



2010-2011 Ever Active Schools Workshop Offerings

Ever Active Schools provides quality professional development at the school, district and provincial level. Access these learning opportunities for conferences, teacher's conventions, professional development days, staff or school council meetings. Costs are \$250 for 90 minutes, \$350 for a half day, or \$650 for the full day plus GST and applicable travel and accommodation expenses from Edmonton or Calgary. Call 780-454-4745 or email tracy@everactive.org to request a workshop today!

WORKSHOP TITLE	VENUE/ LENGTH	DESCRIPTION
A Taste of FMS (FUNdamental Movement Skills)	Gymnasium or Large Space 90 min. or Half Day	WHO SHOULD ATTEND: <i>Kindergarten – Grade 6 Teachers</i> Looking for support for your elementary physical education classes? Ready to participate in activities to take back to your staff? Using the ABCD's of Physical Education and the philosophy of Physical Literacy, participants will walk away with the tools to teach FUNdamental Movement Skills (FMS). The FMS provide the basic motor skills that are the foundation to all later movement in life whether sport specific, active living or recreation. Come join Ever Active Schools in this active session for a 'taste' of developing physically literate students through FUNdamentals.
Considering a School Nutrition Makeover? Bite Off What You Can Chew!	Classroom or Large Space 90 min. or Half Day	WHO SHOULD ATTEND: <i>Kindergarten- Grade 12 Teachers</i> Many Alberta schools are re-examining their nutrition environment. School stores, vending machines, cafeterias, fundraisers, special events and meetings all provide opportunities to encourage and model healthy eating within the school community. This workshop includes an appetizer from the Alberta Nutrition Guidelines, some success story snacks and a main course of strategies for implementing healthy eating. This workshop has been created in partnership with Alberta Health Services.
DPA in Action!	Classroom or Small Space 90 min. or Half Day	WHO SHOULD ATTEND: <i>Grades 1-9 Teachers</i> "Physical Activity plays an important role in facilitating learning and academic achievement" (Active Healthy Kids Canada Report Card, 2009). Come and learn new ways of how to incorporate physical activity into your daily routine. This session will include activity ideas for the classroom, gymnasium, multipurpose room and outdoors taken from two Ever Active Schools' resources: <i>Recipe Card Lesson Plans & DPA Bins</i> . Visit www.everactive.org to view activity videos and to purchase these must have resources.
Health Promoting Schools: Steps to Success	Classroom or Small Space 90 min. or Half Day	WHO SHOULD ATTEND: <i>Grades 5-9 OR 10-12 Teachers</i> Research shows that healthier students are better prepared to learn and are more successful in school. Schools are in the business of providing programming and resources to ensure student success and a quality Health Promoting Schools (HPS) program does just that! The HPS program (also known as Comprehensive School Health) is a school-wide approach that links health and education and connects the home, school and community. Ever Active Schools (EAS) is an innovative, evidence-based program that promotes healthy, active school communities. Come learn about the EAS Program and the steps to success in creating a healthy learning environment.

WORKSHOP TITLE	VENUE/ LENGTH	DESCRIPTION
Lessons & Links: Teaching the B & D Outcomes in Physical Education	Gymnasium or Large Space 90 min. or Half Day	WHO SHOULD ATTEND: <i>Grades 5-9 OR 10-12 Teachers</i> Participants will leave this workshop better prepared to teach the B (Benefits Health) & D (Do it Daily...For Life) outcomes of the Physical Education curriculum. Three quality resources that have been developed by Alberta Physical Education specialists will be highlighted throughout this session: Ever Active Schools Recipe Card Lesson Plans, Senior High Heart Health and Pumping it Up! Participants will learn practical, easy-to-use activities and assessment ideas that can be implemented in their classes the very next day. Be prepared to motivate your students to set goals and lead healthy active lifestyles! Visit www.everactive.org to find out more about these must have resources.
Mental Wellness: Part of Your Healthy School Community	Classroom or Small Space 90 min. or Half Day	WHO SHOULD ATTEND: <i>Kindergarten – Grade 12 Teachers</i> There is no health without mental health! Positive interactions, adapting to change, coping with adversity and finding balance in all aspects of life are critical elements of maintaining mental health. Participants will leave this workshop with an understanding of what mental health looks like as well as strategies to improve the mental health of the school community.
Physical Literacy in Action!	Gymnasium or Large Space Half Day or Full Day	WHO SHOULD ATTEND: <i>Kindergarten – Grade 6 Teachers (can be tailored to 7-9 & 10-12 Teachers)</i> Looking for support for your elementary physical education classes? Ready to participate in activities to take back to your students? Using the ABCD's of Physical Education and the philosophy of Physical Literacy, participants will walk away from this active session with the tools to create a comfortable learning environment, teach skills while Teaching Games for Understanding (TGfU) and teach FUNDamental Movement Skills (FMS). The FMS provide the basic motor skills that are the foundation to all later movement in life whether sport specific, active living or recreation.
Revitalize! Making Staff Wellness a Priority	Classroom or Small Space 90 min. or Half Day	WHO SHOULD ATTEND: <i>Kindergarten – Grade 12 Teachers</i> We know that healthy children are better learners and teachers who maintain a work/life balance have more energy, sleep better and serve as healthy lifestyle role models for their students. Come join Ever Active Schools for an energizing session to help support your physical activity level and manage stress. You might even leave with an activity or two for your own students!
Teaching Quality P.E: Activities to Promote a Recipe for Success	Gymnasium or Large Space 90 min. or Half Day	WHO SHOULD ATTEND: This workshop is available for <i>Grades K-3, 4-6, 7-9 OR 10-12 Teachers</i> If you need quality PE lessons that meet the expectations of the program of study, then this workshop is for you! EAS has gathered lesson plans for Division I, II and III and have packaged them into an easy to follow and use resource. Participants will come away from this workshop with quality lesson plans and strategies for physical education and an understanding of the ABCD's of PE. Visit www.everactive.org to order these must have resources. NOTE: First and second sets of K-3 and 4-6 of the Recipe Card Lesson Plans are available for purchase as well as one set of 7-9. Lesson Plans can be modified to meet the needs of grades 10-12.

Ever Active Schools can tailor workshops to meet your needs. Other possible topics include, but are not limited to: Hitting the Target: Assessment For Learning in Physical Education, Beyond 'One Size Fits All' (Differentiated Instruction) in Physical Education, Interactive Health 1.0 & 2.0 and The Amazing Race for School Communities. A variety of supports for healthy school communities, including resources for quality physical education and health curricula can be viewed or downloaded from the Resources section of the Ever Active Schools website, www.everactive.org

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