



# PHE MANITOBA FLASH

SEPTEMBER 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 starts September 9<sup>th</sup>! Over 30 sessions have been scheduled during the day including:

- S8- Individualizing Physical Education for K-6 and using Innovative Toppletubes
  - S10- 2SLGBTQ+ Safety & Inclusion in Sports
- S25 - Keep Kids Moving with BOKS - A Showcase of New Resources and Best Case Practices
  - S23 - Restore! Movement as Medicine for Hours of Screen Time
  - S35 - Building Confidence - Individualizing the PE Experience

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

## **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!

**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

Our PHE Manitoba Awards Nominations are open! Deadline date for the 2020-2021 Awards is September 30<sup>th</sup>, 2021. Don't miss out on an opportunity to recognize an outstanding educator!

- [Stu Sieme Award Nomination Form](#)
- [Builder Award Nomination Form](#)
- [Outdoor Education Award of Merit Nomination Form](#)
- [Regional Recognition Award Nomination Form](#)
- [PHE Manitoba Physical Educator Award Nomination Form](#)
- [Coalition Award Nomination Form](#)
- [Dr. Andy Anderson Young Professional Award Nomination Form](#)
- [Andy Power Award Nomination Form](#)
- [PHE Manitoba Health Educator Award Nomination Form](#)
- [Innovator Award Nomination Form](#)
- [Coalition Award Nomination Form](#)



## Webinar- Creating Welcoming & Culturally Safe Places for Sport, Recreation and Physical Activity for Newcomers

Is your organization looking to expand and welcome participation among newcomer populations? Newcomers to Winnipeg certainly have a keen interest in participating in sport and physical activity and want to receive the benefits of participation. We speak of the importance of diverse and inclusive places. Yet the actions to create welcoming and culturally safe places are often missing and can perhaps be attributed to the lack of opportunities to hear from those with lived experiences as newcomers to Canada. During this session, you will hear about the newcomer experiences in sport and recreation and what can be done to remove barriers, be more welcoming, developmentally appropriate, and culturally safe. Delivered by: Winnipeg Newcomer Sport Academy.

Date: September 9<sup>th</sup>, 2021

Time: 12:00pm-1:00pm

Cost: Free!

[Register Here](#)

### What does sport mean to you?

**Sport**  
MANITOBA

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?

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### 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)*

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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/>



### Important September 2021 Dates

September 9<sup>th</sup>, 2021 –  
October 15<sup>th</sup>, 2021

Early Bird MTS PD Day Registration  
[Register Here](#)

September 9<sup>th</sup>, 2021  
12:00pm-1:00pm

Webinar: Cultural Safety in Sport and Physical Activity.  
Delivered by: Winnipeg Newcomer Sport Academy  
Registration Fee: Free  
[Register Here](#)

September 30<sup>th</sup>, 2021

PHE Manitoba Awards Deadline  
Award Nomination [Forms Here](#)

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