

Title of Session	Presenter(s)	Brief Description of Session
You can do it! Teach High jumping to all kids	Evan Davies and you cause it is a share session too!	Do you remember high jumping in Sand? Well I learned to jump by myself as so do many others but rarely do I see developmental progressions to jumping . Why are so many children coming to meets with out the fundamentals. If I can teach all my kids then so can you.
Physical Literacy Through Frisbee	Robert McLeod	This session will incorporate the elements of physical literacy and fundamental movement skills to show how frisbee can be used to teach and develop the value of physical literacy to kids of all ages. This is an active, hands on session designed to be fun and engaging, and can be applied across all sports and physical activities.
Special Olympics Saskatchewan - Be Included!	Chris Hamilton	Include your students with intensive needs with Special Olympics programs - Active Start, FUNdamentals, and Unified Sports.
Pickleball - A sport for ALL ages	Reg Dumont, Karen Wallace	Pickleball is a sport for all ages, although a light to moderate activity, pickleball has measurable health benefits (blood pressure reduction). Pickleball is a very social sport that helps to connect people of all ages (example the Saskatchewan "Grand" Tournament - grand-parent teams up with their grand-child for tournament play). Creating unique places to play pickleball in Saskatchewan (illustrated with examples of creativity in rural Saskatchewan), how to organize in your community and get started.
Broomball the other winter sport!	Chad Schneider & TBD	The sport of Broomball is fun for all participants and we hope that this will encourage participation and help promote our amazing sport. Broomball is a gender, age and family friendly sport encouraging a sense of belonging. Provides opportunity to set goals and compete at all ages and skill levels. Most importantly it's a unique winter pastime that anyone can play!
Circus Arts in Your Community and School	Flyin' Bob Circus	How to set up and run a youth circus activities program in your community. Circus Arts promote Physical Literacy in a non competitive, confidence and self esteem building atmosphere. Session attendees will have an opportunity to understand and try 10 different circus skills. All practice equipment is supplied.

VoxxLife Neurological Technology	Kevin Duguay and Carla Archer	Our journey into neurology has shown how critical brain function, neuroplasticity and CNS homeostasis is for the daily tasks that we perform every day. The participants of this seminar will experience first hand via stability testing, strength testing and flexibility testing, the virtually instant changes in human performance when the mid-brain is placed in homeostasis in conjunction with the use of Voxx HPT and our Wearable Neurotechnology. Participants will be introduced to our latest technology, Cognitive Boost Technology (CBT). The Esmartr sleeve is a simple, effective and convenient way to do so any time, anywhere to reduce stress and anxiety, enhance clarity, increase focus and attention and improve memory, great for students and teachers.
Atomic Smashbal: Volleyball that's a HIT with children gr. 3 – 6	Tom Ash	In this session, participants will be introduced to Atomic Smashbal. This is a program that combines skill development and game play experience. The Atomic component addresses skill development while Smashbal is a fun, fast-paced game of modified volleyball, where children have an opportunity to use the volleyball skills they are developing. The 1st skill introduced in Atomic Smashbal is HITTING! As part of the session we'll consider a sample teaching progression for introducing young children to proper hitting technique. Then it's . . . play . . . play . . . play.
MINI-VOLLEY: Volleyball Activities & Games for Younger Children (K – 3)	Tom Ash	<p>Mini-Volley is a modified version of the traditional game of volleyball (1 v 1; 2 v 2; 3 v 3). The aim of Mini-Volley is to introduce children to Volleyball in a fun and interesting way, through the use of play experience. This makes it easy for teachers / instructors to use.</p> <p>This 'hands-on' session will introduce volleyball activities and games, including Circulation volleyball, to individuals who work with younger children (K – 3).</p> <p>The session is ideal for those who want to engage children, of all ability levels, to the sport of volleyball.</p>
Things I wish I had known when I was a Rookie Teacher	Mike Soares, Chair **PLEASE NOTE: The presenter requests SPEA's assistance in recruiting Veteran P E Teachers to be part of this session.**	The Format of this session is a Round-table panel where veteran Physical Educators (a minimum of 4, a maximum of 6) share their "early learnings" , each panel member speaking on "If only I had known this when I was a rookie....." M Soares will chair this session. Following the presentations, the floor will be opened up for questions & discussion with the audience.

