



DOUGLAS COLLEGE

A circular image with a purple-to-green gradient overlay, showing a group of students hugging. The text "ONLINE PHYSICAL EDUCATION CONFERENCE 2021" is centered over this image. The entire graphic is framed by a red triangle and a blue/purple L-shaped bracket.

# ONLINE PHYSICAL EDUCATION CONFERENCE 2021

THE DOUGLAS COLLEGE SPORTS INSTITUTE, IN CONJUNCTION WITH PHE-BC ARE PROUD TO PRESENT:

**35TH ANNUAL ELEMENTARY AND SECONDARY SCHOOL PHYSICAL EDUCATION CONFERENCE**

**FRIDAY OCTOBER 22ND**

TO REGISTER PLEASE CALL  **604-527-5472**

Email: [sportsinstitute@douglascollege.ca](mailto:sportsinstitute@douglascollege.ca)

<http://www.douglascollege.ca/programs-courses/continuing-education/sports-institute>



Physical & Health Education in BC

# WELCOME

## Welcome to our 35th Annual Pro-D Conference!

We are once again excited to be playing host to the 35th Annual PE-BC Physical Education Conference at Douglas College. The last 18 months has been a whirlwind for everyone, and with the continued uncertainty around COVID we will once again be online for October 2021. Our goal remains the same: To grow Physical Education in BC, while providing a quality PE Conference each year for Primary and Secondary PE teachers across the province. We once again have a great lineup of presenters and hope that you will be able to join us (virtually) on October 22nd.

### Some of the questions you may have are:

**In the days leading up to the Conference, participants will receive an email from the Sports Institute Office with the Zoom codes for each of the workshops they have registered for. On the day of the Conference you will simply log into each of your sessions with the codes provided to you.**

#### How will the 2021 Pro-D Conference be structured?

Following direction from Public Health regulations as well as the BCTF, we have made the decision to allow participants the opportunity to attend online, and from the comforts of their own home.

#### Will there be any requirements?

The only requirement for the Pro-D Conference is that participants download the Zoom application if they have not done so already.

#### What will the workshops look like?

There will be a variety of workshops offered to our participants through different formats. Some Instructors going to moderate their sessions live, and some may show short pre-recorded videos for participants to view, before answering live questions.

#### Will I be able to ask questions?

Yes! For those workshops doing live chats, there will be opportunities to ask questions. For those that don't feel like speaking on-screen (or when videos are taking place), you will have the opportunity to ask questions through the CHAT MESSAGE Box.

#### How can I register and make the payment for the Conference?

Participants are able to register for the 2021 Conference through our Registration Office by Phone: 604-527-5472 and or/ be Email: [CEREG@douglascollege.ca](mailto:CEREG@douglascollege.ca). Once your registration is processed, further instructions will be provided on how to make payment online - Visa/Mastercard, Interac E-Transfer or if necessary Online Bill Payment are available. Please note: Fax registration is NOT available.

**For more information on registration, payment and the refund policy, please visit our website:**  
<https://www.douglascollege.ca/current-students/register-programscourses/continuing-education-students>

# WORKSHOPS

## SESSION # 1

9:00AM - 10:00AM

|        |  |
|--------|--|
| #31198 | PE AND COVID: BACK TO SCHOOL GAMES     |
| #31199 | DRUG AND ALCOHOL LITERACY              |
| #31200 | PE BEYOND DODGEBALL (GRADES 4-7)       |
| #31201 | WARM UPS AND SAQ DRILLS                |
| #31202 | ENHANCING STUDENT ENGAGEMENT IN PE     |
| #31203 | POI - A FUN FLOW ACTIVITY FOR ALL AGES |
| #31204 | INTEGRATING MINDFULNESS WITH BOKS      |

## KEYNOTE

10:10AM - 10:50AM

|                 |                |
|-----------------|----------------|
| DOUG<br>GLEDDIE | PURPOSEFUL PHE |
|-----------------|----------------|

## SESSION # 2

11:00AM - 12:00PM

|        |   |
|--------|---|
| #31206 | PUBERTY: IT'S GOING TO HAPPEN!                    |
| #31207 | MAKING SEP HEALTH A MEANINGFUL PART IN LEARNING   |
| #31208 | REFRESH YOUR PR (K TO GRADE 3)                    |
| #31209 | PROMOTING MENTAL WELL BEING IN SCHOOL COMMUNITIES |
| #31210 | LET'S TALK ABOUT VAPING                           |
| #31211 | INDIVIDUALIZING THE PE EXPERIENCE                 |
| #31212 | LINE DANCING                                      |

