leader who is a health and fitness enthusiast passionate about advocating for the importance of getting kids active and moving daily. She pursued an academic career in Kinesiology receiving her undergraduate degree from Acadia University and her masters degree from the University of Toronto.

Suitable for: All Educators

1:30 pm - 2:20 pm

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### **S26 - Take Climbing to the Next Level – Practical!**

Part 2 to S20- Take Climbing to the Next Level- Theory! You've seen it? You've heard about it? Other physical educators are talking about it? However, you don't know where to begin. Whatever your situation, climbing is the perfect addition to your physical education program. Maybe you have a wall already and are looking to get some refreshing ideas to inject some excitement and teaching strategies into the climbing experience? Learn everything you need to know for taking climbing to the next level in your school and physical education program. While climbing, children are developing strength, endurance and flexibility. In addition they're overcoming challenges, persevering and developing confidence. The perfect way for students of all levels and abilities to participate in a Physical Literacy enriched experience. Learn ways to have fun, improve pedagogy, challenge students, increase engagement while staying safe. Tips for acquiring a wall, improving a wall and route setting options and improvements.



**Presenter: JJ Ross**

JJ Ross is the Coordinator of Physical Education and Health Education (PE/HE) for the St. James-Assiniboia School Division. He has taught PE/HE across the province from for the last 23 years.

Suitable for: All Educators

1:30 pm-3:20pm

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### **S27- Functional Range Conditioning**

Functional range and mobility training is essential for joint health, injury prevention and developing usable range of motion. In this interactive session, teachers will be introduced and try PAILS and RAILS (Angular Isometric Loading), CARS (Controlled Articular Rotations), and PNF Stretching (Proprioceptive Neuromuscular Facilitation) to mobilize and revitalize their workout.



**Presenters: Neal Prokop (MSc, CSCS), Jeff Wood (BPE, CSCS), Jacqueline Mazur (BKin CSCS), Davis Chase (BKin CSCS).**

Suitable for: All Educators, Teacher Wellness

1:30 pm - 2:20pm

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### S28- Collaborating to Optimize Phys Ed Experiences for Kids With Challenges

Most Physical Educators have some good ideas regarding inclusive approaches for Phys Ed in schools. How are we doing with this inclusion? Megan will be collecting information from colleagues working with kids through school based physiotherapy, to answer that challenging question.



Presenter: Megan Carter

Megan is a Physiotherapist who has worked in a variety of settings over the past 31 years. She is currently working as a school based Physiotherapist for the Rehabilitation Center for Children, with contact primarily in the Winnipeg School Division. Megan also has a background as a Phys Ed grad, with 30 years of coaching cross country ski racers in the province. She draws on both her Physiotherapy and Phys Ed backgrounds when working with kids in schools.

Suitable for: All Educators

1:30 pm - 2:20 pm

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### S29- Unpacking Health Promoting Schools

Why become a health promoting school? How do health promoting schools act and behave? What do health promoting schools offer? This session is for physical educators, health classroom teachers, counsellors and administrators who are interested in taking health and wellness beyond the classroom to create a school wide culture. Topics will range from a big picture overview to providing meaningful first steps for integrating health in a Covid era.



Presenter: Eric Hamilton

PHE Manitoba's Health Promoting Schools Chair. Physical and Health Educator at Ecole Charleswood School

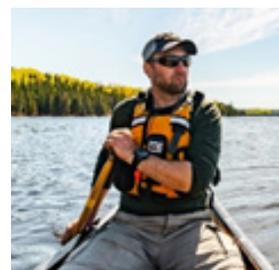
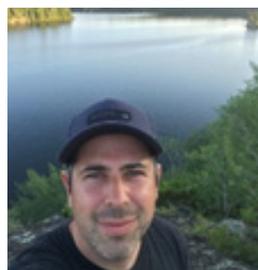
Suitable for: All Educators

1:30 pm - 2:20 pm

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### S30- Outdoor Education - Youth Outdoors Project

The Youth Outdoors Project was created to reduce barriers to impactful outdoor adventure programs in Manitoba. Together with local schools, churches and youth organizations, we co-create a reality where children and youth can experience year round, life-changing outdoor activities. We proudly partner with Equip Canada to promote and oversee this new and exciting initiative. Together, we help YOU decrease local outdoor activity deficit and get kids outside!



