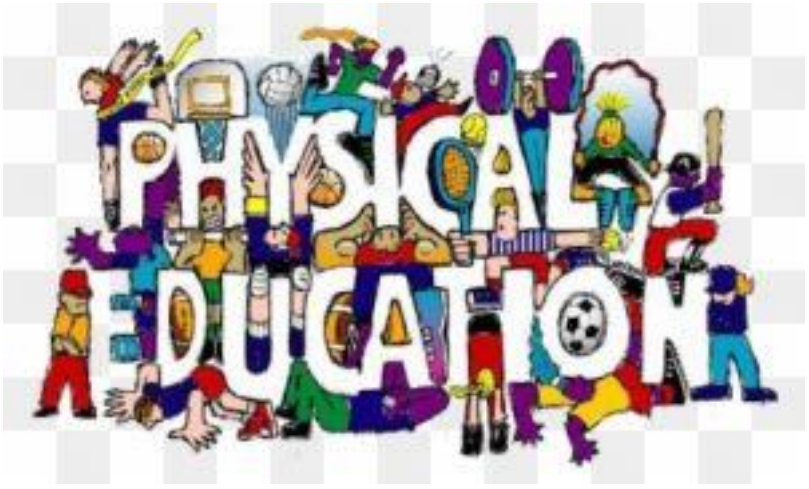
The Douglas College Sports Institute, in conjunction with Physical Education British Columbia (PE-BC) are proud to present:

2020 ONLINE Physical Education Conference
"Adapting to our New Reality"



34TH ANNUAL ELEMENTARY AND SECONDARY SCHOOL PHYSICAL EDUCATION CONFERENCE
FRIDAY, OCTOBER 23RD, 2020

For more information, email: sportsinstitute@douglascollege.ca
To register, please call the Registration Office: 604-527-5472
http://www.douglascollege.ca/programs-courses/continuing-education/sports-institute

Welcome to our 34th Annual Pro-D Conference!

We are once again excited to be playing host to the 34th Annual PE-BC Physical Education Conference at Douglas College. I can't even begin to tell you the amount of respect that I have for ALL teachers around the province for all that has gone on since COVID-19 arrived in March. It is nothing short of incredible how you have had to pivot during these uncertain times. It is very much the same for us with the Annual Pro-D Conference as this year's Conference will look different than past years, with live workshops being available Online. Our goal is still the same: To grow Physical Education in this Province, 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 you will be able to join us (virtually) on October 23rd.

Some of the questions you may have are:

How will the 2020 Pro-D Conference be structured?
In support with Public Health regulations, Douglas College has made the decision to move from an in-person conference with 350+ people to an **ONLINE** Conference this year to allow participants the opportunity to attend from the comfort of your 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. The 2 workshops being done through Sport For Life will be done via GoToMeeting, and that link will be send to you prior to the conference.

What will the workshops look like?
Similar to years past, there will be a variety of workshops offered to our participants though different formats. Some Instructors going to moderate their sessions live, and some may show short pre-recoded 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 opportunely to ask questions through the CHAT MESSAGE Box.

How can I register and make the payment for the Conference?
Registration will be a little different this year as departments are working remotely. You can register for the Conference by phone and/or email. Our Registration Office can be reached at 604-527-5472 or 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 this year.*

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.

How and when will the Zoom Codes be provided?
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.

Conference Workshops

SESSION #1 9:00am-10:00am

CRN 31272 PE Ninja COVID-19 Warrior (Shannon Casson)
CRN 31273 Outdoor Learning during COVID (Hartley Banack)
CRN 31274 PHE in 2020: Where to Next?!?!? (Lisa Manzini)
CRN 31275 Making Physical Literacy Work (Sport for Life)
CRN 31276 PE and COVID: Back at School Games (David Helm)
CRN 31277 Let's Talk About Teacher Well Being: Stories from the Province (DASH BC)

SESSION #2 10:15AM-11:15AM

CRN 31278 Instant COVID-19 Games: Movement, Fun & Physical Literacy Skills (Shannon Casson)
CRN 31279 Creating and Sharing a PE Resource Bank (Ken Zelez)
CRN 31280 Refresh Your PE (Lynn Dawson)
CRN 31281 Getting Started with Physical Literacy (Sport for Life)
CRN 31282 Making Social Emotional & Physical Health a Meaningful Part of Learning (Oatway/Janzen)
CRN 31283 Apart But Not Alone: Fun and Active Games Kids Can Play Alone Within a Group (D. Helm)

