

Thursday, November 23rd @ LaurenHill Academy (Junior Campus)
2355 Rue Decelles, Saint-Laurent, QC H4M 1C2

Keynote Speaker: Joey Feith

ThePhysicalEducator.com
Physical Education Teacher, St. George's Elementary School



Joey Feith is the founder of ThePhysicalEducator.com. He currently teaches elementary physical education at St. George's School of Montreal in Quebec, Canada. Joey believes that every child should have access to a world class physical education experience, and that teacher professional development is the key to that. That is why, between lesson planning and helping kids improve their running, he has dedicated thousands of hours to creating a site that helps inspire fellow physical educators. Joey has presented his ideas at the local, provincial, national, and international levels through various speaking and training events. He was also was an Education finalist in the 6th Annual Shorty Awards, an awards ceremony honouring the best in social media. In Joey's keynote address, he will discuss how the worldwide physical education community is more connected than ever before and how this reality has put us, the physical educators of the world, in a position to truly raise the bar for our profession.

Workshops

TITLE	PRESENTER	WORKSHOP DESCRIPTION
Spikeball from the Ground Up	Eugene Contreras, Physical Education Teacher, Lord Aylmer School, & Ryan Shea, Special Education and PE, Hadley Jr. High School. Western Quebec School Board	Spikeball is an exciting 2-on-2 game that's really taking off, but how can you include it in your PHE program? This workshop will show you how to develop transferable fundamental movement skills with students using gym-tested Spikeball progressions, keeping all of them engaged and active at various challenge levels, even if you don't have a Spikeball set yet!
Differentiating for students of all abilities! Developing physical literacy and strategies for cross-curricular games & activities	Ted Temertzoglou, VP Teacher Student Success, Thompson Publishing	This active workshop will unpack the big ideas of developing physical literacy for all using the Functional Fitness Chart Series developed by Thompson Educational Publishing to integrate movement and engage students, regardless of current athletic proficiency. With cross curricular applications, especially in both literacy and numeracy, participants will learn how to incorporate physical activity into the full spectrum of the curriculum. Join us and learn how physical activity can be tailored to your students' abilities to help them in both their academic and healthy living journey.
Basketball in Focus, Gr. 7-9	Jonathan Chang, Director of Events and Basketball Development, NBA Canada	NBA Canada has worked with Physical and Health Education Canada to create the latest resource in the Move Think Learn series, <i>Basketball in Focus</i> (Gr. 7 – 9). This resource uses a Teaching Games for Understanding approach to work students through tactical gameplay problems, think through options and skills, and learn how to apply this learning to broader gameplay situations. This active workshop will take participants activities included in the resource. Move Think Learn resources are available free to teachers.
Assessment	Joey Feith, Physical Education Teacher, St. George's Elementary School, founder of The Physical Educator.com	In this session, I will be taking you through my backward-designed chasing and fleeing games unit. Learn more about the strategies and tools I use to help my students focus on their learning in physical education, see how I fit assessment into the games and activities we play in class, and discover some new games (along with new takes on old ones) that you can bring back to your gym! Although the activities presented in this session are geared towards elementary students, the best practices I'll be sharing can be applied to any age level.

<p>Yoga in Secondary Physical Education</p>	<p>Stephen Lee Department Head, Physical Education Lower Canada College</p>	<p>This session will address the “how-to” of introducing a yoga unit in your secondary Physical Education program. Our rapidly changing society creates stress and anxiety on our young people. They face challenges with sleep, concentration, and viewing themselves and others with kindness and empathy. One school’s success story of using an 8 class yoga unit to provide students with tools to address stress and anxiety will be shared. This session will include a practical yoga component.</p>
<p>School Community Health & Wellness</p>	<p>Ted Temertzoglou, VP Teacher Student Success, Thompson Publishing</p>	<p>In this active workshop, we will examine the different strategies used to support health and wellness in our schools and communities. Participants will walk away with ideas on how to use physical activity to support staff wellness, engage students, parents, and communities, and increase DPA throughout the day. Using the Functional Fitness Charts developed by Thompson Educational Publishing, we will build fun fitness circuits to get everyone moving in and out of the classroom. Join in and learn how to reimagine health and physical education to support school community health and wellness.</p>
<p>Ultimate (Frisbee)</p>	<p>Marie-Ève Beauchemin, Physical Education teacher, coach and Ultimate player. Fédération québécoise d'Ultimate (FQU)</p>	<p>As a sport that promotes the values of team spirit, inclusion and equity, Ultimate (frisbee) is an ideal fit for Physical Education programs. This workshop will help teachers learn more about the sport and provide example of progressions and lead-up activities for teaching Ultimate to students. Participants will leave with resources.</p>
<p>Step Up Your Skipping</p>	<p>Rebecca Wilson, Physical Education Teacher, Terry Fox Elementary, Lester B. Pearson School Board</p>	<p>Come and join us for a hands-on active session (yes, we will be skipping!), where we will skip our way through a complete skipping unit for cycle 2 and 3. In this unit, we will cover basic skipping skills, a variety of fancy tricks, partner skipping, long ropes and some gadgets and gizmos. Evaluation rubrics and samples of assessment will be included in this workshop, as well as how to start your own little skipping club or team. Come and jump in!</p>
<p>The Art of Inspiring Children through Moving and Learning WITH and IN Nature!</p>	<p>Catherine LeSage, Physical Education Teacher, Pierre Elliott Trudeau Elementary School Western Quebec School Board</p>	<p>Come and learn about a fresh new way to engage students while increasing physical activity and connection to nature! Children are “naturally” attracted to the natural world and outdoor education creates enjoyment and positive social relationships. Through nature-based yoga, art and positive risk-taking activities, children experience increased self/body awareness and self-esteem, enhanced self-regulation and opportunities for motor development which ultimately make them feel good and healthy. This workshop and “walkshop” will begin with a short presentation on one school’s approach to healthy child development through the outdoors. We will then head outdoors to discover creative ways of enhancing student learning in your PE classes through movement, yoga and relaxation in and through nature (Elementary).</p>
<p>DBL Ball</p>	<p>James Levesque, Creator, DBL Ball</p>	<p>DBL Ball is an exciting new team sport where players can dribble, kick or throw the ball in order to score a goal. Both hands and feet are permitted, and skills from handball, soccer, basketball, volleyball and hockey are required to effectively play the game. This workshop will introduce teachers to the sport of DBL Ball. After completing this workshop, participants will know all the basic rules of DBL Ball and be familiar with teaching progressions to introduce it to their students. www.youtube.com/user/dblball</p>
<p>Kin-Ball</p>	<p>Marc-Andre Laliberte, Coordinator, Kin-Ball Canada</p>	<p>This active session will provide participants with an understanding of Kin-Ball skills (from beginner to intermediate). Tools for how to assess students on their Kin-Ball Skills will be provided.</p>

Register online at:

<https://www.eventbrite.ca/e/apeq-conference-2017-tickets-38672975912>

Early-bird registration ends November 8th

For questions or more information, please email apeqonline@gmail.com.