Presenters: Kevin Rempel and Matt Peters

Kevin has been an educator in Manitoba for over 13 years. During this time, he has taught elementary and high school Phys. Ed., as well as taught in the classroom. Recently, he has joined Wilderland Adventure Company to become the Education Coordinator offering mobile outdoor education opportunities and wellness workshops throughout the province.

Matt Peters is the owner of Wilderland Adventure Company and has been involved in the outdoor adventure industry for more than 10 years. His business offers schools and others the opportunity to do day programming such as hikes, canoeing and SUPing. In addition to this, educators and individuals have the chance to get certifications in a number of areas such as Wilderness First Aid, OCC Field Leader Training and OCC Canoe Training. As restrictions hopefully loosen there are opportunities for overnight and adventure programs that will be available as well.

Suitable for: Grades 5-8, 9-12, Teacher Wellness  
2:30 pm -3:20pm

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### S31 - Keep Kids Moving with BOKS - A Showcase of New Resources and Best Case Practices

Movement is critical to help kids with physical and mental health, focus and self-regulation. BOKS (Build Our Kids' Success) is a free nationwide charity, focused on getting kids more active. We offer bilingual programming designed to get kids in grades K-12 moving and establish a lifelong commitment to health and fitness. In this interactive workshop we will focus on the many new resources we have created over the past year to keep your kids moving regardless of setting or pandemic restrictions. You will learn new Bursts (DPA activities), ways to incorporate Mindfulness into your programs, how to implement a running program that keeps kids interested (no, it is not just about running laps), ideas for movement at Recess, leadership opportunities with BOKS, AND our BOKS Bootcamp program (for kids in grade 7-12). Grab your runners and water bottles and get ready to move! We will share real life examples of unique and creative ways your peers have put BOKS into action within their communities. Leave this session with a back pocket full of new ideas and learn how to access all our resources that takes the prep out of the equation for you!

Presenter: Kyla Crocker

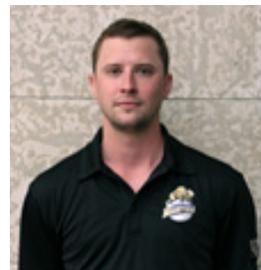
Kyla Crocker is the Regional Coordinator with BOKS for Central Canada. She is a dynamic leader who is a health and fitness enthusiast passionate about advocating for the importance of getting kids active and moving daily. She pursued an academic career in Kinesiology receiving her undergraduate degree from Acadia University and her masters degree from the University of Toronto. As a BOKS Trainer one of her favourite parts of leading the program is seeing the energy and excitement from the kids when participating in the variety of games and activities. Outside of BOKS she can be found enjoying the great outdoors with lots of hiking, camping or checking out local coffee shops in Toronto.

Suitable for: All Educators  
2:30pm-3:20pm  
Repeat Session\*

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### S32- Winterball/Baseball

Winterball is a FREE program offered by Baseball Manitoba and sponsored by Major League Baseball, Home Run Sports, and Baseball Canada. The program is aimed at grades K-8 with the primary focus on introducing the fundamentals of baseball in a fun manner that is non-competitive. Teachers can sign up for the program following the presentation and will be provided with a bag of equipment and detailed lesson plans. More information can be found here - <http://www.baseballmanitoba.ca/winterball>.



Baseball5 is a fast paced team sport where individual skills and hand-eye coordination are highlighted. Teams are made up of 5 players each, splitting into offense and defense. Most normal Baseball rules apply, with the biggest change being the offensive player starts with the ball and uses their hand to hit, instead of off a pitcher. The sport requires little equipment - only a rubber ball, and can be played anywhere.

