THINK • ACT • BE... FIT 2012

Achieving Balance

Peel’s Health and Physical Education Conference for Teachers and Administrators, K-12

Three workshops (twenty-seven to choose from)
Trade Fair
Hot buffet dinner
Door Prizes
THINK. ACT. BE… FIT 2012
Achieving Balance

Peel's Health and Physical Education Conference for grades K-12

Thursday, October 4, 2012

Mississauga Secondary School
550 Courtney Park Drive
Mississauga, ON L5W 1L9

3:30 – 8:05 p.m.

Peel's Eighth Annual Health and Physical Education Conference for Generalist and Specialist Elementary and Secondary Teachers and Administrators.

Agenda

Pre-registration is mandatory (by Tuesday, September 25, 2012)

3:30-4:15 p.m. Registration, Trade Fair, Refreshments
4:15-5:05 p.m. Workshop A
5:10-6:00 p.m. Workshop B
6:00-6:15 p.m. Trade Fair (doors to dinner closed)
6:15-6:55 p.m. Hot Dinner, Door Prizes, Grant Announcements, Trade Fair
7:00-7:50 p.m. Workshop C


Participants Must:

Register on “My Learning Plan (under Conferences)”. All 30 workshops are listed. Sign up will be assigned on a first-come, first-served basis. If the session indicates “enrollment closed”, you must register for another workshop. You must sign up for something in each of the five sessions. Sign-up for ONE ‘Registration’, ONE ‘A’ Session, ONE ‘B’ Session, ONE ‘C’ Session and ONE ‘Dinner Option’.

Registration: 3:30 – 4:15 p.m.
Workshop A: 4:15 – 5:05 p.m.
Workshop B: 5:10 – 6:00 p.m.
Workshop C: 7:00 – 7:50 p.m.
A1 1-12 Physically Active Quidditch: The Best Intramural You’ve Ever Played
Louise Horsten & Jwanjot Gill
Fernforest P.S.
Looking for an all-inclusive, age-appropriate, confidence building, no skills required, special needs friendly, school promoting intramural? Look no further; Quidditch is here.
Join us for an interactive workshop where you will learn how to bring the magic to your own school.

A2 1-6 Moderately Active Body, Mind, Spirit: Dance in the Primary Grades
Debra Kapp
L.B. Pearson School for the Arts
Participants will explore several dance lessons that will have their students engaged in physical, interpersonal and emotional aspects of living as a healthy human being. Assessment strategies for Dance will be included.

A3 1-8 Physically Active Everyday I’m Shufflin....
Alisa McClure & Anita Thring
Silver Creek P.S. & Derry West P.S.
Everyday I’m Shufflin....is a very active workshop FULL of fun and creative ways to develop and maintain your students’ health-related fitness, including great ideas for your DPA classes and 10-15 min Fitness Blasts to add to your PE classes. Don’t wait for a fitness unit...get your students exposed to the benefits and components of personal fitness every day. From Tabata to 30’s to using Circuits to Fun Boot Camp to Skipping to Music to Boxercise to Sport Specific Athletic Training you’ll get ideas for teaching grades 1 to 8 that incorporates learning goals, personal goal setting and self monitoring.

A4 3-6 Physically Active Games Inside the Sports
Jason Amaroso
Red Willow P.S.
This workshop is designed to teach specific tactics and skills that can be applied to a variety of sports using fun and active games instead of skill and drill type activities. We will play games that teach the students about offence, defence, spacing, passing, moving with the ball, etc.

A5 4-6 Discussion ACE – Actively Committed to Excellence
Andrew Orphanos & Kathy Laurencik
Camilla Road Sr. P.S.
Learn how one school implemented daily morning activities into their schedule and its amazing impact on student success. In this session you will have an opportunity to discover how the program runs and how you can adapt it to suit the needs of your school’s community.

A6 4-6 Moderately Active Helping Students Get Their ‘OM’ On
Heather Gardner
Ophea
This active workshop will have participants stretching their bodies and minds as they explore yoga in Ophea’s revised H&PE Curriculum Resources. Connections will be made to DPA, fitness, mental health and the Ontario Safety Guidelines.

