

# APEQ

ASSOCIATION  
OF PHYSICAL  
EDUCATORS  
OF QUEBEC

## 2010 CONFERENCE

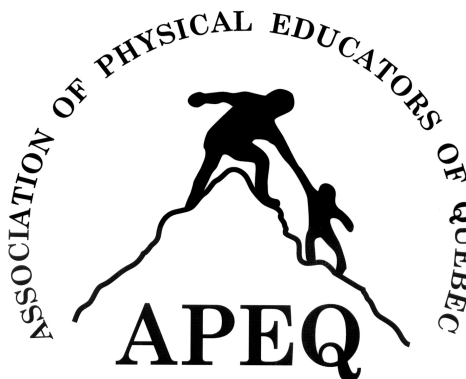


**Dr. Mary O'Sullivan, University of Limerick, Ireland**

*Jennifer Wall Keynote Address*

The focus of this presentation is on the role of continuing professional development for physical education teachers. The presentation will address key issues in the provision, purpose, design, delivery, and evaluation of high quality professional development over a teacher's lifetime. The first part of the presentation will address the increasing calls internationally for greater resources for the professional development of teachers. I will outline some of the shifting perspectives of the focus and delivery of professional development initiatives. A section of the presentation will review the recently completed Consensus Statement on Continuing Professional Development (CPD) by members of the International Association for Physical Education in Higher Education and the potential for this document to support and influence the practices and policies around the delivery of physical education and Physical Education professional development by government departments of education, professional Physical Education associations, university professors of Physical Education and Physical Education teachers' working lives. I will describe some examples of best practices in international CPD focussing on the concepts of induction, mentoring, and communities of practice in particular. The final section of the presentation includes a list of evidence based principles in the design of high quality CPD and how we can learn from existing research and contemporary best practices in physical education and education more generally.

Thursday,  
November 25<sup>th</sup>,  
2010



McGill New  
Residence  
&  
Currie  
Gymnasium





**Commit to get Fit**  
*Kelly Butler*

Are you concerned with obesity in your school? Are you looking for something to motivate, engage, and challenge your students in physical education? The goal of Commit to Get Fit is to improve the physical fitness and long-term health of your students. Students will develop the competency, skills, and values to adopt and maintain a healthy and active lifestyle into adulthood by performing movement skills in different physical activity settings through 9 areas of fitness: Tai Chi, Yoga, Pilates, circuit, resistance, and plyometric training, step, aerobics, and boxing. Practical and hands on with all the tools you need to start in your school.

**Leading the Way: Bringing out Leadership in Children and Youth**  
*Brett Thompson*

Bring out the best in your students! This workshop will provide teacher with helpful tips, information, and activities on how to successfully facilitate a student's first leadership role. Additionally, by highlighting PHE Canada's Leading the Way Youth Leadership Guide, we will explore and demonstrate the value of this resource in teaching necessary leadership skills, from working effectively with others, to planning activities and running events.

Participants will walk away with an array of activities, ideas, and a valuable framework related to the design and delivery of successful leadership related initiatives for children and youth.

**Physical & Health Education in Canadian Northern Native Communities: What Exists and Teaching Availabilities**  
*Dr. Graham Neil*

If you've ever wondered about teaching in Northern Quebec and Nunavut in Cree and Inuit communities, this session is for you! An overview of the communities along with discussion about the availability of jobs, access to the communities, and the physical education programs offered will be given by Dr. Graham Neil, a retired McGill physical education professor. Past and present teachers will be here to give firsthand accounts about their personal experiences. A question period will follow the presentation. This is truly a session that will open your eyes to teaching physical education up north!

**Come PLAY yoga! (yoga in a School PE context): An interactive/ practical PLAYSHOP!**  
*Catherine Lesage*

This presentation will demystify what children's yoga is and help discover its playful and educational aspects while emphasizing the importance of developing the whole child through movement for developing lifelong healthy habits and an active lifestyle. Yoga and PE share many similarities. Participants will experience some of them in a fun, cooperative and creative way.

Children love the physical aspect of yoga and feel the benefits in terms of self-esteem, knowledge of self, creativity, cooperation, relaxation while developing healthy life habits that they can carry into their everyday lives.

Come prepared to move, laugh and reconnect with the fun of simply being and playing!

**WeMüv™ - Physical Activity is your currency to explore, learn and have fun!**  
*PHE Canada*

The WeMüv™ Physical Activity Challenge is a unique program for grades three to six that merges daily physical activity with a fun, educational virtual world. Using an innovative digital pedometer to connect online. WeMüv™ offers a new strategy to support DPA and PE that integrates with your classroom routine.