Run your own Belonging Blasts	Chris Clark	Belonging Blasts are an excellent way to have your entire school get together to have fun, practice teamwork and leadership, and work on a sense of whole school belonging. They are really easy for any teacher to setup and run in their school. The belonging blast pedagogy also works to support daily physical education lessons and the positive impacts on sportsmanship and teamwork can be seen throughout the entire school day including during recess. This session will provide an overview of the basic structure of a gymblast, how to organize and run one, and different activity ideas. Come prepared to participate in some activities.
Build Youth Leadership and Promote Physical Activity with Take the Lead!(R)	Kelsey Michaluk - Consultant, Youth Engagement with Saskatchewan Parks and Recreation Association	Take the Lead!® is a program focused on fostering leadership skills in youth aged 11-14. Our youth know how to play best! Utilizing Take the Lead!® resources and training, youth can practice leading active play opportunities, providing more physical activity opportunities for their peers. This session will provide an introduction to Take the Lead!, information about the recent revisions and endorsement by Physical and Health Education (PHE) Canada, and detail on how to introduce the program in your school and community.
OMNIKIN Sports : A new way of being active	Paolo Zambito	<p>You will experience active and cooperative games aimed for kids of all age. Play a great number of structured games with simple rules with our whole range of different shaped, light-weight and colorful balls.</p> <p>Ominikin Sports come in all variety. May it be Fassen Ball, Poison Ball, Ultimate Rugby or any other type of games, there is something for everyone. Learn the basics of those simple games and start playing!</p> <p>With Omnikin Sports, we promote good sportsmanship, fair play and cooperation while holding individuals accountable for their actions. See your kids take responsibility for their behavior in physical competitive situation while focusing on team work. Physical qualities like finger dribble, running, to avoid the ball and targeting will be solicited.</p>

<p>KIN-BALL® sport : A non-traditional cooperative sport for everyone</p>	<p>Paolo Zambito</p>	<p>No physical contact, no intimidation, no interference and no one left out. With this session you will learn why Kin-Ball is a sport of inclusiveness and what it can do for your students. You will also learn how to introduce this Canadian sport to your kids and all the basic strategies that will make you stand out.</p> <p>KIN-BALL® sport is played with 3 teams and a very light 4-foot ball. It requires skills and strategies not found in any traditional athletic competition and every member of the team is involved in the continuous action.</p> <p>According to the Department of Kinesiology of Auburn University in Alabama, the percentage of physical activity of Kin-Ball is 72.3%. KIN BALL® sport also "provides equal opportunities for physical activity for male and female students regardless of age, height, weight and level of play."</p> <p>After the session, participants will know how to play and teach KIN BALL sport while also have learned of other games that can be played with the giant ball.</p>
<p>Sport Psychology: Enhancing Physical Literacy Through Mental Training</p>	<p>Reg Leidl</p>	<p>Mental training in physical education and sport is often neglected in favor of physical training. This session provides participants with a blueprint to bring mental training into their programs to enhance physical literacy and fundamental movement skill development.</p>
<p>Teaching Ultimate Frisbee and Spirit of the Game</p>	<p>Bobbi Anderson</p>	<p>Ultimate instills and reinforces the values of an active lifestyle while promoting inclusion of all people and skill levels. From the fundamental basics of movement, to the strategy and mental competency that team sport develops, ultimate offers you as physical educators the opportunity to teach youth a sport that focuses on Spirit of the Game and sportsmanship, rather than a win at all costs attitude. In this session we will discuss the importance of ultimate being a self-refereed sport and how it helps develop self control and communication skills. We will cover some of the key elements of the sport and provide teachers with resources and skills necessary to successfully introduce the sport of ultimate to their students.</p>
<p>CAAWS Leading with Confidence</p>	<p>Leanne Schellenberg</p>	<p>CAAWS (Canadian Association for the Advancement of Women in Sport and Physical Activity) has developed this workshop to bring young women together to discuss leadership issues and consider how they can develop their own leadership skills for their time at school and after graduation. The key workshop concepts are: building the skill of confidence and communicating with confidence. Educators will learn more about CAAWS and the workshop and how to bring it into their schools or to their teams.</p>