A7 4-6 Discussion How to Run a Safe and Successful Tournament or Inter-School Event
Ryan Taylor & Kevin Asquith
Edenbrook Hill P.S.
Participants will go over and be given a proven framework for running any type, any size (from 4 schools to 30 schools) inter-school events from teachers experienced in the matter.

A8 4-8 Physically Active TGFU: Teaching Games for Understanding – Net/Wall, Territory
Carol Scains & Steve Gibbins
TeeLine PS & Cherrytree PS
Do you want to improve your students’ level of play? The Teaching Games for Understanding (TGFU) model offers the ability to develop better and more knowledgeable game players and motivates students to take part in a variety of games. This session will focus on two of the TGFU categories – net/wall and territory.

A9 6-8 Physically Active Jump Rope for Fitness and Conditioning
Liz Way & Shannon Fox
Jumprope.com
There’s a reason why top professional and amateur athletes use jump rope as an integral part of their training – jump rope is an effective tool to build agility, strength, quickness, speed, coordination, endurance and balance. Learn how to incorporate jump rope into your intermediate/senior athletics training and PE classes through conditioned exercise, sports directed skills and combinations. Modifications to low impact/no rope movements will also be explained to allow for greater inclusiveness.

A10 6-8 Discussion Physical Activity and Mental Health Promotion
Brenda Whittaker
Ophea
This workshop will provide participants with an in-depth understanding of mental health key concepts in today’s classroom. Participants will examine the correlations between mental health and physical activity as an approach for students to maintain positive mental health.

X1 9-12 Physically Active Battling Ropes – Come and Join the Wave
Rob Pucas
Birchmount Park C.I. (B.E.A.P. Program)
This presentation will leave you saying WOW!! Come and be ready to experience the versatility the battling rope will provide. The battling rope is the latest craze in the fitness industry for a reason. The battling rope is extremely safe, challenging and able to provide modifications for all fitness levels.

X2 9-12 Moderately Active “A Moving Collage”: Building a Sense of Self through Movements
Mary-Allison Gamble
London South C.I.
Participants will engage in a health lesson which focuses on a student’s personal sense of self through written, visual and creative movement. Both positive and negative traits will be explored and dances will be choreographed, building a moving collage of a person. Personal and peer reflections, along with assessment strategies will be demonstrated.

B1 K-10 Moderately Active Adapted Physical Activity: Meeting the Needs of Your Students Who Have Developmental Disabilities (Cognitive, Physical, ASD)
Meaghan Hartwell & Michael Morand
Parkholme School
Participants will experience the structure of gym classes designed for a population of students who have a variety of special education needs. Differentiated instruction will be highlighted throughout all components of the lesson to meet the needs of individuals who require both physical and cognitive modifications. A variety of inclusive warm up and core activities will be presented that are accompanied by visual strategies and structured teaching methods.

B2 1-3 Moderately Active/Discussion Techno - DPA
Jagmeet Singh
Churchill Meadows P.S.
Providing a school-wide DPA experience that incorporates student leaders, movement to music and technology.

B3 1-6 Physically Active Urban Grooves
Michelle Hillier
Fit2Dance
Take it back to the streets where it all began and explore breakin’, Krump, Popping, Hip Hop, Old school, dub-step and the African origins. Get lost in the funky way your body wants to move, the possibilities are endless. Teachers will receive a list of age-appropriate songs and choreography to bring Urban dance styles to students!
<table>
<thead>
<tr>
<th>Workshop</th>
<th>Audience</th>
<th>Activity Level</th>
<th>Title</th>
<th>Presenters</th>
</tr>
</thead>
</table>
| B4       | 1-6      | Physically Active | Games for Going Green | Carolyn Evans & Carol Scani
|          |          |                 |       | Sheridan Park P.S. & Treenie P.S. |
| B5       | 4-6      | Physically Active | Olympic Dreams! | Susan Bailey
|          |          |                 |       | L.B. Pearson School for the Arts |
|          |          |                 |       |           |
| B6       | 4-6      | Discussion      | How to Run a Safe and Successful Tournament or Inter-School Event | Ryan Taylor & Kevin Asquith
|          |          |                 |       | Edenbrook Hill P.S. |
| B7       | 4-6      | Moderately Active | Helping Students Get Their ‘OM’ On | Heather Gardner
|          |          |                 |       | Ophea |
|          |          |                 |       |           |
| B8       | 4-8      | Physically Active | DrumFIT – Exercising Body and Brain | Marion Paetznick & Miranda McLean
|          |          |                 |       | DrumFIT |