Participants will be able to have a better understanding of how to use technology to motivate and educate students on how to live more active lives. Session participants will participate in a sample lesson and will be able to experience the WeMüv™ game site first hand. All attendees will receive a FREE WeMüv™ digital pedometer.

**Baby, It's Cold out there...Winter Play: A CIRA Ontario Resource**  
*Herwig Baldauf*

Winter weather can be very unpredictable. Every school, town or city will experience its very own set of winter conditions. CiraOntario's "Winter Play" resource will work no matter what the conditions may be. This smorgasborg of winter-based activities will work to maximize your facilities. It doesn't matter if there is wet snow, new snow, or NO snow, you can still play in winter with a little creativity and some eager children.

**Learn to Play – A Fun and Revolutionary Softball Initiation Program for Children Aged 5-10**

*Marc Dagenais*

The **LEARN TO PLAY PROGRAM** is a revolutionary way of introducing the sport of Softball to children. Activities are included which foster the involvement of ALL players, including players with high and low skill levels. The child will experience excitement, enjoyment and success. Activities and lead-up games are patterned after informal playground games that promise an hour of **FUN** and **LOTS OF ACTION**. Participants will go home at the end of the day happy and tired, while improving their fitness level.

**Fundamental Movement Skills: Teaching the Foundations of Physical Literacy**

*PHE Canada*

In support of Canadian Sport for Life (CS4L), PHE Canada's Fundamental Movement Skills (FMS) Series is designed for generalists and specialist (K-12) to assist in teaching fundamental motor and sport skills. Delegates will have an opportunity to experience and discuss the FMS print handbooks and online video tools. Bridging the gap between theory and practice, these multisensory resources meet physical education curriculum deliverables by strategically developing physical literacy in a progressive and functional manner. Learn how you can teach fundamental motor and sport skills in an effective, fun, and interactive way.

**There's a leader in each and ever one of us!**

*Herwig Baldauf*

Experiential Leadership will reinforce leadership skills such as co-operation, trust building, commitment, responsibility, decision making and problem solving by allowing participants to actively learn through experiential team building exercises. The workshop will serve as an introduction to experiential learning exercises by providing a variety of challenging activities. This workshop is designed for anyone who is developing leaders among children and youth in a school or community setting.

**So you DON'T think you can dance???**

*Erin Goldstein*

Great music, easy to follow choreography and a whole lot of energy are what makes Zumba® so fun! Come and learn the moves that will have your students begging for more. This isn't a workout- it's a party!

**Progressive Tennis – Tennis is now fun and easy for K to 6 to play**

*Norman Rothsching*

Progressive Tennis – smaller rackets + less lively balls match children's physical size and motor skill development = instant success in a gymnasium PE setting. Young children develop ball handling skills individually, with a partner and in small groups. Students can actually PLAY tennis in the first class. Children of all abilities are active for the entire lesson. Every child contacts the ball – tossing, catching, directing, hitting – hundreds of times per class. Students will develop physically, emotionally (quick success builds self-esteem), and socially (student-officiated play). Through participating you will directly experience how fun and easy it is to learn, organize and play tennis with your students.

**Healthy Active Living: A Foundation for a Healthy School**

*Ted Termertzoglou*

In this active session, you will learn more about *Healthy Active Living* and the *Canadian Active Living Fitness Charts*, developed by Thompson Educational Publishing. Participate in fitness blasts and cardiorespiratory assessments using these comprehensive health and physical education resources. Infused with physical literacy strategies, assessment and evaluation practices, core health issues, and more, these resources will help more secondary (Grades 9 & 10) students succeed in H&PE. This approach is currently used by 4 provinces. Come and see how we as H&PE educators can get all Canadians – young and old – active.

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Are you  
connected?

**What's In Your Lunch?: A new way to approach nutrition education for the whole family.**

*Sheri Gurney & Leana Smith*

What's in Your Lunch is a non-profit program designed by Lord Selkirk School Division in conjunction with the Interlake Regional Health Authority and the Dairy Farmers of Manitoba. The goal was to find a no-nonsense way to talk to kids and parents about Nutrition, label reading and the processed foods that we see coming to school in kids lunches. The resources are set up to be used in health classes, family fun nights or any school or community event. The possibilities are endless. After 2 years of use we are finding a large success rate in our community in changing kids eating habits. There are also lots of tips, ideas and proven suggestions for ways to use the resource. Target areas include: energy and sport drinks, lunchables and high processed pre-packaged foods. There is also a focus on cost and convenience.

Visit us at  
[www.apeqonline.net](http://www.apeqonline.net)

For questions, email  
[apeqonline@gmail.com](mailto:apeqonline@gmail.com)  
[krista.jemczyk@gmail.com](mailto:krista.jemczyk@gmail.com)