## AGM MEETING

12:10PM - 12:45PM

## LUNCH

12:45PM - 1:15PM

## SESSION # 3

1:15PM - 2:15PM

|        |  |
|--------|--|
| #31214 | COMMUNICATION, CONSENT & BOUNDARIES                          |
| #31215 | PLAY TO START THE DAY FOR SOCIAL EMOTIONAL LEARNING          |
| #31216 | MENTAL HEALTH AWARENESS THRU PHYSICAL FITNESS IN YOUR SCHOOL |
| #31217 | INDIVIDUALIZING PHYSICAL EDUCATION                           |
| #31218 | SPORT PERFORMANCE ENHANCEMENT WITHIN PHE                     |
| #31219 | FINDING BALANCE IN OUR BODIES                                |
| #31220 | TRANSPORTING EDUCATION, CORE COMPETENCIES & PHE              |

# SESSION 1

9:00AM - 10:00AM

## PE AND COVID: BACK TO SCHOOL GAMES

DAVID HELM - SD22 & PEGames.Org

CRN 31198



Keeping the most kids active for the greatest amount of time possible is still the mantra of pegames.org! To this end, this session will highlight the successes and failures of teaching students PE within the box of COVID during the first months (September and October), of back to school. This session will cover tricks, tips, and games that have worked as we've restarted classes, and will also offer suggestions (and provide time for discussions), as to what hasn't worked and why. This session is meant for any teacher (PE or otherwise, elementary or high school), who wants to deliver quality physical education, using a game-based approach, during this tricky time.



## DRUG & ALCOHOL LITERACY

KAREN JANZEN - Health Promotion Facilitator, SD40

CRN 31199



"If you've ever felt like drug and alcohol prevention doesn't work, you'd be mostly right. Learn how to step out of drug and alcohol stigmas, understand the universal purpose behind human use of mood-altering substances, and how we can equip ourselves and our students to have a healthy relationship with drugs, alcohol, and ourselves. Focused on the "Food and Drug Literacy" component of the 3E Health Connection Wheel, it would be advantageous to also sign up for "How Do I Make Social Emotional and Physical Health A Meaningful Part of Learning?"

## PE BEYOND DODGEBALL (GRADES 4-7)

LYNN DAWSON - PHE BC Executive, SD39

CRN 31200



Hankering for more variety to get your Intermediate students motivated and moving? This session will introduce warm-ups with a challenge, tag games with a fitness focus, and fun whole-class games that are active and inclusive, and still keep focus on skill development and student success. How about the 5 Minute Class Challenge? Surfer Tag? Superhero Fitness? Boom City? Games are easy to learn, require minimal equipment, and can be implemented in your next class!



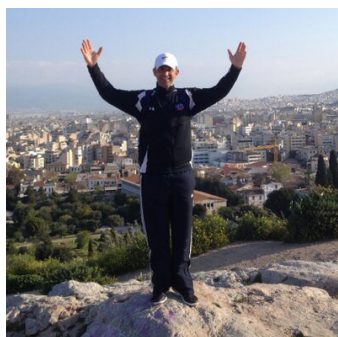
# SESSION 1

9:00AM - 10:00AM

## WARM UPS AND SAQ DRILLS

MARIO LUONGO - PE Teacher SD43

CRN 31201



This session will focus on fun and effective ways to warm-up a PHE class with the use of little or no equipment. A variety of warm-up activities will be offered and then transition into multi-directional Movement Fundamentals beginning with a properly balanced stance. Participants will be made to feel confident working through Speed, Agility and Quickness drills, how to best organize a larger group and culminate with the importance and how to cool-down and properly post-stretch.