<p>Everyday Grace: Finding your Extraordinary in Ordinary Everyday Life</p>	<p>Carla Carlson</p>	<p>Progression not Perfection. Which focuses on reconnecting with your profession to bring back the fire. If we know better, we can do better. As our business/organization evolves, often our level of passion changes and we forget what brought us to the table in the first place. Taking time to reflect and improve our enjoyment of the day-to-day can only serve to improve our daily experience and that of who we work with. Now more than ever, team members are seeking different opportunities that can create; a link, a renewed sense of direction and an improved team sentiment. Carla can provide the foundation for your organization to reignite that fire that we all have and want to release.</p>
<p>Physical Education 20 and 30 – Teaching Nutrition</p>	<p>Chelsea Belt and Chelsea Brown</p>	<p>In this session you will learn about and get practice using a curriculum support resource developed by the Public Health Nutritionists of Saskatchewan called “Teaching Nutrition in Saskatchewan: Physical Education 20/30.” This resource will assist educators in developing lesson plans for the Nutrition Section of the newly updated Phys. Ed. 20 and 30 curricula. Within this resource there is background information for teachers on the nutrition concepts being taught, as well as links to online activities and resources that connect to the nutrition specific learning outcomes.</p> <p>In this session you will get practice using the resource, and we will do some sample activities together, including one for teaching the new Canada’s Food Guide.</p>
<p>Plants of Northern Saskatchewan</p>	<p>Julie Andrews</p>	<p>In this session you will learn about various plants that are commonly harvested by the Denesuline and Woodland Cree in Northern Saskatchewan. This session is for informational purposes, where you will learn how to identify plants and some common traditional medicinal uses. The session will end with an outdoor orienteering scavenger hunt, where participants will put their new knowledge to the test.</p>
<p>The process and results of a home, school, and community approach to improving physical literacy in children and youth</p>	<p>Natalie Houser, Louise Humbert, Marta Erlandson</p>	<p>In this session, presenters will discuss the process used in creating a physical literacy enriched community with a focus on home, school and community environments. The roles played by community members, including teachers and administrators, will be discussed along with physical literacy results from children, parents and teachers. Components of physical literacy were measured as part of this project using the Physical Literacy Assessment for Youth (PLAY) tools. Given our understanding of the importance of movement in children and youth, this home, school, and community approach describes a way in which physical activity and physical literacy can be enhanced through shared responsibility.</p>

Sending and Receiving With Feet	John Byl	Sending and receiving with feet are important manipulation sending and receiving skills. We will engage you with skill-building games, with innovative equipment, that will help students enjoy learning these skills. Be prepared to participate.
Skinbased Skiing: the future of school skiing	Justin Sauer	Sizing, durability and cost are all barriers to successful ski programs in schools. I'm going to show how "skinbased" skiing is an activity that solves many of these problems, while cranking up the fun factor! Skinbased skis have helped to get kids outside in winter, introduced families to a new sport and helped us forge community partnerships.
Run Jump Throw Wheel NCCP Course	Tanika Hutchinson	<p>This National Coaching Certification Program (NCCP) course is ideal for teachers who have little to no sport experience or wish to teach the basics of fundamental movement skills and build physical literacy with games to reinforce skills with young students and athletes generally between the ages of 6 to 12 years of age (i.e. FUNdamentals & Learn to Train stages in Long Term Athlete Development Model - LTAD).</p> <p>In this session we will cover:</p> <ul style="list-style-type: none"> -Possible Characteristics of a Participant -General Athletic Development -Long Term Athlete Development (LTAD) -Stages of Athletic Development -Analyze performance (RJTW) -Create a lesson and practical teaching
Soccer Coaching Workshop	Rahim Mohamed	Coach Education will be provided to support the development of teachers to provide quality training/support for their students
Manipulation Send--Rolling	John Byl	Rolling balls and hoops is an important manipulation skill. We will engage you with skill-building games, with innovative equipment, that will help students enjoy learning these skills. Be prepared to participate. Some equipment used will be given away to participants.

