

Ever Active Schools is leading the way in providing quality professional development for healthy school communities. These unique learning opportunities can be accessed for conferences, conventions, professional development days, staff or parent council meetings or tailored to meet your individual needs.

Costs are \$250 for 90 minutes, \$350 for half day, \$650 for full day plus GST. Associate and Member Schools receive a discounted rate on all professional development.

In an effort to support quality PD to all schools in Alberta, Ever Active Schools is able to provide travel subsidies to those schools/districts in the remote parts of the province. Travel will be discussed at time of booking.

Call 780-454-4745 or email info@everactive.org to request a professional development opportunity today! Contact us or visit our website:

www.everactive.org.



Supporting quality physical education and health curriculum, physical activity, student leadership, comprehensive school health and positive social environments, including staff wellness.

Build a healthy school community with Ever Active Schools!

Edmonton Office:
3rd Floor Percy Page Centre
11759 Groat Road
T5M 3K6

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2012-2013 Professional Development Opportunities



**Ever
Active
Schools**

Leading the Way! Alberta's voice for Healthy School Communities

2012-2013 Professional Development Opportunities

Aiming Your PE Program in the Right Direction

The aim of the Alberta Physical Education program is to enable individuals to develop the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle. In this workshop, we will strive to assist participants in meeting the curriculum outcomes to ensure that students receive a well-balanced Physical Education program. This includes planning with a purpose, teaching activities from all five dimensions in PE and focusing on fundamental movement and fundamental sport skills within the grade level you teach. NOTE: This workshop can be tailored for elementary or secondary teachers.

Developing Healthy School Communities

Research has shown that healthy students are better learners. This session will highlight promising practices and experiences from schools right here in Alberta. As well, this session will demonstrate how you can develop a healthy school community using a Comprehensive School Health Approach. Participants will leave with resources to help develop their own Healthy School Communities and will learn strategies to support and engage key stakeholders.

DPA on a Budget

The buck stops here! With only 7% of boys and girls meeting the required 60 minutes of physical activity per day (AHKC, 2012) and limited time and space for movement, we have to be creative in our delivery of physical activity. In this workshop, participants will be exposed to activities using "Dollar Store" materials to implement daily physical activities. Be prepared to have some fun and walk away with ideas to put into action right away.



Health Curriculum Matters

The aim of the Health and Life Skills K-9 Program is to enable students to make well-informed, healthy choices and to develop behaviours that contribute to the well-being of self and others. In this session, participants will be challenged to meet the curriculum outcomes by planning with a purpose, teaching activities that link to other subject areas and incorporating lessons and resources, including online and print that engage students. NOTE: This workshop can be tailored for K-6 or 7-9 teachers.



Motivate & Move the Masses in P.E.

Looking for ways to motivate large groups in your physical education class? Do you have limited space to engage students? Teaching large classes in physical education can be challenging, but not impossible. Come join us in this workshop and leave with strategies and activities linking to the outcomes in P.E. that will keep your students moving and engaged.

Student Leadership...Inspiring Change

Empowering students as leaders contributes to the success of many wellness initiatives within a school. In this workshop, participants will walk away with skills to facilitate student leadership and strategies to mobilize students into action for the benefit of whole the school community. Practical leadership activities and resources will be shared, along with opportunities for participants to contribute their student leadership experiences and successes.



Wellness Starts with YOU!

Need a boost to get you started in your personal wellness journey? Want some tools that will help you take steps towards a healthier you? Come and experience ways to create a culture of wellness with yourself, your staff and your school community. This session will also provide successful ideas, including online tools and resources to help create an environment that supports you.

Ever Active also provides in-depth Professional Development for:

- *Schools & Districts developing a Healthy School Community*
- *Physical Educators and schools interested in PE Teacher in Residence Education*



Get involved! Membership is FREE! Sign up today and receive a discounted rate on all professional development opportunities.

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