



Gym Shorts

Winnipeg School Division Physical Education Newsletter

Yes the date at the top is correct. This is March, 2005. Don't waste your time looking for the issues that you missed as you won't be able to find them.

Shall I plead writer's block, laziness or incredible busyness? It doesn't really matter because this is only the second edition this year regardless of why.

Some of you might say, "Who cares?" To those of you who do enjoy receiving this, however, I apologize and will do my best to get another out this year.

There are two main features in this edition, SAG that we will be running in 2006-2007 and the challenge to you to send in your comments to the All-Party Task Force on Healthy Kids/Healthy Futures. If you read anything, have a look at those two articles.

Have a great spring break. The final term is always crazy, so make sure you either rest up (necessary for we old ones) or go nuts having fun (for the young pups) so you are ready for a great finish to the year.

SAG 2006-2007

Yes folks. The lead article is SAG in 2006-2007. That is because it is WSD's turn to organize the conference. Just so you know, the MTS has decided that next year will be the last October SAG. Beginning 2006-07, our turn, SAG will be held on the fourth Friday of November. That means it is time to start thinking about what you would like to do to help.

A huge number of volunteers will be needed. We'll need a host school and the use of sev-

eral gyms in the vicinity of the host. We will need Committee Chairs who will be responsible for everything from the Keynote Address to the bag lunches, lots of volunteers to help them and several others whose biggest responsibility will be helping out on the day of the event.

This is a great opportunity to get to know your colleagues from other schools and levels. It is also a chance to show the rest of Manitoba that the WSD is truly a leader in physical education.

Let me know if you have a great idea for a Theme and Keynote Speaker (it's never too early to start talking about it).

I will be going on and on about this over the next year, but if you know now that you would like to be involved, please let me know.

The last time we ran SAG it was teamed up with a CIRA National Conference, and while it was a ton of work for everyone, those involved did feel it was really worthwhile.

Websites

<http://www.playsport.net/>

<http://www.caaws.ca/mothersinmotion/>

deliciousdecisions.org/index.html

What a great website, especially for elementary or junior high teachers! It is the one that a group of teachers and I explored at the last PD event at Greenway School.

Small sided games are categorized the same as in our curriculum: invasion/territory, net/wall, striking/fielding and target games. These games fit in very well with the current Teaching Games for Understanding philosophy.

You can select by category or by the space you have to play in, the equipment you want to use and the level of complexity you want. The computer quickly searches for you and will come up with one if available. Not all searches are successful (for example, asking for a game with a bat in a classroom doesn't yield a match!) but there are many there.

Do you agree with the "experts" that children need role modeling from their parents in order to be healthy and active? Do you further agree that active mothers play a huge role in the activity of their girls? Well, if you answered yes to those questions, you might wish to recommend this website to your female students' parents or copy some of the info from it and put it in your school newsletters.

It addresses the nutrition component of healthy living as well as the activity piece. You can click on such things as the kind of safety equipment needed for wheel sports or how to excite an adolescent girl about active living. Some of the site still needs work (apparently the only place to play in Winnipeg is some kind of cycling program) but some good info is already there.

This was a website that I found by accident. I wish I could say I was searching for healthy recipes, but if you know me, you know cooking is not something I do! You could use it for yourself if you do cook, but I am recommending it as it would really be a good source of information for high school kids as a part of a nutrition/physical activity unit.

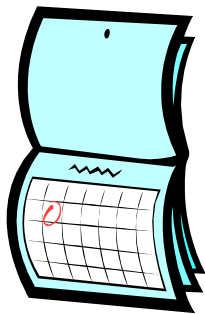
The site is set up like a cookbook and has tabs that you can click on as if you are opening a book. Yes, there are lots of pages of what the American Heart Association calls Healthy Recipes, but there is a lot more.

You can find what Healthy Eating is all about, tips on meal planning and shopping, hints for eating out and snacking and fitness tips. Most of it is just common sense, but "we are talking for high school kids here!"

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On Deck 'til June



Fri. Apr. 15	1:00-3:30	Mon. June 6	12:15-1:30	Wed. June 15	3:00
Elementary PD Session on Curriculum		Senior High Department Heads at Prince Charles		Junior High Athletic Council at Prince Charles	
Mon. May 16	2:30	Mon. June 6	1:30	Thur. June 16	12:00-3:30
Elementary Athletic Council @ Prince Charles		Senior High Athletic Council		Elementary PD at Assiniboine Park with a BBQ at 12:00 and an Aboriginal Theme after	
Wed. May 25	All Day	Tue. June 7	9:00-11:30	Mon.&Tues. June 20&21	
Senior High Interhigh Track Meet at U of M		Elementary Fit Run at Assiniboine Park		MHSAA AGM in Portage	
Wed. June 1	All Day	Wed. June 8	9:00-11:30	Thur. June 30	All Day!
Day 1 of Junior High Interhigh Track Meet at U of M		Elementary Fit Run at Assiniboine Park		Let's see, there is something special about this one...oh yeah	
Mon. June 6	All Day	Wed. June 15	2:00-3:00	<i>It's the last day of school !</i>	
Day 2 of Junior High Interhigh Track Meet at U of M		Junior High Phys. ed Teachers Meeting at Prince Charles			

Designing Rubrics

Most teachers are already using rubrics as a part of their assessments in physical education. Why?