**Presenters: James Zamko (Right) and Paul Esteves (Left)**

4th year as Program Director for Baseball Manitoba

Baseball Instructor at Home Run Sports Training Centre

Graduated from the University of Winnipeg with a Bachelor of Kinesiology Degree

Played and coached at the College/University level - Douglas College & U of W

Suitable for: Grades K-4, 5-8

2:30 pm - 3:20 pm

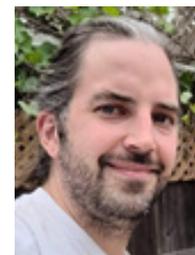
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### S33- What is Disc Golf and How Does it Fit in Phys Ed

Disc Golf Manitoba's Education Committee will share with attendees effective teaching cues, fun lessons, and an introduction to the sport. We explore how the TGFU model can be applied to lessons and dive into just how much creative student choice there is within the sport. Effective ways your class can play using minimal equipment to how Manitoba teachers have secured permanent 9-hole courses on their school yards. Attendees of this session will have the first opportunity to borrow baskets and discs from DGM to use with their students.



**Presenters: Bryce Bergman (top left), Darryl Reilly (middle), and Tyler McGurry (bottom left)**  
Disc Golf Manitoba is a not-for-profit organization which serves to regulate, and organize disc golf events and maintain courses in Manitoba. The organization is composed of 9 board members and many sub committees working to help grow the sport and provide current members and the public positive experiences. The presenters are composed of physical education teachers who serve on Disc Golf Manitoba's Education Committee.



Suitable for: All Educators

2:30 pm - 3:20pm

### S34- Canada's New Food Guide - Evidence-Based Nutrition

In 2019 the Canadian government released a new version of Canada's Food Guide. The food guide has been significantly changed and has less industry driven marketing. This presentation will focus on providing tools for educators to teach the new food guide across curricula from Kindergarten through Grade 12 within a food literacy framework. This presentation was initially prepared and presented at WestCast 2020 at the University of British Columbia.



**Presenter: Gursevek Kasbia**

Gursevek graduated from the University of Ottawa and pursued public health certifying as a teacher. He has a passion for food and healthy living.

Suitable for: All Educators

2:30 pm - 3:20pm

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### S35- Building Confidence- Individualizing the PE Experience

Question to consider: Is a student set up to pursue fitness and a healthy active lifestyle 'on their own by the time they graduate high school? If the answer is no, we have all failed! PE courses are group dynamics by nature but we should focus on individualizing this experience to ensure students are beginning to make the connection of physical activity to mental clarity. Solution: Present PE with a general framework that would simulate our adult lives. A blend of a fitness routine with sport, yoga, running...etc. We should be presenting general instruction to all facets of movement so we can begin to generate conclusions as to which activities are making us better/healthier and which activities we enjoy doing. There is a combination that is important for us to unlock "individually" so we remain consistent.



Presenter: Callum McGibbon, REPerformance Inc.

Suitable for: All Educators

2:30 pm – 3:20pm

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#### Registration Fees and Membership Fees:

##### Early Bird Fees (early bird deadline October 15th ,2021):

- Full Day (with the purchase of a full membership) Conference Fee: \$20.00
- Full Day Non-Member (without the purchase of full membership) Conference Fee- \$50.00
- Full Membership Fee: \$25.00
- Full Membership + Conference Fee: \$45.00
- Student Membership Fee: \$15.00
- Student Conference Fee: \$0.00 (BUT THEY MUST PURCHASE A STUDENT MEMBERSHIP FEE FOR \$15.00\*\*\*\*)

##### Late Fees (October 16th - October 20th, 2021):

- Full Day (with the purchase of a full membership) Conference Fee: \$30.00
- Full Day Non-Member (without the purchase of full membership) Conference Fee- \$60.00
- Full Membership Fee: \$25.00
- Full Membership + Conference Fee: \$55.00
- Student Membership Fee: \$15.00
- Student Conference Fee: \$10.00
- Student Conference Full Day Fee + Student Membership Fee: \$25.00

Early Bird with cut-off dates (if applicable): Early Bird cut off October 15th, 2021. Late registration open until October 20th, 2021.