Basketdisc	Murray Gordon	Basketdisc combines the sports of disc golf, ultimate frisbee & basketball . It is a wheelchair friendly sport that gets the students fitness & fun in the gymnasium. The game of Basketdisc can be played in the gym or outside and teaches students how to play the game of disc golf as well as it becomes an 18 hole disc golf course in the school play ground by using 2 disc golf baskets with 9 T - Offs around each basket. It teaches the students that the furthest player from the basket always shoots first & so on. Copy wright 2007 Inventer: Murray Gordon BSPE
Spikeball	Tyler Golding	PE teachers tell us Spikeball is great because all 4 players are involved in every point, the game is easy to set-up, it teaches both basic and advanced striking, passing, and defensive skills.
Pushing your PE program to the outdoors - Taking Necessary Risks	David Chorney	How challenging is the physical education program you are currently offering to your students? Does risk and/or risky play have a place in your current teaching and planning philosophy? Risky play is a set of motivated behaviors that both provide the child with an exhilarating positive emotion and expose the child to the stimuli they previously may have feared. As a child's coping skills improve, these situations and stimuli may be mastered and no longer be feared. This session will share current data about risky play and children in today's society as well as encourage conversation and debate about what risk really means and how your physical education program may be adapted to push all students a little more.
sakiyiso Curriculum	Camay Coghlan-Cameron	sākīyiso – Understanding and Building Healthy Relationships uses Cree/Nehiyaw cultural knowledge to support the development of healthy relationships amongst peers, dating partners, family and community. Indigenous languages, Tipi Teachings, videos featuring Indigenous youth and Elders, support the development of protective factors that prevent violence against self and others. sākīyiso also provides a historical approach to explain the effects of colonialism and internalized oppression as they impact on the mental health of young people, and demonstrates a sustainable, self-reflective spiritual and cultural path forward. Fifteen lessons in four units provide comprehensive knowledge of best relationship practices and cultural teachings for healthy families, communities, gender and sexuality differences, healthy dating relationships, and anti-bullying.
Goalball	Nikhil Khanna	It presents the basics of goalball to people

Floorball - A Safe and Positive Introduction to Hockey	Teal Gove	Floorball provides all students with the opportunity to participate regardless of their previous hockey experience. Floorball decreases the large range of skills typically observed during school floor hockey games which ensures students of all levels of hockey are engaged. Furthermore, floorball provides optimal skill development for experienced hockey players. Using Floorball as the introductory tool to hockey throughout schools ensures that regardless of a student's hockey background, their experience with hockey in a physical education setting is a positive one.
Physical Education 20 and Physical Education 30 Implementation and Resources Update	Reg Leidl, Amanda Kornaga, Julie Andrews, Ministry of Education Consultant	This session will provide insight into the new Physical Education 20 and Physical Education 30 curriculum being implemented in Saskatchewan schools with the support of the Ministry of Education. An update on the current progress of the implementation as well as a sharing of resources to help support physical educators as they work their way through the new curriculum will be provided
Bare Naked Games	Peter Stratford- CIRA Ontario Executive Member	This fun and active session will involve a wide range of games and activities that can be used in physical education, daily physical Activity (DPA), intramurals and recess. These awesome and inclusive games use limited equipment and can be adapted for all ages. If you are looking for some fresh ideas that you can implement right away, come and play the CIRA way.
No Gym, No Equipment, No Problem- come and play the CIRA way!	Peter Stratford- CIRA Ontario Executive Member	How many times a year are you kicked out of the gym for an assembly or a presentation? As a physical education teacher we need to learn to be flexible with our program and our space. This workshop will provide participants with several dynamic, fun and active activities that can be easily adapted to most hallways or common spaces. Come and have some fun with CIRA and no longer worry about being kicked out of your space.
Age-Appropriate Sex Education	Natalya Mason and Savannah Holt	<p>Saskatchewan has very high rates of sexually transmitted infections, unintended pregnancy, and intimate partner violence. Studies tell us that education is an essential intervention that can protect youth and prevent negative outcomes. But what messages are safe to share with children, and at which ages? When is too soon for sex-education and how much is too much? What is age-appropriate sex education?</p> <p>This session will explore age-appropriate sex education methods, messages, and teaching strategies, while introducing resources to increase educators' comfort level and knowledge for delivering sexual health curriculum and lessons.</p>