## POI - A FUN FLOW ACTIVITY FOR ALL AGES

ALLYSON EPP - Health and Physical Education Teacher, Greater Heights Learning Academy

CRN 31203

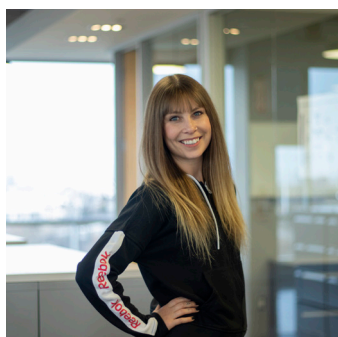


Freshen up your dance/creative movement unit with this fun, and simple flow art rooted deeply in the Polynesian culture of the Maori indigenous people. Poi is movement medicine for your brain and body, and has been shown to reduce stress and depression, improve coordination, balance and strength, and ignite creativity. In this session you will learn how to make your own poi with your class; the basic techniques including directions, planes, rhythm, and transitions; and how to implement poi in your class on Monday. Note: You will need your own set of Poi for this hands-on session (I will provide options for participants prior to the session).

## INTEGRATING MINDFULNESS WITH BOKS - CREATING MINDFUL MOMENTS THROUGHOUT THE DAY

LAUREN HUTCHISON - Regional Coordinator- Western Canada  
BOKS Canada

CRN 31204



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 Mindfulness and Movement Flows to help kids stay healthy, both mentally and physically, at home or in a school setting. This workshop will explore some different mindfulness activities to support kids in connecting to their bodies and brains. The session will give you the tools to implement breathing, mindfulness, movement flows, stretching, and gratitude exercises. Each activity is five to ten minutes long and can be done with little or no equipment, in nearly any setting. Whether brand new to mindfulness or a seasoned pro, you'll be sure to leave with activities that help kids connect with their minds and bodies, relax, and stay healthy.



# SESSION 1

9:00AM - 10:00AM

## ENHANCING STUDENT ENGAGEMENT IN PE: STRATEGIES TO SUPPORT STUDENTS OF ALL SHAPES AND SIZES

**KAILA BONNELL & LEANNE PETHERICK** - Physical & Health Education, UBC CRN 31202



This session will be an invitation to think about how weight plays an important role in Physical and Health education (PHE) spaces, and how teachers can foster spaces in which students of all sizes feel confident, competent and accepted. Within this session, we will discuss the ways thin privilege and fat oppression operate in explicit and implicit ways in PHE spaces (McNinch, 2016) and we will highlight how weight stigma negatively impacts students' health, more than weight (Tomiyama et al., 2018). Rather than taking a negative perspective or deficit-based critique of PHE and its history of body shaming this session will offer strategies for engaging with positive body and physical activity-based teaching. Faced with worldwide anxiety over inactivity and obesity in youth, it is not surprising that physical and health educators feel they have a key role in creating healthy citizens of the future and protecting them from making unhealthy decisions (Gallagher, 2019; Rail et al., 2010; Wright et al., 2018). Unfortunately, this approach has left little room to interrogate the mechanistic view of the body in which a relationship is presumed between inactivity, poor diet, obesity, and health (Rail et al., 2010). Physical and health educators will be invited to reimagine their agendas as obesity-informed pedagogies are having unintended consequences for students who are viewed 'at-risk' for obesity (Allen-Scott et al., 2014). Amid physical and health educators' attempts to educate students about how to be healthy citizens living in healthy bodies, weight-based bullying has become the most frequent form of reported harassment by students in schools (Petherick, 2013; Pont et al., 2017). Adolescents experiencing weight-based teasing were found to cope with the teasing by avoiding school activities, notably physical education (Pont et al., 2017). This interactive session will allow educators to reflect on their pedagogical practice in relation to ideas about thinness and fatness as these sometimes unconsciously and consciously play out in the teaching of physical activities, games, health and sport. Finally, we offer strategies to promote positive body shape and size in PHE spaces.



# KEYNOTE

**10:10AM - 10:50AM**

## DOUG GLEDDIE

University of Alberta & President of PHE



## PURPOSEFUL PHE

Doug Gleddie is a husband and father who also happens to be a Professor at the University of Alberta. In a career filled with change, the only true constants have been physical education/ activity, working with students and how joy fills the spaces in between. This life-long journey of exploration into joyful and meaningful movement has enabled Doug to work with a wide variety of people and organizations across Canada and around the world. He has published numerous articles in academic and professional journals and co-authored four books including the most recent – Meaningful Physical Education: An approach for teaching and learning. Doug is a founding member of the Healthy Schools Lab and his research interests include: narratives of physical education; school sport; physical literacy praxis; meaningful physical education and; teacher education. He does his best thinking on a mountain bike or around a campfire.