Registration: Online registration will remain open until Friday, October 20, 2021. Online payment is through PayPal, credit card or Visa debit at the time of registration.

Cancellation: PHE Manitoba does not refund conference and/or membership fees.

If you have any questions, please contact Krystle Seymour at [phemb@sportmanitoba.ca](mailto:phemb@sportmanitoba.ca).

# Important Dates

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September 9th, 2021 –  
October 15th, 2021

Early Bird MTS PD Day Registration

Register Here:

<https://memberlink.mbteach.org/Login.aspx?ReturnURL=%2fEventDetails.aspx%3fEventID%3d1380>

September 30th, 2021

PHE Manitoba Awards Deadline

Award Nomination Forms Here:

<http://www.phemanitoba.ca/awards.html>

October 16th, 2021 -  
October 20th, 2021

Late MTS PD Day Registration

Register Here: <https://memberlink.mbteach.org/Login.aspx?ReturnURL=%2fEventDetails.aspx%3fEventID%3d1380>

<https://memberlink.mbteach.org/Login.aspx?ReturnURL=%2fEventDetails.aspx%3fEventID%3d1380>

October 22nd, 2021  
9:00am-3:20pm

PHE Manitoba MTS Professional Development Day

Theme: Put Yourself First, You're Worth It!

November 4th, 2021

Canadian Healthy Schools Alliance Summit

Theme: Every School in Canada is a Healthy School-  
Tipping Point

More Information can be found here:

<https://www.healthyschoolsalliance.ca/>

January 27th-29th, 2021

Ever Active Schools Conference

Theme: Shaping the Future

More Information can be found here:

<https://everactive.org/events/stf/>

January 28th, 2021

Student Leadership Conference

University of Manitoba

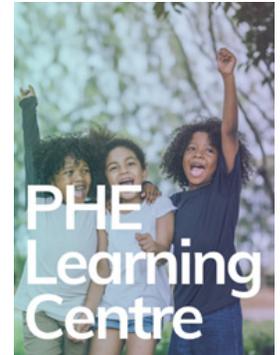
More Details to Come

## **PHE Learning Centre: 250+ PHE Activities to Provide Quality PHE Programming**

The PHE Learning Centre provides access to over 250 practical and fun physical and health education activities, return to school supports, self-care strategies, and professional development opportunities for you as you head back to school – continuing to provide quality physical and health education programming within the current COVID-19 protocols.

Activities are organized by:

- THEMES – physical education, healthy eating, emotional well-being, and healthy bodies;
- GRADE RANGES – K-3, 4-6, and 7-12;
- LEARNING ENVIRONMENTS – at-home, in-school, or applicable for both learning environments.



VISIT THE PHE LEARNING CENTRE

## **Teach Resiliency: Supporting Student and Teacher Mental Health**

Student and teacher mental health must be an essential component of return to school programming. TeachResiliency.ca is a public online portal offering teachers simple-to-use tools and strategies to assess and support mental health and resilience needs. This free online library provides access to resources to promote and enhance both teacher and student mental well-being. Specific resources for COVID-19 include :

- Staying Resilient During COVID-19
- Webinar: What Does It Mean to Teach in a Trauma-Informed Way



## **At My Best: Helping Your Students be At Their Best**

At My Best is a FREE, comprehensive, curriculum-linked program designed to support students' optimal development by inspiring and motivating them to make healthier choices and develop lifelong healthy habits. The program supports the learning experiences of students in Kindergarten to Grade 6 with lesson plans, activity ideas, student and teacher supports (including activity cards), and fun and engaging challenges and events throughout the school year.

- Register Today

## **Empowering the PHE Community**

Empowered teachers empower the PHE community and their school community. PHE Canada offers professional development resources to enhance your knowledge and skills in delivering quality physical and health education and fostering healthy school communities. Check them out!