DrumFIT is a fun, fast-paced fitness program that combines music, rhythm, and learning. Join us as we run you through a typical DrumFIT workout which will leave you breathless and begging for more and find out why DrumFIT has been asked to present to schools, educators and beyond in Ontario and across Canada! We incorporate patterning, left and right brain synchronization, hand-eye co-ordination, spatial awareness, team building and more in this workout using Drumsticks and a Stability Ball. Please come prepared to move, laugh and play!

| B9       | 4-12     | Moderately Active | “Ready, Set, Relax” | Andy Rathby
|          |          |                 |       | Erin Centre M.S. |

CBIRA Ontario is back with yet another new book...and everyone loves relays. This active session will introduce new, fun and exciting relays that are great for DPA and PE. Come ready to play.

| B10      | 6-8      | Discussion      | ACE – Actively Committed to Excellence | Andrew Orphanos & Kathy Laurenick
|          |          |                 |       | Camilla Road Sr. P.S. |

Learn how one school implemented daily morning activities into their schedule and its amazing impact on student success. In this session you will have an opportunity to discover how the program runs and how you can adapt it to suit the needs of your school’s community.

| B11      | 6-8      | Discussion      | Physical Activity and Mental Health Promotion | Brenda Whitteker
|          |          |                 |       | Ophea |

This workshop will provide participants with an in-depth understanding of mental health key concepts in today’s classroom. Participants will examine the correlations between mental health and physical activity as an approach for students to maintain positive mental health.

| B12      | 9-12     | Physically Active | Battling Ropes – Come and Join the Wave | Rob Pucas
|          |          |                 |       | Birchmount Park C.I. (B.E.A.P. Program) |

This presentation will leave you saying WOW! Come and be ready to experience the versatility the battling rope will provide. The battling rope is the latest craze in the fitness industry for a reason. The battling rope is extremely safe, challenging and able to provide modifications for all fitness levels.

| C1       | K-6      | Physically Active | Groovin’ Kids! | Michelle Hillier
|          |          |                 |       | Fit2Dance |

Kids LOVE to dance! Experience a revolutionary approach to teaching dance/movement to your students. Groovin’ Kids is a new way to look at dance education with a pedagogical focus on simplicity, creativity and student-centred philosophy. In this curriculum-based workshop, teachers will be introduced to strategies for motivating students to develop creative, unique and funky movements in the context of an HPE classroom setting using the movement competencies and fundamental movement skills. The Groovin’ Kids program was featured as part of Michelle Obama’s “Let’s Move- Let’s Dance – In School” initiative and was Canada’s only program involved!

| C2       | 1-3      | Moderately Active | Techno - DPA | Jagmeet Singh
|          |          | Active/Discussion |       | Churchill Meadows P.S. |

Providing a school-wide DPA experience that incorporates student leaders, movement to music and technology.

| C3       | 1-6      | Moderately Active | Body, Mind, Spirit; Dance in the Primary Grades | Debra Kapp
|          |          |                 |       | L.B. Pearson School for the Arts |

Participants will explore several dance lessons which will have their students engaged in physical, interpersonal and emotional aspects of living as a healthy human being. Assessment strategies for Dance will be included.

| C4       | 4-8      | Physically Active | KIN-BALL® Initiation & Coop Games | Pierre-Julien Hamel
|          |          |                 |       | Kin-Ball Canada |

This sport played with 3 teams at the same time using a very light 4 feet ball, is excellent to develop Cooperation, Aerobic capacity, Fee-hands Skills, Sportsmanship and is totally non-conventional and accessible to all. Also different activities of cooperation and team work by using giant and light OMNIKIT® balls from 3 to 6 feet.