One reason is that they can define clear and specific criteria and communicate expectations in a visible and concrete way. They are also easy for anyone to use in their assessment, whether it be the teacher, the student, a peer or an entire group.

In order to be of value, they must be designed carefully and thoughtfully, always making sure that they evaluate exactly what it is that you are hoping to evaluate.

Following are seven tips for putting together meaningful and useful rubrics:

1. Determine how many levels you want. Too few leaves too much between them, and too many makes the differences too subtle. Four or five levels is quite common.

2. Write the minimum standard (the least that is still acceptable) first. This will be one in the middle. By doing this one first, you really draw your line in the sand and then it is easier to say what is better than okay and what is worse.

3. The more precise and descriptive the wording is, the better it is. For example, "Helps to ensure everyone gets their turn and equipment" is more precise than "Displayed good fair play and leadership" because it tells the student more clearly what they need to do to receive that level.

4. Student involvement in the development of the rubric is wonderful. They then understand the intent and wording, and even more, they feel they have a say in the process of assessment.

5. The suggestion is made to use catchy terminology, although I admit I am not certain how valuable I think this suggestion is. Perhaps more so with younger kids, but I am not sure if I personally would use it at the senior high level. What they suggest is something like in a tennis unit, instead of using numbers for the categories, use ace, advantage, deuce, fault and double fault.

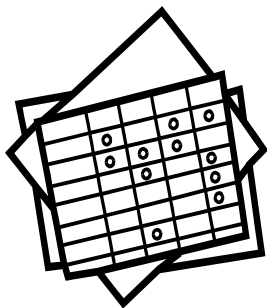
6. Any rubric is best used when it is visible and available. The teacher can then refer to it in a casual or formal way throughout the lesson and there are no surprises for students at the end.

7. Rubrics need to be constantly

altered and adapted to make them fit your situation. By all means use ones you have begged, borrowed or stolen, but make sure that you make the subtle changes that makes them perfect for what you are assessing. Avoid that desire to use "the phys. ed. rubric" (yes, I have heard that term) and instead develop or adapt one to fit your unique situation.

If you would like a copy of the article, let me know and I'll forward it to you.

*Information taken
from an article by
Sandra L. Gibbons
and Beverley A
Robinson in the
Winter 2004-05
CAHPERD Journal*



Healthy Kids, Healthy Futures Task Force

You have probably heard something of this all party task force that has been created by the Provincial Government. Healthy Living Minister, Theresa Oswald, is the chair. Their mandate is to travel the province to hold a series of consultations asking Manitobans to provide their views on how to keep children and youth active and healthy.

By the time you read this, all of the Winnipeg sessions will be completed. Nori was able to make a presentation at the first session, Friday January 11, and I am on the slate for Saturday, March 5. I am hoping that it will go well and we will have at least a say in what the Task Force recommends.

You also have an opportunity to have a say by sending a written submission. It can be mailed to: *Healthy Kids, Healthy Futures*

*All Party Task Force
c/o 5-1577 Dublin Ave.
Winnipeg, Manitoba
R3E 3J5*

Emails are also being accepted. Go to:

<http://www.manitoba.ca/healthykids>

Copies of the discussion paper are available on the same website as listed above.

Since the task force has defined healthy living as making positive choices including eating a well-balanced diet, being physically active, maintaining a healthy weight, not smoking and taking measures to avoid injury it would seem that physical education would (could/should) play a major role.

This is a tremendous opportunity

for our profession. Some provinces have moved towards activity or exercise mandated each day, but that is not the same as physical education. Where the activity is in addition to, not instead of, PE, then great, but let's make sure we tell them we don't want to go back to the "physical training" or "PT" that was in vogue as I was growing up! Also, we don't want to have just play time, because we know that we need to teach the skills, knowledge and attitudes for students to choose to be active and healthy for a life-time.

I encourage everyone who reads this to respond. The online version is very user friendly and wouldn't take a lot of your time. I don't know how much longer this group will be accepting submissions, so why not try today?



Freebies

Nori and I received a bunch of the MECY Implementation Documents for K-4 and 5-8. They must have been left over from the bulk mailings that took place over the last few years. If you (or a teacher in your school) needs one, please let Dorothy know and she'll get it out to you.

I also have a few of the Guidelines for Fitness Assessment that you received this fall.

Again, just let Dorothy know.