E-learning Certification Courses

- An Introduction to Models-Based Practice
- Physical Literacy: An Introduction
- Physical Literacy and All Abilities



# PHE Manitoba Awards

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Do you know someone you wish to recognize for their outstanding contributions to physical and health education in the province of Manitoba? If so, nominate them for an award below! Nominations are due September 30th, 2021.

## Andy Power Award Nomination

This award recognizes a Grade 12 student who has demonstrated outstanding leadership in outdoor education in their school or community. [Nominate Here!](#)

## Coalition Award Nomination

Awarded to groups, companies, associations which promote the significance and importance of physical education/health education programs in Manitoba schools. [Nominate Here!](#)

## PHE Manitoba Health Educator Award Nomination

This award recognizes a teacher for their work in providing outstanding health classes or programs in the early, middle, or senior years. [Nominate here!](#)



## PHE Manitoba Award

This most prestigious award honours physical educators/health educators who have shown outstanding leadership and dedication to the promotion of physical education/health education in the province of Manitoba. Each year the PHE Manitoba Award is presented to 3 outstanding physical educators/health educators; one in Early Years, one in Middle Years and one in Senior Years.

Candidate Must:

- Teaching responsibility for physical education/health education for one or more grades in the category for which they are nominated.
- Must be fully certified to teach in Manitoba and follows the provincial curriculum.
- Minimum of 7 years experience in teaching physical education/health education.

The nominee must be a current member of PHE Manitoba (excluding the Andy Power Leadership and the Golden Apple Awards). [Nominate Here!](#)



## Stu Sieme Award Nomination

This award is presented to an urban and a rural school with an exemplary outdoor education program. [Nominate Here!](#)

## Outdoor Education Award of Merit Nomination

This award is presented to an individual for their professional contribution in the promotion of outdoor education. [Nominate Here!](#)

## Regional Recognition Award Nomination

This award is presented to individuals who provided leadership in their region by hosting workshops or area tournaments, developing outstanding programs, contributing to the community, etc.

Criteria:

- Teach Physical Education/Health Education.
- Provided leadership in their region by hosting workshops or area tournaments, developing outstanding programs,

contributing to the community, etc. Nominate Here!



### **Innovator Award Nomination Form**

This award is presented to a member of PHE Manitoba who has made a significant contribution to physical/health education by devising an innovative approach to instruction, by writing new curriculum material, by creating new devices or aids that improve the educational experience of students. Nominate Here!

### **Golden Apple Award Nomination**

This Award will honour an outstanding school who has demonstrated a commitment in programming, resources and support of Healthy School initiatives/programs/events. Nominate Here!

### **Builder Award Nomination**

For outstanding dedication and promotion of physical education/health education for the Youth of Manitoba. Nominate Here!

### **Dr. Andy Anderson Young Professional Award**

PHE Canada's Dr. Andy Anderson Young Professional Award is a yearly award presented to one professional per provincial association that best epitomizes exemplary work on behalf of the physical and health education profession. Selection of the award recipient is made by the provincial association. Nominate Here!

## **Anti-Racism in Sport Campaign School Presentations and Teacher Resources**

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In April 2021, Immigration Partnership Winnipeg officially launched the Anti-Racism in Sport Campaign. The campaign seeks to raise awareness, address and eliminate racism and discrimination in sport experienced by First Nations, Métis, Inuit, Black, racialized, and religious minority communities in Winnipeg. The campaign seeks to disrupt all levels of racism, from micro-

aggressions to systemic racism, through various activities, including school presentations, training for sport stakeholders, a public awareness campaign, research, and an accord.

Teachers of middle school students can request presentations for their classes through the Anti-Racism in Sport Campaign website at [www.antiracisminsport.ca/school-presentations/](http://www.antiracisminsport.ca/school-presentations/). A professional sports figure and a First Nations, Métis, Inuit, black, racialized, and religious minority member of the Winnipeg sports community deliver each school presentation. The content of the presentations is intended for middle school students. The presentations highlight the negative impacts of

racism and discrimination in sport with specific examples. Through the presentations, students will learn how to identify racism and discrimination, and how to promote inclusion inside and outside of school.

