



Registration Form

Friday, February 12th 2010
8:30 a.m. – 2:30 p.m.

Name: _____

Home School: _____

Email: _____

Workshop Choice

Morning Workshop 1

1st Choice: _____

2nd Choice: _____

Mid-Morning Workshop 2

1st Choice: _____

2nd Choice: _____

Afternoon Workshop 3

1st Choice: _____

2nd Choice: _____



Please indicate your 1st and 2nd choice for each session. As enrollment is limited per session, we will do our best to meet your requests. Sessions will be filled on a first come first served basis; get your forms in early.

The registration fee, which is subsidized by OSSTF must accompany the registration form. Please make cheque payable to **P&HE SUBJECT COUNCIL**. Do not send cash.

Please return your completed form and fee through board mail to **OCDSB Board Office C/O Angela Dagg, 133 Greenbank Road.**

RETURN FORMS BY FEB 1st.



Physical and Health Education Professional Development Day

Teachers on the Move!



**Fitness
Sports
Health
Fun!**

Friday, February, 12th 2010
Rideau High School
8:30a.m. – 2:30 p.m.

Registration Fee:
OSSTF Members: \$5
Non-members: \$15

Sessions

Morning Workshops (1)

M1: **Snow Shoeing** by Candace Varden (Outside)

The board has new shoe shoes. This is an active outdoor session that includes safety, snow shoe instruction activities and games to lead your gym classes through. Dress for the weather.

M2: **(Grade 9/10) FUNctional Fitness** by Ted Temertzoglou (Full gym)

In this active session, learn more about the Healthy Active Living resource and the Active Living Fitness Charts developed by Thompson Educational Publishing. Participate in fitness blasts and cardio respiratory assessments using these resources to help increase fitness levels for all students. The workshop will focus on the new curriculum, differentiated instruction, fitness appraisals, inclusion, and assessment and evaluation.

M3: **Nutrition**- TBA

M4: **Kettlebells 101** by Kristy Kilcup (Drama Studio)

Kbells is simply a cannon ball with a handle. This weight lifting program works the entire body and focuses on muscle endurance, cardio/respiratory systems, muscle strength, muscle power and some muscle hypertrophy. This is an excellent program for athletes looking to increase their power output and overall potential in their sport, yet still has so many of the same benefits for those just looking to enhance their physical fitness level!

A word of caution: This program is developed for the healthy participant.

M5: **Yoga** by Bev Melymick (Auditorium)

Start your day by relaxing your mind and rejuvenating your body. This is an introductory level and will include tips on how to lead a session for your gym classes. It will focus on basic yoga moves. Wear comfortable clothing and bring a yoga mat if possible.

M6: **Spinning** off site (Max 14)

Enjoy a spinning session with a certified instructor who will not only give you a fabulous workout but also teach you how to get your students pumped about spinning. The workshop will include tips on proper spinning form, safety advice, music suggestions, instructional ideas for beginners, and a variety of programs geared towards students.

Mid- Morning Workshops (2)

Z1: **Futsal/ indoor soccer**- full gym

Z2: **Cardio Salsa** - Andrea Nicholls (Drama Studio)

Move and groove your way to fitness! This aerobics style class has a Latin flare to it, based on movements from the Zumba method. Two left feet? No problem. This is an activity in which all levels can participate. The workout is cardiovascular, combining a mix of traditional aerobics with Latin dance steps including Salsa, Merengue, Bachata and Cumbia into a low impact - high energy, fun filled class! Bring a towel it's getting "Hot" in here.

Z3 **Nordic Walking**- Daun Lynch (outside)

Be part of one of the fastest growing activities in North America! Originally created in Finland for cross-country skiers but now popular in Canada for everyone, even kids! Nordic Walking is a great activity for all ages and at any time of year. A 90 minute session will include a brief history of Nordic Walking, the opportunity to try Nordic Walking and play some games! Don't forget we will be outside so please dress for the weather!

Z4: **Spinning**- off site (Max 14)

Enjoy a spinning session with a certified instructor who will not only give you a fabulous workout but also teach you how to get your students pumped about spinning. The workshop will include tips on proper spinning form, safety advice, music suggestions, instructional ideas for beginners, and a variety of programs geared towards students.

Z5: **"Reaching Every Student- Differentiated Instruction Strategies in Health and Phys. Ed"**— Deb Lawlor

Every day we differentiate and accommodate the different learners in our class so everyone can succeed. Come experience various Differentiated Instruction strategies for Phys. Ed and health. By the end of the session participants will have a greater understanding of DI strategies, be able to implement these strategies in their classes, and create their own DI activities using the examples and blank templates given out.

Z6: **Rideauwood** --:Amanda Neilson School based counsellor

The focus of the workshop will be to help P.E. teachers further improve their understanding of teenage alcohol and drug addictions; the nature of substance abuse/dependency; identify the consequences of substance abuse; and empower students to talk openly about problems and feelings.

Z7: **Getting Online with Exercise Science** - Ted Temertzoglou Class Session
Exercise Science, developed by Thompson Educational Publishing, is an introduction to health and physical education and kinesiology. Explore all the interactive online materials that are available to you and your students, including online quizzes, PowerPoint slides, bell ringers, curriculum guidelines, and much more.

Afternoon Workshops (3)

A1: **Sport Aerobics**-Louise Miller (Drama studio)

Sport Aerobics is the ability to perform continuously complex and high-intensity movement patterns to music. In this exciting, action packed workshop, Louise and her team will be leading you through basic steps, skills and fun routines that you can use in your classroom.

A2: **Mental Health** – Nina Eldridge (MSW) Child and Family Counsellor

This session aims to be an informative workshop that touches on the Grade 11 and 12 Ontario Curriculum on coping and dealing with stress, mental illnesses, suicide and self harm. Through a discussion format, Nina will offer strategies and methods to communicate these topics with youth.

A3: **Sports Conditioning Circuits for Agility, Power, Balance and Strength** - Andrea Nicholls (1/2 gym)

Join this session for an exploration into functional training methods for all levels of athletes in a fun group circuit format.

Learn new training methods for group participation which includes training ideas for team training, circuits for gym classes, and training for life and sport.

We will explore progressions for: (SAQ) Speed, Agility and Quickness, Power and Strength, and finally Balance skills and drills.

This is a fun filled active session, so be ready to sweat!

A4: GLO's (1/2 gym)

Everyone loves Games of Low organization. In this session bring your favorite GLO and share it with the group. You must register with the facilitator and send a soft copy of the rules and set-up of your game. All participants will take home a package of all exciting GLO's presented.

A5: Junior /Senior Summative

This is a group sharing session. Please bring one summative to share with the group. All participants will have an opportunity to take 5 minutes to describe and share one summative task with the group. Max group size 20. Please bring copies to share with the group.

Schedule

8:15 – 8:30	Sign up and Coffee/Tea
8:30 – 9:50	Workshop 1
9:55 - 11:15	Workshop 2
11:15– 12:00	Guest Speaker (TBA)
12:00 – 12:30	Nutrition Break and Displays/Kiosks
12:30 – 1:50	Workshop 3
1:50 – 2:15	Evaluations, Thank-You & Door Prizes