

FARSIDE 2017 INFORMATION

Date: Thursday - April 13th, 2017 **Time:** 9:15 AM – 3:15 PM (8:45 AM registration)

Place: Maples RecPlex (454 Adsum Drive—Winnipeg, MB)

Fee: **Regular (postmarked on/before April 9/17)** \$50 MPETA members \$60 for non-members
Late (postmarked after April 9/17) \$70 MPETA members \$80 for non-members

*Students with a current MPETA membership pay 1/2 of the member workshop fee

*NSF cheques will be charged \$15

FARSIDE 2017 Registration

Name _____ School _____

Email _____

Mailing Address _____ City _____ Postal Code _____

Phone (W) _____ Fax (W) _____

Dietary Restrictions _____

MEMBERSHIP

I am currently a: ___ MPETA Member ___ Non-Member ___ MPETA Member: Student

I would like to buy a MPETA membership:
 ___ Not interested ___ Already a member ___ Yes [___ Full Member (add \$25) / ___ Student (add \$15)]

PAYMENT

FARSIDE: ___ Regular ___ Late ___ Invoice (School / Division - circle one) ___ PO # _____

Membership: ___ NA ___ Full Member (add \$25) ___ Student (add \$15)

SESSION SELECTIONS

	<u>Gym</u>	<u>Multipurpose Room</u>
Session 1 (9:15-10:30)	___ Frontier Games	___ Kids Yoga Workshop for Educators
Session 2 (10:45-noon)	___ Kids Mindfulness Workshop for Educators	___ Health Promoting Schools
Session 3 (12: 30-1:45)	___ Sharing Dance	___ Concussions
Session 4 (1:45-3:00)	___ Sharing Dance	___ Movement with More Meaning

Complete registration form and send payment (cheques payable to MPETA) to:

Manitoba Physical Education Teachers Association
 319-145 Pacific Avenue - Winnipeg, MB R3B 2Z6 Fax: (204) 925-5703

For more information phone (204) 926-8357, email mpeta@sportmanitoba.ca or visit www.mpeta.ca.



Manitoba
Physical Education
Teachers Association Inc.

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FARSIDE Workshop

WELLNESS FOR ALL!

Thursday April 13th, 2017

**Maples RecPlex
454 Adsum Drive**

Session 1: Frontier Games

Presenter: Heather Lowe

Take a trip with us up North, to our 43rd Annual Frontier Games! 1500+ middle years students from across our division compete in modern day sports as well as traditional cultural activities in communities throughout Northern Manitoba in a quest for GOLD! We will share the details of our planning process and successes over the years in delivering the Frontier Games. We will even teach you how to set a trap or two!

Session 2: Kids Mindfulness Workshop for Educators

Presenter: Kim Dorge

Harmony Warrior Kids Yoga will be leading a mindfulness workshop that will focus on both the early and middle years school groups. This workshop will consist of a brief overview of mindfulness and the benefits of mindfulness in the classroom. The session will guide educators through a variety of creative and child friendly mindfulness exercises and techniques that can be easily incorporated into the classroom. Educators will leave feeling confident in cultivating a mindful culture within their classrooms.

Session 3 & 4: Sharing Dance Day!

Presenter: Eugenie 'Genie' Baffoe

Learn the dance to be used for "Sharing Dance Day" on June 3rd and share it with your class! Also learn new hip hop and dance moves!

Session 1: Kids Yoga Workshop for Educators

Presenter: Kim Dorge

Harmony Warrior Kids Yoga will be leading a yoga workshop that will focus on age appropriate yoga classes for both the elementary and middle years educators. The workshop will include different breathing techniques, yoga poses, and fun playful sequences. Educators will leave feeling confident in creating their own unique, age appropriate yoga classes for their students.

Session 2: Health Promoting Schools

Presenter: Jacki Nysten

How do we create a Health Promoting School? We will look at evaluating the current status at your school and how to create goals. We will look at activities that can happen in a school that will increase the achievement of those goals.

Session 3: Discussion on Concussion

Presenter: Dr. Glen Bergeron

Learn the mechanics of concussion, the signs, symptoms and return to activity guidelines. Learn why they must be treated so seriously and how to be proactive and reduce concussions. Gain a greater understanding of how & why we need to accommodate those who are recovering from a concussion in sport, at school, and work. Group discussion and interaction will be encouraged.

Session 4: Movement with More Meaning

Presenter: Niki Gagnon and Natalie McConnell

As a committee our goal is to create resources to assist teachers in teaching the general learning outcomes. Our new document incorporates Physical Literacy broken down into eight categories including space and body awareness, qualities of effort, relationships and rhythmic, transport, manipulation and balance activities. Come and explore new and creative ways to teach skills versus just teaching a game!

FARSIDE Schedule

8:45 AM	Registration at Maples RecPlex
9:15—10:30 AM	Session 1
10:30—10:45 AM	Nutrition Break provided
10:45—12:00 PM	Session 2
12:00—12:30 PM	Lunch provided
12:30—1:45 PM	Session 3
1:45—3:00 PM	Session 4

***WHEN REGISTERING PLEASE SELECT ONE OPTION PER SESSION**

**** PLEASE NOTE THAT 'SHARING DANCE DAY!' TAKES BOTH SESSION THREE AND SESSION FOUR TIME SLOTS!**