

Ever Active Schools'

2014-2015 Professional Learning Opportunities

Ever Active Schools is leading the way in providing quality professional learning opportunities for healthy school communities. These unique learning opportunities can be accessed for professional development days, conventions, staff or parent council meetings, conferences or be tailored to meet individual needs. To schedule a learning opportunity, email info@everactive.org, call 780.454.4745 or visit our website: www.everactive.org.



Physical Literacy 101

Join Ever Active Schools in this interactive session to learn and share what it means to develop physically literate students. You will learn about activities that develop fundamental movement skills, discuss the important role that educators play and be introduced to tools and resources available and how they can be used in a physical education setting. This session will leave you with the knowledge, skills and tools to support the development of physical literacy and foster fundamental movement and sport skills that enable individuals to lead an active, healthy lifestyle.

Physical Literacy 201: Creating Life Long Active Learners

Join Ever Active Schools as we further explore physical literacy and how it looks, feels and lives in our school. As a teacher, you have a direct impact on your students' physical literacy journey. Learn how to embed physical literacy, along with fundamental movement and sport skills, into your physical education program. Through an inquiry-based process of Teaching Games for Understanding (TGFU) teachers will learn strategies and activities to create an environment where students develop the confidence and competence to be active for life.

Refresh your Daily Physical Activities (DPA)

Are you looking for ways to support the personal growth and well being of your students on a daily basis? Are you looking to refresh your daily physical activities? If so, this session is for you. Participants will experience a variety of activities appropriate for multiple school settings and will leave with strategies and tools for supporting quality DPA.

Student Leadership

Student leaders contribute to the success of many school wellness initiatives. In this session participants will experience and explore practical leadership activities, strategies and successes. We will discuss how embedding the cross-curricular competencies will facilitate and enhance student leadership to benefit the whole school community.

Creating School Connectedness

Healthy relationships between school community members is an integral part of creating school connectedness. Students indicate that when they feel heard and respected by teachers and peers they feel a sense of belonging. Research shows a direct link between students' sense of belonging, attitudes towards learning and their academic success. In this session we will examine ways you can foster a positive social environment so that students develop a strong sense of belonging with the development of healthy relationships providing a frame for students to remain connected.





Staff Wellness: Walk the Talk

Amidst the rapid changes taking place in education, personal wellness is one constant that we must prioritize. In this session, we will explore wellness from a “me to we” approach and how staff wellness sets the stage for a healthy school community. Participants will explore the impact that adults have in role modeling and walking the talk of a healthy active lifestyle, and how it impacts the whole school community. Ever Active Schools will also share resources and strategies to support all staff as leaders of personal wellness and a healthy school communities.

Bridging Physical Education & Health and Life Skills Outcomes to Competencies

“The fundamental goal of education in Alberta is to inspire all students to achieve success and fulfillment, and reach their full potential by developing the competencies of Engaged Thinkers and Ethical Citizens with an Entrepreneurial Spirit.” How are the cross curricular competencies embedded into the work you are already doing? During this session participants will explore how the competencies currently live in the Physical Education & Health and Life Skills curriculum and share ways to support this transition.



Creating a Healthy School Community

Healthy students are better learners but how do we get there and sustain our efforts? In this interactive session Ever Active Schools, will help participants understand the Comprehensive School Health (CSH) approach and the key priority areas; physical activity, healthy eating, and building positive social environments. Participants will explore ways to create opportunities for students to discover, develop and apply cross-curricular competencies within a whole school approach, thus creating a healthy school community.

Bringing Personal Growth and Well-being to Life... In All Subject Areas

Join Ever Active Schools in a facilitated conversation and sharing of successes that support wellness throughout all curriculum. Participants will explore how the “identification and application of career and life skills through personal growth and well-being” currently lives in all subjects and share new ways to support this competency.



To schedule a professional learning opportunity and for pricing information, call our office at 780.454.4745 or email info@everactive.org. To support quality professional learning opportunities in Alberta, Ever Active Schools provides travel subsidies to those schools/districts in remote parts of the province. Travel support will be determined at time of booking.

More learning opportunities are available. For a complete list, visit www.everactive.org/professional-learning-opportunities.

