

November, 2002



# Gym Shorts

Winnipeg School Division Physical Education Newsletter

Wow! Is it really November already? What is it they say about time passing quickly when you are busy?

I have finally received a suggestion for a Gym Shorts article...yah hoo. Check out the article on websites. Thanks to Elke Wurr for the idea, and if any of you have other sites worth mentioning in a subsequent newsletter, please let me know.

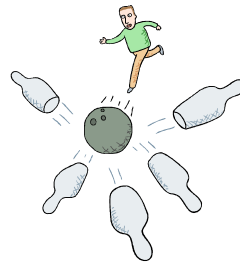
Also note on page 4 the article on the 2003 CAHPERD Conference. Volunteers who helped with the CIRA National Conference a few years back found the experience to be valuable, so please think about getting involved. The contacts are listed in the article!

## Sport Manitoba Groups

Several of the Sport Governing Bodies under the umbrella of Sport Manitoba offer programs free of charge (or for a nominal fee) to schools. For example, our elementary schools have benefited from the partnership with the Manitoba Speedskating Association for our elementary skating races, and from equipment donated by the Manitoba Tennis and the Manitoba Ringette Associations. Several of these groups have facilitated workshops for the elementary PD committee.

A recent offer comes from 5 pin

bowling. They call themselves The Canadian Game and it certainly is getting harder to find the 10 pin lanes in our city!



They will send out instructors to a site booked by you and will instruct your students in technique

and rules. This would work out particularly well with some of the senior high bowling units. You could arrange to show a video in a first class at the school and do some of the "talking" re: the organization and then have them out to the lanes for the second class to work on skills. There would be no cost to you other than what you are already paying.

The contact is the Manitoba Five Pin Bowling Federation Inc. (email [mfpbf@mb.sympatico.ca](mailto:mfpbf@mb.sympatico.ca) or phone 925-8069).

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## Websites

The best website that I am aware of is the MPETA site put together by Jim Cannon. What makes it so terrific is the multitude of links to other sites (nearly 100 if you can believe it)!

The links are divided by the following categories: curriculum, health and fitness, sport, p.e. links (which are links to other associations), sites of interest, coaching and defending physical education. I will try to look at one area at a time and let you know what I think might be useful.

I do know right away that PE Central is a great site with many

ready to use lesson plans, assessment strategies and active lessons to teach academic curriculum. The academic side refers to American curriculum so you need to be careful about the grade level. Game Central also has a lot of games, some of the old favourites and many creative new ones. These sites are suitable for all grade levels and their addresses are:

[home.merlin.mb.ca/~mpeta/resource\\_center/](http://home.merlin.mb.ca/~mpeta/resource_center/)

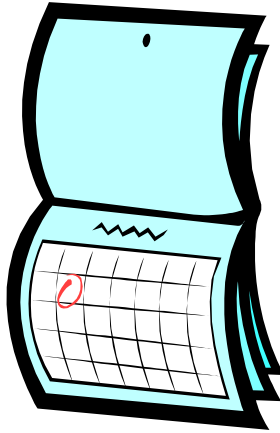
[pe.central.vt.edu/](http://pe.central.vt.edu/)

[gamecentralstation.com/gcshome.asp](http://gamecentralstation.com/gcshome.asp)

All of the curriculum information is on the METY website. You can visit the homepage and from there select several options including each of the GLO's, icons for them, the entire Framework of Outcomes, the K-4 Implementation Document, the K-8 Annotated bibliography, outcomes by grade level or by GLO and several blackline masters which will download in Word which you can change in any way you wish. The 5-8 Implementation Document will be on line as soon as it is completed. For curricular information, go to:

[edu.gov.mb.ca/](http://edu.gov.mb.ca/)