# SESSION 2 11:00AM - 12:00PM

## THE GROWING AND KNOWING OF ME - PUBERTY IT'S GOING TO HAPPEN!

**RENEE GREGERSON - Sexual Health Educator/PHE Coordinator**  
Surrey Schools/UBC

CRN 31206



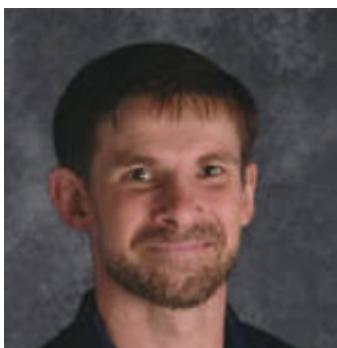
Everybody grows from a child to an adult. There are many physical, social and emotional changes that take place during this time, this process is called Puberty. Educators get the opportunity to support their students' knowledge and skills; providing education that allows the student to navigate their development with respect to one's values, beliefs and developing self. This Puberty workshop will be geared to educators that teach grades 4-7 but additions will be offered for alternative grade levels. A focus on typical male and typical female physical puberty changes will be shared in detail. A example of how, what and why to educate our students in this very important part of the curriculum will be offered with a chance to ask questions to support your own professional development.

## MAKING SOCIAL EMOTIONAL AND PHYSICAL HEALTH A MEANINGFUL PART IN LEARNING

**CHAD OATWAY - Vice President PHE BC & SD40**

CRN 31207

**KAREN JANZEN- Health Promotion Facilitator, SD40**

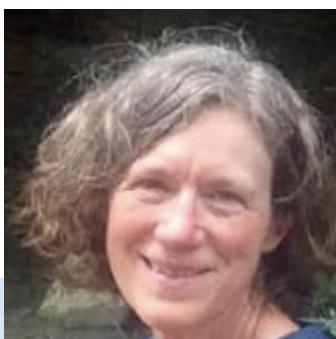


Teach students to learn, love, and play using designed self-awareness tools that create healthier behaviours to support improved thought, movement, and relationships. Embedded in 3E Health are a few classroom-ready lessons and unlimited inspiration to connect your own lessons to a comprehensive health perspective.

## REFRESH YOUR PE (K TO GRADE 3)

**LYNN DAWSON - PHE BC Executive, SD39**

CRN 31208



Are you craving some fresh new games and activities for your Primary PE class? This session will introduce you to activities that get your Kindergarten to Grade 3 students moving at the door, tag games that add a twist of fitness, and lots of student-tested activities & games that keep the focus on skill development, movement, and fun! How about Zookeepers? Rocket Tag? Snowman Down? Fire and Ice? Games are easy to learn, require minimal equipment, and can be implemented in your next class!



# SESSION 2 11:00AM - 12:00PM

## PROMOTING MENTAL WELL BEING IN SCHOOL COMMUNITIES

**LAUREN OLEKSEWICH - School Health Facilitator, DASH BC**

CRN 31209



In this workshop, the comprehensive school health framework will be used to discuss ways to promote mental health in the school community. Specifically, this session will provide attendees with strategies to strengthen their personal well-being, as well as ideas and resources for supporting the mental well-being of their students. The workshop will include discussions and activities.

## LET'S TALK ABOUT VAPING

**KAITLYN BAILEY - Master's of Science, Comprehensive School Health Facilitator, DASH BC**

CRN 31210

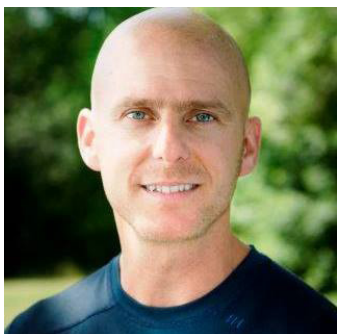


During the 2020-2021 school year, DASH piloted a youth-led vaping reduction initiative, Vaping: The More You Know, in four schools across British Columbia. The initiative used a three-prong approach by 1) providing students with evidence-based information about vaping and nicotine, 2) engaging students in dialogue about their experiences and beliefs around vaping, and 3) empowering students to share what they learned with their peers through their own projects. In this presentation I will share the approach we took and the lessons we learned when talking to students about vaping. I hope educators will be able take away practical ideas and suggestions to initiate conversations about vaping with their own students.