SESSION #3 11:30AM – 12:30PM

CRN 31284 Nature Based Physical Activities for Physically Distanced Times (Jennifer Gruno)
CRN 31285 More Individualized PHE at School or at Home (John Byl)
CRN 31286 Do It Yourself Workouts (Jaimee Stokes)
CRN 31287 Making Physical Literacy Work (Sport for Life)
CRN 31288 Level Up! Layering Skill Progressions to Differentiate Instruction in PE (Lynn Dawson)
CRN 31289 Grow Your Mindset (Glen Mulcahy)

LUNCH BREAK

SESSION #4 1:00PM - 2:00PM

CRN 31290 COVID-19 and Physical Education (John Byl)
CRN 31291 Mental Health For All, During a COVID-19 Environment (Jeff Grace)
CRN 31292 Sex Ed: You Can Do It (Renee Gregerson)
CRN 31293 Getting Started with Physical Literacy (Sport for Life)
CRN 31294 Ideas for Physical Education & COVID-19 (David Amram)
CRN 31295 Teaching Life Skills Through PE & Sport (Glen Mulcahy)

SESSION #1 (9:00am – 10:00am)

OUTDOOR LEARNING DURING COVID-19

Presentation by: Dr. Hartley Banack, Lecturer, Department of Curriculum and Pedagogy, Faculty of Education at UBC.

Amidst the COVID-19 pandemic, teachers are anxious about returning to work. The BC Centre for Disease Control has recommended schools "have children outside often" to reduce COVID-19 transmission". However, this recommendation highlights barriers to outdoor learning, including: 1) a lack of familiarity with time spent outdoors for learning and therefore ill equipped to facilitate or support meaningful outdoor educational experiences; 2) a lack of familiarity with how core competencies, Big Ideas and curricular competencies link to outdoor learning; and 3) an un(der)-developed network of colleagues who might support one another with outdoor learning. Literature from various fields continues to indicate that there are many benefits associated with time spent outdoors, particularly related to health and wellbeing (physical, mental/cognitive, socio-emotional, and spiritual), environmental/sustainability, and deep and sticky learning, and that these are even more significant in relation to the pandemic. The revised B.C. Physical and Health Education (PHE) curriculum includes Outdoor Education for grades 11 and 12, however outdoor learning is not emphasized throughout the PHE curriculum, nor is it distinguished from Outdoor Education. This workshop will offer opportunities for educators to consider practical ways of increasing outdoor learning and time spent outdoors at their schools and in their communities, create links between curricular aims and outdoor learning, and help to foster collegial networks of support. The session will include a presentation on conceptual aspects of outdoor learning, time for questions and discussion, and moments for individual reflection.

PHE in 2020: Where to next?!?!?

Presentation by: Lisa Manzini, President PE-BC

June had its challenges, successes and lessons we learned from. Join PE-BC President Lisa Manzini as she looks at what you can do, not what you can't. Physical Educators are masters of adaptations and Lisa will discuss her successes, challenges and the importance of PHE in our new normal. Participants will be encouraged to share their stories, Activities and trends nationally will be also be discussed, while looking at theIr respective successes and challenges.

PE NINJA WARRIOR

Presentation by: Shannon Casson, Founder of HAPPE (Healthy Active People Play Everyday)

Learn how to design the ultimate PE Ninja Warrior unit for your students! PE Ninja Warrior uses obstacle courses and timed competitions to teach skill- and health-related components of fitness: agility, balance, coordination, speed and strength. Learn how PE Ninja Warrior uses individual goal-setting and embeds collaboration to foster a fun and positive PE experience that enhances physical literacy. This unit is adaptable to a variety of age groups and minimal equipment is required. Come dressed for moderate activity.

MAKING PHYSICAL LITERACY WORK FOR YOUR CLASS

Presentation by: Sport for Life Instructor

Get your class ready to move during these COVID times!! This workshop shows you how physical literacy instruction can work in your class. Learn fun activities based on the principles of physical literacy and see how easy it is to include these in the gym, classroom or playground. Learn the "how to" and find out how to include this approach in your physical education planning. This could revolutionize the way you teach physical activity and physical literacy. (Session Limited to 25 participants. This workshop will be done via GoToMeeting.)

PE and COVID: BACK at SCHOOL GAMES

Presentation by: David Helm, PEGames.org

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.