I still have a few of the basketball change of possession arrows left from the early days of the rule change. Dorothy can "put your name" on one, first come, first served.

Kelvin has a 4 x 6 foot high jump pad that is yours for the taking. Call Tom Stewart if you would like it.

Finally, St. John's has a sale -

not a freebie but in terms of buying new, it might as well be! They wish to sell for \$1000 OBO (new would be \$6000 or more) a complete high jump/pole vault mat system which includes: 3 5'x 10' pads, 2 wedges and a top cover. They only want to sell it as a set. Contact Dave Bard at St. John's if you are interested. Maybe a few schools would be interested in going together on it if the whole package doesn't go.



YouthSafe Manitoba

The document called **Safety Guidelines for Physical Activity in Manitoba Schools** came out a number of years ago, but it did not deal specifically or in depth about many of the field (outdoor ed) trips that take place in schools. There is a new document called **Youth-Safe Manitoba** that will soon be available that will fill in the gap.

Last spring, five folks attended a workshop with me and will form a team that will provide workshops on this document. They are Brian Yakimoski, Ken Hunter, Chris Penner, Tom Stewart and Diane Wellwood. We will meet on Friday March 18 to put together a plan for WSD.

This document will be circu-

lated to schools after our plans are made, but it is huge and will take a fair bit of looking through it to determine how best to use it in your school.

There are parts of this document for almost everyone. That includes senior administration, principals, teachers, parents and of course trip leaders.



Continued on Page 4

YouthSafe Manitoba (Continued from page 3)



The resource for the leader, for example, has all kinds of information that a tripper might want. It tells you things such as how to “predict” the weather (maybe our own forecasters would benefit), recognizing avalanche terrain, what to do upon meeting various forms of wildlife and how to remove ticks.

One of the pluses is an actual outdoor unit for junior high students. While it is intended for this level, it could also serve as a great resource for elementary or high school as well.

Meet Elke Wurr

Walking into the gym at Children of the Earth, I was immediately reminded of what I loved about teaching in a high school. It was lunch time. One half of the gym had kids playing volleyball and on the other half, a floor hockey game was in progress. In Elke’s office a young woman was sprawled on the couch reading but immediately sat up so I’d have a place to sit. Constable Rose Desjarlais was sitting at Elke’s desk, and I couldn’t help but ask what she thought of Elke. “She’s bloomin’ perfect” was her answer. Kids stopped in, alone and with young ones, to say hi to Elke and everyone seemed to be having a great time. In a word, I sensed the *atmosphere*. It was a place where everyone was comfortable, respectful and active and it made me think of the great rapport that we are able to create with so many kids in the gym.

Grant Park was Elke’s school and with teachers like Jack Hunt, Jeff Collins and Andrea Hamilton, she was immediately interested in a career in the gym. As a matter of fact, it was in grade 7 when her future was sealed. She told me “I knew I

wanted to be a physical education teacher because the money is good.” I didn’t ask her what she thinks about that now! Grant Park was good for her in another way - she met now husband Kevin Pommer. They have two daughters, Chloe (10) and Jaydin (6). As often happens with sports minded parents, they are immersed in activities, currently soccer and swimming. The girls are hoping for gymnastics, but Elke still has to get over the dreaded “Bison Brown Body Suit Syndrome”, so they have some convincing to do before this becomes their newest sport!

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When Elke graduated from Physical Education at University of Manitoba, Bison watch (shot putting) on her arm, she went off to student teach with Chantal Emond at St. Mary’s Academy. Elke was quick to point out that was “a great training ground for her career at COTE”.

Elke has spent her entire teaching career at COTE. She has had new experiences along the way, including teaching in the infant lab. Recently her most novel of assignments has been scheduled ... teaching full time

have the staff certified) which then will lower the sum.

Another bonus is there is a list for what everyone should take (leaders to participants) for almost every trip imaginable.

Right now we have one disc for each school, but because the total package is so large, we need to decide the best way of sharing the info as well as printing the documents so they are as user-friendly as possible. Stay tuned for more news after our session on March 18.

physical education ... in a gym! It is something that most take for granted, but Elke is new to teaching physical education in an actual gymnasium! Apparently it is kind of like starting a new job, and she has the same sense of excitement and rejuvenation that one feels with a new assignment.

Elke’s mornings start with a workout at the Gritty Grotto and she plays volleyball once a week. Her favourite active pastime, however, is canoeing and camping, and I’m not talking Bird’s Hill. She and Kevin have been canoeing in places like the Yukon and Alaska and are eager for the time when the girls are old enough and interested and they can get back to some of the more elaborate trips. In the meantime, they get out to locations that are better for the family outings but still with the emphasis on the out of doors.

Job wise, Elke is happy in her “new position”, gets along well with the kids and still loves teaching.

What a refreshing place to spend some time!

*“...I wanted
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