There are also a number of resources on the campaign website for parents and teachers looking for more information and conversation starters about anti-racism. This resource list on the website will continue to be expanded over the next few months.

For more information about Anti-Racism in Sport school presentations and teacher resources, please contact [info@antiracisminsport.ca](mailto:info@antiracisminsport.ca) or visit [www.antiracisminsport.ca](http://www.antiracisminsport.ca).

The Manitoba Aboriginal Sports and Recreation Council presents

# Run for Indigenous Women and Girls 5KM event

Whittier Park on September 25th, 2021 at 9am

To register:

[www.trackiereg.com/MASRC](http://www.trackiereg.com/MASRC)

Registration fee early bird: \$25

After September 10th: \$35

SWAG BAGS  
FOR  
PARTICIPANTS

**Don't want to run? Donate!**

(tax receipts will be provided)



MASRC

Funded by the  
Government  
of Canada

Canada



BROOKS

 EVERY  
CHILD  
MATTERS

# Sensational Speed Stacking

Matt Eichel, St. Ignatius School

## Ready! Set! Stack!

St. Ignatius School was very excited and thankful to receive PHE Manitoba's School Intramural Grant! Our Phys. Ed. Department was able to purchase Speed Stack Competitor Sport Sets online from Amazon to use in both P.E. classes and at lunch time Speed Stacking clubs starting next school year!

The sets include a Stack Mat, 12 Speed Stack Cups with a holder, and timer. The total cost for the five sets was \$327.55, which the additional \$27.55 was covered by our Phys. Ed. Department. During P.E. class, students from Kindergarten to Grade 8 have tried their hand at how quickly they can try the different types of stacking. Whether it's the basic 3 up-stack, down-stack or more challenging 3-3-3

and 3-6-3 stacks, students have taken on the challenge! Students learn the different types of stacks by first having a physical demonstration and then reinforced by



an animated GIF projected on the wall, continually reminding students of the steps involved in a proper stack. Students practice the different stacks and then time themselves to set a personal best (PB). Then they strive to beat that PB by trying again and again, practicing perseverance,

determination, and hard work.

Starting next school year, students will take part in Speed Stacking competitions during our Intramurals to record the quickest times to earn house points for their house teams. The Speed Stack sets have been great helping students develop hand-eye coordination as well as learning how to focus on a novel skill and being able to master it through repeated tries and practice. Each student who has tried out the Speed Stacks have enjoyed the challenge and thrill of something new and bettering themselves. Many thanks to PHE Manitoba for enabling our students and community to try something new and challenging!



# Sport Manitoba Corner

## Sport MANITOBA

### What does sport mean to you?

Whatever sport is to you, it has the power to have a profound impact on your life in all kinds of ways, including **mentally, emotionally, socially, and physically** – and that is valuable now more than ever. How do we teach our kids about these values through sport?



### The Way You Play

The physical benefits that sport can provide are perhaps the most obvious. Playing sports and getting active as a child can help set the foundation for a positive, healthy relationship with physical activity that can last a lifetime.

*FACT: Physical activity helps children: develop cardiovascular fitness, strength, flexibility, and bone density, maintain a healthy body weight, reduce the risk of chronic disease and health problems, lessen the likelihood of tobacco, alcohol, and drug use and feel better every day, through improved mental health and well-being. (Government of Canada, 2016)*



### The Way You Think

There are so many intangible benefits you can experience outside of physically gaining strength or feeling fit. For example, think

of a time where you overcame a challenge you thought you couldn't get through. It probably felt very fulfilling when you made it to the finish line.

*FACT: In one study of Canadians aged 15 and older, 51% said what they get out of sport is a sense of achievement and skill development. (General Social Survey (Canadians at Work and Home), 2016)*



### The Way You Feel

At the very core, athletes, coaches, and officials are the ones who are out there competing or working during the game or activity. But, in reality, the impact of sport goes well beyond this – there are positive emotional and social benefits experienced by parents, volunteers, spectators, and sport staff, too.