LET's TALK ABOUT TEACHER WELL-BEING: Stories from the Province

Presentation by: Kaitlyn Bailey, DASH BC

We care about student well-being, but teacher well-being often gets less attention. Yet the well-being of educators directly affects the well-being of their students, and reports from WorkSafeBC show that there was a 135% increase from 2017 to 2019 in mental health claims made by teachers and educational assistants. In this workshop DASH (Dedicated Action for School Health) will share stories and examples from across the province about what schools and districts are doing to support staff well-being in a positive way. Following these stories there will be a facilitated discussion about how COVID-19 is impacting staff well-being and how schools and districts may be able to respond.

SESSION #2 (10:15am – 11:15pm)

INSTANT COVID-19 GAMES & ACTIVITIES: MOVEMENT, FUN & PHYSICAL LITERACY SKILLS. **Presentation: Shannon Casson, Founder of HAPPE**

Participants will learn creative movement ideas for limited spaces that will have youth smiling, sweating and learning through instant activities. Adventure education themes and active game modifications will be shared to ensure all youth are included in both small and large group settings. You'll see limited spaces and limited equipment as opportunities to move and play.

CREATING and SHARING a PE RESOURCE BANK for ONLINE PHYSICAL EDUCATION **Presentation by: Ken Zelez, Strathcona-Tweedsmuir School, Okotoks, Alberta**

So many teachers are wanting more shared resources these days. Something to help them when they don't know where to turn. Join Ken Zelez (a former member of the Executive with ASAA and current *Director of Athletics* at Strathcona-Tweedsmuir School in Okotoks, Alberta) as he will be leading this workshop to create a shared collection of PE resources for online learning support. Please come to the workshop with some resources in mind and be prepared to do some research to find other resources. By the end of the workshop, a 100% usable and sharable resource bank will be created!

GETTING STARTED with PHYSICAL LITERACY

Presentation by: Sport for Life Instructor

If you are wondering what physical literacy is and how you can incorporate it into your instruction, this workshop is for you! Gain an understanding of the theory behind this approach and learn some practical ways that you can start to develop your students' physical literacy next class. A mix of theory and hands-on instruction makes this a fun and informative workshop. (Session Limited to 25 participants. This workshop will be done via GoToMeeting.)

REFRESH YOUR PE – K to GRADE 3

Presentation by: Lynn Dawson, PE-BC

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, adapted for distancing, and can be implemented in your next class!

HOW DO I MAKE SOCIAL EMOTIONAL and PHYSICAL HEALTH A MEANINGFUL PART OF LEARNING (And Not Add To My Work Load)

Presentation by: Chad Oatway & Karen Janzen, School District 40

3E Health empowers Social Emotional and Physical Health to engage connected life experiences. Through designed self-awareness tools, students can develop meaningful thought patterns, routines and habits that improve their daily well-being. Embedded in 3E Health are a few classroom-ready lessons and unlimited inspiration to connect your own lessons to a comprehensive health perspective.

APART but NOT ALONE: FUN and ACTIVE GAMES THAT KIDS CAN PLAY on THEIR OWN WITHING A GROUP **Presentation by: David Helm, PEGames.org**

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 outline as many games as possible during the 60-minute session. All of the games explained and demoed here are going to be based on keeping kids physically apart while still allowing them to play together. The driver for each game is based on keeping kids active, keeping things fun, and ensuring that each child can have success in Physical Education. 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.

SESSION #3 (11:30am – 12:30pm)

NATURE-BASED PHYSICAL ACTIVITIES for PHYSICALLY DISTANCED TIMES

Presentation by: Jennifer Gruno, University of Victoria

During COVID-19, many structured sports and activities are not possible to implement in Physical and Health Education (PHE). Since physical activity is key to managing mental and physical health and well-being, especially during a pandemic, it is really important, as PHE teachers, to encourage our students to be active. One possible solution to encouraging physical, mental and social health in children and youth, in a safe way, is time spent being active outdoors (ParticipACTION, 2018; Tremblay et al., 2015). PHE Canada recommends in their COVID-19 Pandemic: Return to School Guidelines to "include more individual pursuits than traditional team activities such as…alternative environment and land-based activities…[and] mindfulness" and to "explore local parks and green spaces to promote outdoor learning and activity". Specifically, PHE Canada recommends activities like outdoor treasure hunts, survival skills, hiking, orienteering, geocaching, and outdoor education. In addition to potentially improving one's overall physical and mental health, individuals who feel connected with nature and appreciate its values are the ones who are most likely to behave in an environmentally responsible manner as adults (Nisbet, Zelenski, & Murphy, 2009). This workshop explores a range of nature-based physical activities that PHE teachers can implement through online means or in-person, physically distanced. Nature-based physical activity refers to physical activities that are done in natural areas, require little specialized equipment, can be participated in by the majority of youth, are cost-efficient, and can be implemented (even virtually) by PHE teachers on a regular basis (Gruno and Gibbons, 2020) Activities suitable for elementary through secondary school are provided. All activities utilize students' local environment and encourage students to explore movement and nature.

