



## 2009-2010 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 \$600 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](mailto:tracy@everactive.org) to request a workshop today!

WORKSHOP TITLE	VENUE/ LENGTH	DESCRIPTION
Beyond 'One Size Fits All' (Differentiated Instruction) in Physical Education	Classroom w/ Open Space for Activities <b>Half or Full Day</b>	WHO SHOULD ATTEND: <i>Kindergarten – Grade 12 Teachers</i> Come experience what differentiated instruction can look like in Physical Education and experience a variety of instructional strategies and physical activities that address diverse student learning needs. Participants will leave with the practical tools to create a differentiated physical education program, which involves modifying various aspects of a lesson and proactively planning to maximize student growth.
Considering a School Nutrition Makeover? Bite Off What You Can Chew!	Classroom or Large Space <b>90 min. or Half Day</b>	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 for the Next Generation!	Classroom or Small Space <b>90 min. or Half Day</b>	WHO SHOULD ATTEND: <i>Grades 1-9 Teachers</i> "Physical activity plays an important role in facilitating learning and academic performance," ( <i>Active Healthy Kids Canada Report Card 2009</i> ). Come and learn how to incorporate physical activity into your daily routine. This session will include active cross-curricular ideas, links to technology and physical activity and classroom energizers.
Heart Health - Support for Outcomes B & D	Classroom or Small Space <b>90 min. or Half Day</b>	WHO SHOULD ATTEND: <i>Grades 5-9 OR 10-12 Teachers</i> Heart Health is grounded in the skill of learning to listen to the language of the heart...the heart beat. This workshop will primarily address outcomes B: Benefits Health & D: Do It Daily...for Life. Participants will engage in activities using the <i>Heart Health</i> resource from Alberta Education and explore inquiry-based learning activities.

WORKSHOP TITLE	VENUE/ LENGTH	DESCRIPTION
Hitting the Target: Assessment For Learning in Physical Education	Classroom w/ Open Space for Activities <b>Half or Full Day</b>	WHO SHOULD ATTEND: <i>Kindergarten – Grade 12 Teachers</i> Changing assessment practices is similar to changing a golf swing - in the middle of a tournament! During this session, we will build on Alberta Assessment Consortium resources and look at practical tools and strategies for developing quality assessment and instruction in Physical Education. We will explore the backwards design approach to planning and examine effective feedback. Be prepared to engage in meaningful dialogue to stimulate critical thinking about grading practices and leave with ideas that will motivate your students to achieve!
Interactive Health 2.0	Classroom w/ Open Space for Activities <b>90 min. or Half Day</b>	WHO SHOULD ATTEND: <i>Grades 1-9 Teachers</i> This activity-based workshop will showcase interactive and cross-curricular lessons developed by Ever Active Schools for Grades 1-9 Health. Participants will also be exposed to online and print resources that are directly related to the lessons and enhance the K-9 Health and Life Skills Program.
Mental Wellness: Part of Your Healthy School Community	Classroom or Small Space <b>90 min. or Half Day</b>	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.
Recipe Card Lesson Plans – Second Edition	Gymnasium or Large Space <b>90 min. or Half Day</b>	WHO SHOULD ATTEND: <i>Kindergarten – Grade 9 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 five division I units, five division II units and five division III units 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 <a href="http://www.everactive.org">www.everactive.org</a> to order this must have resource.

**Ever Active Schools can tailor workshops to meet your needs.** Other possible topics include, but are not limited to: The Amazing Race for School Communities, Staff Wellness, Teaching Games for Understanding, Hip Hop and Building a Healthy School Community.

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](http://www.everactive.org)