*FACT: Sport's benefits are not limited to individuals. Sport can also help to strengthen communities by building social capital and fostering greater inclusion of marginalized or excluded groups. This view is widely supported by Canadians, 72 percent of whom believe that sport is a key contributor to quality of life in their communities. (Mulholland, 2008, p. xiv)*



Here are a few articles about values carried through sport you can use as learning tools, resources, worksheet material and more:

- Manitobans at the Olympics and Paralympics: <https://www.sportmanitoba.ca/manitobans-on-the-world-stage-in-tokyo/>

- Volunteerism: <https://www.sportmanitoba.ca/five-ways-volunteering-improves-your-resume/>
- Podium hopefuls / Team Manitoba: <https://www.sportmanitoba.ca/rugby-sevens-2022-canada-summer-games/>
- Refereeing in Rowing: <https://www.sportmanitoba.ca/rowing-umpires-the-best-seat-in-the-house/>

### Physical Literacy - In Class and at Home

Are you working with kids ages 2-12? Fit Kids Healthy Kids has tools and games you can play to teach them to be physically literate. Kids aren't born knowing how to hop, skip, and jump, just as they aren't born being able to read or write. We can help them by teaching them physical literacy - a range of basic movement skills - to participate confidently in a wide variety of sports and physical activities.

Practice the 12 fundamental movement skills using this manual (PDF) and our interactive videos here. Each video contains tips, demonstrations, and an example of a game to try the skill. Have fun!

What do you do when you go...  
**AAAAAAACHOOOOO??**



Cover your sneezes and coughs  
and help stop the spread of germs.



OR



+



+



Sneeze or  
cough into your elbow

Use a tissue

Throw in the garbage

Wash your hands



# FLAG RUGBY SCHOOL SESSIONS



HSBC

***Learn to play this fast paced, inclusive,  
non-contact version of rugby.***



PRESENTED BY  
HONDA

**Options for schools to do a TRY RUGBY Day or  
4-6 week block as part of the phys ed curriculum.**



**Fall 2021**

**Contact [gord@rugby.mb.ca](mailto:gord@rugby.mb.ca) to set up a TRY  
RUGBY Day or a group of sessions with your  
school. All age groups welcome.**

# MANITOBA BATON

## TEACHER TRAINING PROGRAM

September 26th, 2021

2:00 - 4:00 p.m. via Zoom



- Learn the basics to teach your students.
- Ongoing support from Manitoba Baton



**MORE INFO** [TECHNICAL@MANITOBABATON.COM](mailto:TECHNICAL@MANITOBABATON.COM)

[www.manitobabaton.com](http://www.manitobabaton.com)