| C5       | 4-8      | Moderately Active | Yoga – Create Balance at Home and School | Nitsa Diakoloukas
|          |          |                 |       | Hickory Wood P.S. |

Yoga is great for improving flexibility, strengthening, increasing energy but also for calming, stress release and relaxation. Yoga therefore creates balance physically and mentally. This workshop will help you and your students find balance within and throughout all aspects of life.

| C6       | 4-8      | Physically Active | Hula Hooping: Improving Overall Health Through Enjoyable Fitness | Matt Stupar
|          |          |                 |       | Hip Hop Hooray! |

Hula hooping is not just a toy for kids! It is an activity that can be used as an effective tool for improving physical fitness (cardio, balance, strength, co-ordination), mental activity (focus, creativity, mindfulness, problem solving) and social health (peer to peer teaching, team building, co-operative games). This workshop will introduce and demonstrate these principles and deliver them in a fun and physically invigorating, interactive session.

| C7       | 4-8      | Physically Active | DrumFIT – Exercising Body and Brain | Marion Paetznick & Miranda McLean
|          |          |                 |       | DrumFIT |

DrumFIT is a fun, fast-paced fitness program that combines music, rhythm and learning. Join us as we run you through a typical DrumFIT workout which will leave you breathless and begging for more and find out why DrumFIT has been asked to present to schools, educators and beyond in Ontario and across Canada! We incorporate patterning, left and right brain synchronization, hand-eye co-ordination, spatial awareness, team building and more in this workout using Drumsticks and a Stability Ball. Please come prepared to move, laugh and play!
C8 9-12 Physically Active Lebert Fitness Body Weight Foundations
David Kittner
Lebert Fitness

The key to effective and functional fitness (and athletic development) can be achieved through building a solid foundation of coordination, strength, power, balance, multidirectional speed and agility, aerobic and anaerobic conditioning. Programming bodyweight exercise using Equalizers and Buddy Systems is fun, safe, effective and challenging. With space and budgets at a premium, body weight training with these versatile tools can be done anywhere, anytime, large classes or small, inside or out.

C9 9-12 Physically Active Jump Rope for Fitness and Conditioning
Liz Way & Shannon Fox
JumpRope.com

There’s a reason why top professional and amateur athletes use jump rope as an integral part of their training – jump rope is an effective tool to build agility, strength, quickness, speed, coordination, endurance and balance. Learn how to incorporate jump rope into your intermediate/senior athletics training and PE classes through conditional exercise, sports directed skills and combinations. Modifications to low impact/no rope movements will also be explained to allow for greater inclusiveness.

REMEMBER:

• The $30.00 payment is by Cash, Cheque or Credit Card (VISA or Mastercard) at time of registration on MLP. If your payment has not been received by Tuesday, September 25th @ 4pm, your registration may be denied.
• In the event of your session being cancelled due to insufficient enrollment, you will be notified by email to change your session in My Learning Plan.
• Conference cancellation due to insufficient enrollment will result in a 100% refund.
• If a participant withdraws, the following refund policy applies:
  * Withdrawal up to and including Tuesday, September 25th until 4pm, will result in a 100% reimbursement
  * Withdrawal after and including Tuesday, September 25th after 4pm, NO REFUND. If you are unable to attend and you wish to send a designate in your place, please contact Sherri Narday at (905) 890-1010 x2575 with the name (please note that your replacement will be enrolled in the same workshops that you have selected).
• My Learning Plan will automatically send you a confirmation email once your registration has been processed. If you do not receive this email, go back into MLP to ensure you are registered.

Important note for all participants:
To receive information updates, reminders and notifications, you must include your email address in the "User Profile" link on My Learning Plan.

On-line registration:
Peel District School Board Teachers:
• log into My Learning Plan through Peel Intranet (or at www.mylearningplan.com)
• look under 'Activity Catalogs' on the left hand side menu, click on 'Conferences' and scroll down to "Think. Act. Be… Fit 2012: Achieving Balance"

Non PDSB Teachers:
• go to www.peelschools.org
• scroll down the homepage and click on the blue 'e-register' link

Detailed instructions can be found at www.peelschools.org on the home page under the link for "Think. Act. Be… Fit 2012: Achieving Balance"