<p>So, You think you can't dance, Saskatchewan?</p>	<p>3rd & 4th year Education Students from Northlands College</p>	<p>So you think you can't dance, Northern Saskatchewan? Dance is often avoided by P E teachers, especially at the Junior & Senior High levels, for a variety of reasons, even though it is found across the P-12 P E Curriculum. Maybe the students find it too "yukky" to have close contact with other class members, or maybe the P E teacher's comfort zone is more on the gym floor rather than on the dance floor. This session will engage participants in user friendly dance activities which can be taught by the "non expert" Dance Physical Educator. 3rd & 4th year Northlands College Education Students will lead this presentation. Participants will participate in some traditional and non traditional dance activities which they can take back to their schools. Participants should come to the session dressed for activity. Warning: We are not dance experts! Movement Fun will trump technique here!</p>
<p>Creating Opportunity for Healthy Play</p>	<p>Dallas Thiessen & Amanda Kornaga</p>	<p>This session will offer practical ideas about how to create spaces and opportunities that encourage active play and discovery on the school grounds. Participants will be presented with ideas for quick and easy alterations to the school grounds as well as tips on how to secure funding for large scale additions and alterations. Each presenter will discuss the opportunities and challenges that both urban and rural settings can produce and pose solutions to any potential barriers.</p>
<p>Province-wide Physical Activity and Wellness Data from SAYCW's 2019 Thriving Youth, Thriving Communities Survey</p>	<p>Ryan Flett, Ph.D.; Suzanne Hartman, Ph.D.; Shardelle Brown, M.Sc.</p>	<p>SAYCW (Saskatchewan Alliance for Youth and Community Well-being) surveyed over 10,500 Grade 7–12 students from across the province in 2019. The survey covered a breath of topics from General Health to Substance Use and other High Risk Behaviors. This presentation will be our first highlighting Physical Activity data from the survey. The presentation will...</p> <ol style="list-style-type: none"> 1. Share Descriptive statistics by Grade, Sex, and Region before creating advanced statistical models. 2. Identify groups in province reporting lowest levels of PA. 3. Connect PA amounts and types with critical issues such as Mental Health and High Risk Behaviours (substance use, sexual activity, violence). 4. Explore barriers and supports across sex, PA levels, rural/urban, region, and across any of the key at-risk groups identified previously in the presentation.
<p>SaskOutdoors - Learn and Play Outdoors</p>	<p>Leah Japp</p>	<p>SaskOutdoors (Saskatchewan Outdoor and Environmental Education Association) encourages educators and people who participate in outdoor recreation to practice and teach environmental responsibility. We will share ways in which outdoor education can be used to meet the outcomes of physical education outcomes.</p>

Snow-sports in School	Anders Svenson	Session will provide an overview of the School Ski & Snowboard Program available to school groups in the province outlining the similarities between CASI*, CSIA** and CADS*** methodology and the Saskatchewan school curriculum. *Canadian Association of Snowboard Instructors **Canadian Ski Instructors Alliance ***Canadian Adaptive Snowsports
-----------------------	----------------	---