MAKING PHYSICAL LITERACY WORK FOR YOUR CLASS

Presentation by: Sport for Life Instructor

Get your class ready to move during these COVID times!! This workshop shows you how physical literacy instruction can work in your class. Learn fun activities based on the principles of physical literacy and see how easy it is to include these in the gym, classroom or playground. Learn the "how to" and find out how to include this approach in your physical education planning. This could revolutionize the way you teach physical activity and physical literacy. (Session Limited to 25 participants. This workshop will be done via GoToMeeting.)

LEVEL UP! LAYERING SKILL PROGRESSIONS to DIFFERENTIATE INSTRUCTION IN PE

Presentation by: Lynn Dawson, PE-BC

Students come to PE class with a wide range of ability levels. How do we help all students be successful on their own physical literacy journey? Gamification and self-guide progressions are two of many ways to develop all student's skills by creating progressively more challenging tasks for any skill or sport. Students practice at their own level, then move on to the next task when ready. Adding levels keeps tasks challenging for more skilled students. Great for K-7 and up.

ACTIVITIES & EQUIPMENT KIDS for MORE INDIVIDUALIZED PHE at SCHOOL or at HOME: Grades 7-12.

Presentation by: John Byl, Gopher Sports

Explore, through 30+ activities, how we can participate in target games, net/wall activities, manipulative retain activities, manipulative send and receive activities, active brain challenges, and fitness opportunities. The second half of this session will be Sending and Receiving with Feet. Sending and receiving with feet are important manipulation sending and receiving skills. We will engage you with skill-building games, with innovative equipment, that will help students enjoy learning these skills.

DO IT YOURSELF WORKOUTS

Presentation by: Jaimee Stokes

We've all been through a great deal of stress over the past few months. Take part in a Do It Yourself Workout with Jaimee Stokes to help burn-off some steam, discover interesting tools to incorporate into your workouts from around the house, and also learn some great exercises that you might even be able to incorporate into your PE classes.

GROW YOUR MINDSET

Presentation by: Glen Mulcahy, Paradigm Sports

This workshop will focus on the great work done by Carolyn Dweck and the important of parents and coaches to praise effort vs. focusing on results, that will help shift their focus from (I am not that good) to the growth mindset (I am not that good.. YET!). Anecdotes are shared in terms of how organizations have implemented their programs.

SESSION #4 (1:00pm – 2:00pm)

COVID-19 and PHYSICAL EDUCATION

Presentation by: John Byl, Founder Gopher Sports

Using PHE Canada's "Covid-19 Pandemic: Return to School Canadian Physical and Health Education Guidelines" document, explore through 50+ activities how we can participate in team games, target games, net games, fitness activities, tag games, obstacle courses, dance, daily physical activity, leadership games, and numeracy activities. Will end with a demonstration of over 20 different activities for 8 different kinds of agility ladders done on your feet.

MENTAL HEALTH FOR ALL, IN A COVID-19 ENVIRONMENT

Presentation by: Jeff Grace

The importance of mental health education is undeniable, and for many it is an extremely uncomfortable subject to discuss. Mental health has been one of the biggest challenges our society has had to contend with as we face the realities of COVID-19. Join Jeff Grace as he leads this workshop, providing you with ideas and resources to teach mental health in ways that are meaningful and impactful for your students. Mental health is a difficult subject to speak about, as it leaves both students and teachers feeling vulnerable. Making the subject of mental wellness relatable and approachable for your students is the key to making it impact. The second half of this session will be an active yoga class focusing on building resilience. This is a quality that all of us had to show in the face of COVID-19. The final 30-minute yoga session is for teachers, but certainly it is a practice they can also share with their students.

SEX ED: YOU CAN DO IT!!