## On Deck



**Tue. Nov. 5 1-3:30**  
Workshop for Nursery and Kindergarten teachers who teach their own phys. Ed. @ Grosvenor School

**Thur. Nov. 21 1:15-3:15**  
Administrator's Workshop on the Pe/Health Ed. Curriculum @ Prince Charles ERC Room A

**Mon. Dec. 2 12:15-1:30**  
Senior High Department Heads @ Prince Charles ERC Room A

**Mon. Dec. 2 1:30**  
Senior High Athletic Council @ Prince Charles ERC Room A

**Dec. 23 - Jan. 6**  
Winter Break

**Fri. Jan. 10 1-3:30**  
Curriculum in Motion Project @ Prince Charles ERC Room A

**Wed. Jan. 15 1-3:30**  
7/8 Phys. Ed./Health Ed. Implementation Document Workshop @ Prince Charles ERC Room A

**Fri. Jan. 24 9-3:30**  
Workshop for Elem. Phys. Ed. Teachers on Adventure Activities Location TBA

**Wed. Feb. 5 1-3:30**  
K-8 Phys. Ed. North Literacy Project @ Stanley Knowles

**Mon. Mar. 3 12:15-1:30**  
Senior High Department Heads @ Prince Charles ERC Room A

**Mon. Mar. 3 1:30**  
Senior High Athletic Council @ Prince Charles ERC Room A

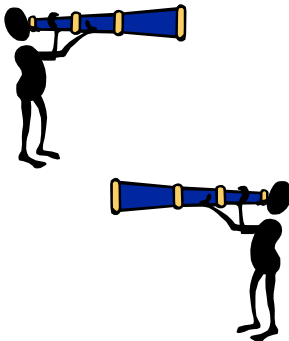
**Wed. Mar. 12 3:00**  
Junior High Athletic Council @ Prince Charles ERC Room A

**Fri. Mar. 14 1-3:30**  
Elementary PD Workshop on Dance with Sue Zajacs

**Thur. Mar. 20 1-3:30**  
Curriculum in Motion Project

**March 31–April 4**  
Spring break

## Categories of Supervision



The *Safety Guidelines for Physical Activity In Manitoba Schools* Document that every Physical Educator and Principal in Winnipeg School Division was sent last year identifies three levels of supervision.

**1. Constant Visual Supervision**  
The teacher is physically present, watching the activity in question (only **one** activity requiring constant visual supervision may take place while other activities are going on).

### 2. On Site Supervision

This means the teacher is present but not necessarily constantly viewing one specific activity

### 3. In The Area Supervision

This means the teacher is close to where the activity is taking place but cannot always see the students.

If a middle years class of track and field was taking place and high jump was being introduced for the first time, the teacher

would have to stand by the pit and focus on the high jump. (1) Other students could be practicing hurdles in the same room (2) and a third group could be running laps in the halls or around the field (3).

Each activity, whether curricular, intramural or interscholastic, has clearly identified the kind of supervision that is expected. Every teacher and coach must become familiar with this document!

## Personal Water Bottles



Go into any school these days and you will see staff and students walking around with water bottles. Have you ever wondered about the cleanliness of these bottles?

An elementary school in Calgary was tested for bacterial water quality in the personal water bottles of their students. The results were published in the September/October 2002 edition of the Canadian Journal of

Public Health.

They found that The Canadian Drinking Water Quality Guidelines (CDWG) criterion was exceeded for total coliform in 13.3% of 75 samples. Fecal coliform and total heterotrophic criteria were exceeded in 8.9% (of 68 samples) and 64.4% (of 76 samples) respectively. In gym talk, the "bad stuff" this refers to is potentially disease causing organisms that eat

dead plant and animal material (backwash!!) as their energy source. Not surprisingly, their finding was that **the use of personal water bottles for students in elementary classrooms is not recommended.**

If students are using water bottles make sure they understand the importance of washing the bottles with detergent and allowing them to dry completely before refilling.

## Looking for volunteers

Dr. David Fitzpatrick, who most of you will remember from his Phys. Ed. days and from his days with WSD as Fitzie, is looking for volunteers for a research project.

Dave did his Doctoral Dissertation on the experiences of people who see themselves as physically awkward in their school physical education classes. Now he would like to take his research one step further.

Do you recall students who are/

were among the least coordinated in physical education, who failed and fell frequently while attempting sport skills, who appeared emotionally uncomfortable while participating, who worried about upcoming classes or who avoided or attempted to avoid participation in physical education? How do you feel about teaching students who are physically awkward and how do you react to them in your classes?

Dave is looking for physical education teachers to volunteer to

take part in some brief confidential interviews with him to discuss their experiences with children who are awkward.

Why volunteer? Other teachers may need to know more about students who are physically awkward and may benefit from the experiences you have had.

For more information call Dr. David Fitzpatrick at 786-9262 or email him at [dfitzpatrick@uwinnipeg.ca](mailto:dfitzpatrick@uwinnipeg.ca)

The results will be interesting!



*Do you have some experiences worth sharing?*

## Nova Scotia Study

At the Phys. Ed. Supervisor's Conference this year, Dr. Henry Janzen brought us up to date on an interesting study done this past year in Nova Scotia.

525 students were randomly selected from grades 3, 7 and 11. They were hooked up to an accelerometer (a new gizmo that measures movement) to see whether or not they were moderately active for a total of



60 minutes per day. Moderately active was defined as 3 mets (the pace of a brisk walk). Apparently mets go up to 17, so 3 doesn't sound very high! Anyway, following are the percentages of students who met the criteria of 3 mets for 60 minutes per day:

Grade 3	90% of all students
Grade 7	44% of males 28% of females
Grade 11	8.5% of males 5.2 % of females

Wow! Would our results be much different? It is hard to imagine that they would be!