## INDIVIDUALIZING THE PE EXPERIENCE - A PATHWAY TO LIFE SUCCESSES

**CalLEN MCGIBBON - Founder/CEO - REPerformance**

CRN 31211



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. We can hire people to do a lot of things in life, we can even hire someone to assist us as a personal trainer, but we can't hire someone to actually move for us. It has become more necessary than ever for us as a society to prioritize movement. Solution: Present PE with a general framework that would simulate our adult lives. A blend of a fitness routine with sport, yoga, running.. 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.

# SESSION 2 11:00AM - 12:00PM

## LINE DANCING

JODY WANDZURA - BKin, BEd, MLead, Athletic Director & PHE  
Teacher, Pacific Academy

CRN 31212



This session will cover between 4-5 different line dances. It is a great unit for all PE teachers of all ages - especially in this season of covid as it naturally is socially distanced - and sometimes it is just nice to learn and practice the dances to have the confidence to teach them.

**12:10 - 12:45 PM: AGM/TOWN HALL**

**12:45 - 1:15 PM: LUNCH**

# SESSION 3

1:15PM - 2:15PM

## THE GROWING AND KNOWING OF ME: COMMUNICATION, CONSENT & BOUNDARIES

**RENEE GREGERSON - Sexual Health Educator/PHE Coordinator**  
Surrey Schools/UBC

CRN 31214



Human beings set various types of boundaries for themselves daily. How we communicate our boundaries to others and how we decided what we are comfortable with and not comfortable with can be different depending on each unique individual. This session will support educators and their learners on the how, why and what of healthy communication and empowerment through boundary development. This session will support our students' abilities to make informed decisions by understanding their personal boundaries and having the ability to communicate those boundaries effectively as they grow into adulthood. Activities and resources will be offered to support the topics being discussed.

## PLAY TO START THE DAY FOR SOCIAL EMOTIONAL LEARNING

**CHAD OATWAY - Vice President PHE BC & SD40**

CRN 31215



Taking a bit of time each day to warm your kids up with an activity that teaches personal and social responsibility can be key in building a connected class. Social and emotional learning is integrated through experience, and physical play is the most natural way students learn these skills. This session will walk teachers through how to structure activities with social, emotional, and physical intentions that create an environment where students feel willing to take risks, rewarded and connected to each other.

## MENTAL HEALTH AWARENESS THROUGH PHYSICAL FITNESS IN YOUR SCHOOL

**MICHAEL SCHRATTER - VSB Grade 5/6 Teacher, Ride Don't Hide Ambassador and Founder**

CRN 31216



SB teacher and Ride Don't Hide Founder, Michael Schratter, shares the history behind Canada's largest participatory mental health awareness campaign, the damaging effects of mental illness stigma, and how your local school's Ride Don't Hide initiatives are a perfect way to introduce your school community to mental health awareness in a fun and participatory way.

# SESSION 3

1:15PM - 2:15PM

## INDIVIDUALIZING PHYSICAL EDUCATION

JOHN BYL - Education Consultant, Gopher Sports

CRN 31217



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 locomotor, fitness, target, net/wall activities, as well as manipulative retain, and manipulative send and receive activities.



## SPORT PERFORMANCE ENHANCEMENT WITH PHE

TOMAS OLJACA - Meadowridge School

CRN 31218



Traditionally, coaches and training has always been through sport specific skill acquisition (technical) and strategy, sports IQ, and decision making (tactical) training. However, to maximize sport performance capabilities while reducing the risk of injury, more layers should be considered. There are ways to include this into PHE, that I believe to be inclusive, and beneficial to the overall health and development of all students. Workshops Topics include: Strength and Conditioning Neuromuscular Training, Leadership, Building Cohesion and Chemistry, Imagery and Other Possible Considerations.