Presentation by: Renee Gregerson, Surrey Schools

Sexual health education is vital to our learners understanding of who they are, what they need, like, want and in turn what they don't like, want or need. As educators we are the trusted adult that students can learn from, with valuable information that supports informed decision making. This session will offer an understanding of specific areas of sexual health education at the elementary and secondary level; providing ideas on how to educate learners remotely and/or in the classroom. Sexual health education supports the overall growth and wellbeing of our learners while respecting the learners own values and beliefs. Topics that will be discussed but not limited to consent, trusted adults, body awareness, STI transmission and healthy communication. A question and answer formula will be demonstrated in order to support educators when asked by their learners. Attendees will be encouraged to ask questions and share concerns. Sexual health education can be fun and exciting. Educators have the opportunity to support their learners personal safety, build their confidence and respect while moving forward in a world that is continuously evolving.

GETTING STARTED with PHYSICAL LITERACY

Presentation by: Sport for Life Instructor

If you are wondering what physical literacy is and how you can incorporate it into your instruction, this workshop is for you! Gain an understanding of the theory behind this approach and learn some practical ways that you can start to develop your students' physical literacy next class. A mix of theory and hands-on instruction makes this a fun and informative workshop. (Session Limited to 25 participants. This workshop will be done via GoToMeeting.)

IDEAS for PHYSICAL EDUCATION and COVID-19

Presentation by: David Amram, King David High School

Covid-19 got you down? Are your PE classes not as fun, unique or as enjoyable as they used to be? This workshop will present several ideas that will get your kids moving. These ideas have all practically been tested in the secondary school system, with strong results. The following activities will be discussed, "telephone dance", 14 day physical activity challenge, fitness circuits and journaling and COVID-19 appropriate games. Strengths, limitations, equipment, space, number of participants will all be addressed in this online workshop. Some of the activities introduced can be done remotely online, while others can occur with appropriate social distancing and sanitization in school.

TEACHING LIFE SKILLS THROUGH SPORT

Presentation by: Glen Mulcahy, Paradigm Sports

Our roles as teachers and coaches is not just teaching the various skills of the game. But equally, or more importantly, is to teach the skills of life that will transfer to non-sport activities. A good coach/teacher can change a game. A great teacher/coach can change a life.

2020 REGISTRATION FORM:

34th Annual Pro D Conference

in conjunction with Physical Education British Columbia (PE-BC)

Please register early! And no later than Friday, October 16th
(though several of the limited enrollment workshops may fill up sooner)
You will not be registered if payment does not accompany your registration.
Your Zoom Workshop Login Codes will be emailed to you shortly thereafter in the days leading up to the Conference.

QDPE Conference

QDPE Conference for Private School teachers	$166.67 plus GST = $175.00	CRN 31296
QDPE Conference for Public School teachers ONLY	$147.61 plus GST = $155.00	CRN 31297
QDPE Conference for College/University students and/or Student Teachers	$ 50.00 plus GST = $ 52.50	CRN 31298

HOW TO REGISTER:

1. **By Email**: Complete the Registration form ABOVE in FULL. Submit it to 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

2. **By Phone**: 604-527-5472 *(During office hours: https://www.douglascollege.ca/programs-courses/continuing-education/contact-us.*
   *** Instructions on how to make your payment will be provided by the Registration Office*

***PLEASE NOTE:* Payment is required within 24hrs of registration. Registration is NOT complete until payment is received by Douglas College.**

Benefits of PE-BC Membership include:

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

2020 QDPE Pro-D Teachers Conference Online Fillable Registration Form

Name: _____

Date of Birth: (dd/mmm/yyyy) _____ Gender: ◯M ◯F
*required for registration *required for registration

Address (home): _____

City: _____ Postal Code: _____

Phone (home): _____ Phone (work): _____

Email: _____

School: _____ School District#: _____

ALL FIELDS REQUIRED for PSA Conferences.

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

	1st Session Choice	2nd Session Choice
Session 1 (9:00am-10:00am)	CRN # Please Select:	CRN # Please Select:
Session 2 (10:15am-11:15am)	CRN # Please Select:	CRN # Please Select:
Session 3 (11:30am-12:30pm)	CRN # Please Select:	CRN # Please Select:
Session 4 (1:00pm-2:00pm)	CRN # Please Select:	CRN # Please Select:

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

Please select your payment classification:

☐ CRN 31296	$175.00	QDPE Conference for Private School & Non-BCTF Members
☐ CRN 31297	$155.00	QDPE Conference Only for Public School Teachers ONLY
☐ CRN 31298	$ 52.50	Student Teachers/University Students (with valid student# required)

Registration Options:

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   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
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