Somehow we need to get our students moving!



## Curriculum News - A Hodgepodge of Info

Don't forget where you are in the Implementation Plan! This is the last voluntary year for K-4, the first of two for 5-8 and the information year for S1 and S2.

The **Implementation Document for 5-8** is at the printer now and should be out in the METY bulk mailing to your school before the Winter Break. Every teacher of every subject in those grades will receive a copy.

METY has a new **website for parents**. All compulsory subjects will be listed, including physical education/health edu-

cation, but be careful! Because the new curriculum is not yet required at any level, the information given for physical education is from 1981 and for health from the curriculums that were developed in the early 1990's. If parents come to you with questions based on this site be sure to let them know that the curriculum is in the beginning stages of implementation. If you would like to check it out, the address is:

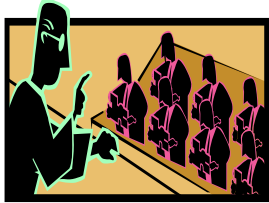
[www.edu.gov.mb.ca/ks4/cur/parents/pehe.html](http://www.edu.gov.mb.ca/ks4/cur/parents/pehe.html)

The **Annotated Bibliography for K-8** has been sent out by METY.

This is worth a look if you are looking for books to use as a reference. You can ask your librarian to order them for you, and like magic, they will appear at your school! I don't know the length of the borrowing period but your librarian will know that!

Finally, the new **METY P.Ed./ Health Ed. Consultant for S1-S4 is Jan Pickell**. Many of you may know her as Jan Deane (or even Jan Nicholson if you are my age)! She taught at Sturgeon Creek for several years and has been seconded for two to help in the Implementation process at senior years.





CAHPERD Conference  
University of Manitoba  
Oct. 23-25, 2003

## Winnipeg to host CAHPERD Conference in 2003

MPETA and MPESA are pleased to be hosting the next annual CAHPERD Conference. The dates are Oct. 23 - 25, 2003. This conference will replace SAG for the year.

Make sure you apply early to your local PD Committees for funding so you will be able to attend. I will forward the information to you as soon as I get it but the cost will be just under the \$200.00 mark.

This is a huge opportunity for our teachers but is also a huge responsibility to take on. If you would like to be part of the or-

ganizational team, you can forward your name to me or to one of the co-chairs directly. They are Grant McMannes of Louis Riel School Division and Heather Willoughby of METY.

I am the chair of the committee responsible for greeting and thanking each one of the presenters. This means not only finding someone in each session to do that task but also making sure that there are a couple of folks in a central room for the duration of the conference where presenters and greeters can meet. If you would be willing to work at that for one

of the sessions, that would be great.

At this time the only information on line is a call for presenters. If you feel that you would like to present something, check out the MPETA website and click on the icon. It would be a good opportunity to profile at the national level some of the excellent things that are going on in our schools. Manitoba is considered to be a leader in physical education across the country and WSD is right up there.

Check it out! Call me if you need some encouragement!

## Meet Maureen Patterson

Maureen is the clerk at Prince Charles who is in charge of the Phys. Ed. Equipment Loan Program. The following equipment is what she can book for you:

- Tug of war ropes
- Holman Island dog pull ropes
- Inuit toss blankets
- Electric pump
- Slushing boards
- Hailers
- CPR equipment

You may also recognize Maureen as the kindly type who wheels in coffee for meetings. She also lets you into the laminating room to fancy up your

posters. (She's pretty handy at unsticking the copy machines when I mess them up but we won't go there).

Maureen was actually born in the big city of Toronto but moved to Manitoba when her husband took a job in Gimli. After moving here and there the family settled on our fair city and she applied to WSD. After subbing for a couple of years, she was selected for the job at Prince Charles where she has worked for the past eight years.

When not at Prince Charles, Maureen's favourite past-time is playing grandma to her daughter Heather's three children, Emily, Avery and Evan. They make my day when they occasionally drop by to have lunch with Grandma and enter-

tain our entire staff. She also has a son, Craig, but he has yet to require her Grandma services.

Maureen is an avid reader and cross-word puzzle fan who also is known to do some knitting (I wear size medium and love red...hint, hint) but she also takes to the pavement and does some walking. I'm not sure if it is in pursuit of health, a great shopping bargain or chasing one of the munchkins, but what the heck, exercise is exercise!

Make sure the next time you are here, stop and say hello. It is always nice to put a face to the person you talk to on the phone.

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*It's 4:25 when you realize you forgot to book that tug-of-war rope for tomorrow. Who do you call...*