# SESSION 3

1:15PM - 2:15PM

## FINDING BALANCE IN OUR BODIES

**BAILEY SHANDRO - VSB Physical and Health Education Teacher**

CRN 31219



Western society has glorified PHE as being a place to sweat, push ourselves to our limits, and compete. But we know our bodies have a wide range of needs beyond this. Within physical wellness, our body needs a balance of challenges and rest to grow and thrive. Beyond physical wellness, we also have intellectual, emotional, social, and spiritual wellness. Our pedagogy explicitly and implicitly sends messages to students about how they interpret what their body needs. Join us for an interactive session where we look at PHE as a place to allow students to trust their intuition and develop an understanding of what balance should feel like in their bodies. The session will begin with learning through a live yoga practice, and end with a collaborative activity.

## TRANSPORTING EDUCATION, CORE COMPETENCIES & PHE

**HARTLEY BANACK - Faculty, University of Northern BC**

CRN 31220



The revised BC Ministry of Education K-12 curriculum is based around three Core Competencies: Communication, Thinking, and Personal Social. None of the three include movement, of individual bodies or of groups from place to place. As an outdoor educator, transportation is one of the most important considerations. This session invites you to consider the roles of movement and transportation in learning and how adding a fourth Core Competency: Transportation, would invite legitimacy to the work of PHE and Outdoor Education teachers and learners.



# REGISTRATION FORM

## 34TH ANNUAL PRO D CONFERENCE IN CONJUNCTION WITH PHYSICAL EDUCATION BRITISH COLUMBIA PE-BC

### QDPE CONFERENCE

|   |           |                              |
|---|-----------|------------------------------|
| QDPE Conference for Private School teachers                             | CRN 31224 | \$166.67 plus GST = \$175.00 |
| QDPE Conference for Public School teachers ONLY                         | CRN 31225 | \$147.61 plus GST = \$155.00 |
| QDPE Conference for College/University students and/or Student Teachers | CRN 31226 | \$ 50.00 plus GST = \$ 52.50 |

### HOW TO REGISTER:

- ☐ By Phone: 604-527-5472 (during regular office hours 9:00am - 4:00pm) with your 3 workshop choices.
- ☐ By Email: Complete the Registration form below in FULL. Submit it to [CEREG@douglascollege.ca](mailto:CEREG@douglascollege.ca)

### BENEFITS OF PE-BC MEMBERSHIP INCLUDE

- Members will have access to an online journal and also receive a newsletter three times per year
- Funding – grants are available to members to host professional development activities
- Professional Development – annual PE Conferences held every year where your colleagues gather from across BC for new & informative sessions
- Promotion – PE-BC is your voice for Physical Education in BC
- Networking – consisting of physical education specialists, coordinators and consultants
- PE-BC is dedicated to promoting quality physical education and your support helps us achieve this goal

# REGISTRATION FORM

## REGISTRATION FORM - QDPE PRO-D TEACHERS CONFERENCE

\*Name:

City:

\*Date of Birth DD/MM/YYYY:

Address:

Phone#(preferred):

Postal Code:

\*Email: (preferred):

\*Gender:    M                      F

School District#:

School:

\* ALL FIELDS REQUIRED by PSA Conferences.

Please enter 1st and 2nd choice for each session as space is limited:

**1ST CHOICE**

**2ND CHOICE**

SESSION 1 (9:00am-10:00am)

CRN #

CRN #

SESSION 2 (10:15am-11:15am)

CRN #

CRN #

SESSION 3 (11:30am-12:30pm)

CRN #

CRN #

\*\*Please Note: You will only be phoned if your first and second choices are full\*\*

Please select your payment classification:

CRN   **31224**     \$175.00

QDPE Conference for Private School & Non-BCTF Members

CRN   **31225**     \$155.00

QDPE Conference Only for Public School Teachers ONLY

CRN   **31226**     \$ 52.50

Student Teachers/University Students (with valid student# required)

### Registration Options:

○ By Email: Complete the Registration form ABOVE in FULL and submit it to [CEREG@douglascollege.ca](mailto:CEREG@douglascollege.ca)

*\*\*Once your registration form is submitted, one of our Registration Officers will reply to your email in a timely manner with instructions on how to make your payment\*\**

○ By Phone: 604-527-5472 (During office hours: <https://www.douglascollege.ca/programs-courses/continuing-education/contact-us>.)

**PLEASE NOTE: Instructions on how to make your payment will be provided by the Registration Office. Payment is required within 24hrs of registration. Registration is NOT complete until payment is received by Douglas College.**