# September 2021 COVID Resource Document Update

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Government of Manitoba- [https://www.edu.gov.mb.ca/k12/covid/docs/mask\\_exemption.pdf](https://www.edu.gov.mb.ca/k12/covid/docs/mask_exemption.pdf)  
Government of Manitoba- [https://manitoba.ca/asset\\_library/en/covid/k12-guidelines-aug2021.pdf](https://manitoba.ca/asset_library/en/covid/k12-guidelines-aug2021.pdf)  
Government of Manitoba- [https://manitoba.ca/asset\\_library/en/covid/k12-GuideForParents-aug2021.pdf](https://manitoba.ca/asset_library/en/covid/k12-GuideForParents-aug2021.pdf)  
Government of Manitoba- [https://www.edu.gov.mb.ca/k12/covid/docs/guidance\\_support\\_students.pdf](https://www.edu.gov.mb.ca/k12/covid/docs/guidance_support_students.pdf)  
Government of Manitoba- [https://www.edu.gov.mb.ca/k12/covid/docs/School%20Reopening%20Plans\\_Levels\\_EN.pdf](https://www.edu.gov.mb.ca/k12/covid/docs/School%20Reopening%20Plans_Levels_EN.pdf)  
Government of Manitoba- [https://www.edu.gov.mb.ca/k12/covid/docs/tips\\_students.pdf](https://www.edu.gov.mb.ca/k12/covid/docs/tips_students.pdf)  
Government of Manitoba- [https://www.edu.gov.mb.ca/k12/covid/docs/tips\\_teachers.pdf](https://www.edu.gov.mb.ca/k12/covid/docs/tips_teachers.pdf)  
Government of Manitoba- [https://www.edu.gov.mb.ca/k12/covid/docs/tips\\_parents.pdf](https://www.edu.gov.mb.ca/k12/covid/docs/tips_parents.pdf)  
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Government of Manitoba- [https://www.edu.gov.mb.ca/k12/covid/docs/mpsg\\_taking\\_care.pdf](https://www.edu.gov.mb.ca/k12/covid/docs/mpsg_taking_care.pdf)  
Government of Manitoba- [https://www.edu.gov.mb.ca/k12/covid/docs/mpsg\\_resources.pdf](https://www.edu.gov.mb.ca/k12/covid/docs/mpsg_resources.pdf)  
Government of Manitoba- [https://www.edu.gov.mb.ca/k12/covid/docs/mpsg\\_promote.pdf](https://www.edu.gov.mb.ca/k12/covid/docs/mpsg_promote.pdf)  
Government of Manitoba- [https://www.edu.gov.mb.ca/k12/covid/docs/tips\\_resources.pdf](https://www.edu.gov.mb.ca/k12/covid/docs/tips_resources.pdf)  
Government of Manitoba- <https://www.gov.mb.ca/health/flu/resources.html>  
Government of Manitoba- <https://www.gov.mb.ca/covid19/restoring/sports-guidelines.html>  
Government of Manitoba- [https://www.edu.gov.mb.ca/k12/covid/docs/remote\\_learn\\_standards.pdf](https://www.edu.gov.mb.ca/k12/covid/docs/remote_learn_standards.pdf)  
**MHSAA (Manitoba High School Athletic Association)-** <http://www.mhsaa.ca/assets/content/2021-22%20MHSAA%20Return%20to%20School%20Sport%20Plan%2009.07.2021.pdf>  
Shared Health- <https://sharedhealthmb.ca/covid19/screening-tool/>  
Sport Manitoba- <https://www.sportmanitoba.ca/covid-19/>

## Resources

Government of Manitoba- <https://www.edu.gov.mb.ca/k12/covid/docs/maskusageposter8511.pdf>  
Government of Manitoba- [https://manitoba.ca/asset\\_library/en/coronavirus/covid19\\_screening\\_checklist.pdf](https://manitoba.ca/asset_library/en/coronavirus/covid19_screening_checklist.pdf)  
Government of Manitoba- Social Distancing Poster  
Active for Life- <https://activeforlife.com/200-activities-you-can-do-with-kids-at-home/>  
MFNERC (Manitoba First Nations Education Resource Centre Inc.)- <https://mfnerc.org/remote-learning-resources/>  
Parks and Recreation Ontario- <https://www.nscrd.com/uploads/document/files/indigenous-games-for-children-en.pdf>  
PHE Canada- <https://phecanada.ca/connecting/news/2021-back-school-resources-phe-canada>  
UNICEF- <https://www.youtube.com/watch?v=KsgzWbXOcw8>  
Government of Manitoba- <https://www.youtube.com/watch?v=eGhLwmFRyZY>  
Government of Canada- <https://www.canada.ca/en/public-health/services/video/covid-19-hand-washing-heroes-dv.html>  
Government of Canada- <https://www.canada.ca/en/public-health/services/video/covid-19-hand-washing.html>  
Government of Canada- <https://www.canada.ca/en/public-health/services/video/covid-19-kids-hygiene.html>  
Government of Canada- <https://www.canada.ca/en/public-health/services/video/covid-19-wear-non-medical-mask-face-covering-properly.html>

# PHE MB Board Directory 2021–2022

## Executive Committee

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**PHE MB**

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**EPS MB**

Éducateurs d'éducation physique et de santé du Manitoba