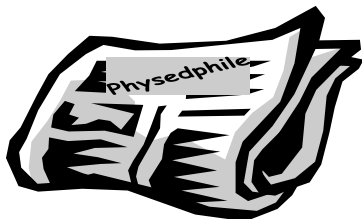


April, 2002



# PHYSEDPHILE

Winnipeg School Division No. 1 Physical Education Newsletter



## Return of the Newsletter

This is the first edition of what I hope will be a reincarnation of the Phys. Ed. Newsletter. I will try to get one more edition out this year and then try for once every two months next year. For it to be useful I will need lots of ideas and submissions. If you have thoughts, ideas, etc. please give me a call or send them in. We'll start "gently" but I hope that it will grow to be as popular as when Laurie Logan and John MacDonald sent one out.

Donna Crowe, Physical Education Consultant

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## Curriculum in Motion

Would your grade 4 students like to learn sentence structure by participating in a relay? How about playing a game of tag where they learn to spell or how shadow's work? This year's Grade 4 Project has produced these and many more great lessons! Classroom teachers and physical educators from fourteen Winnipeg No. 1 schools have come together to develop active lessons that the classroom teacher can use to teach math, science, social studies, language arts and

health in an active way. This helps children be more active and doesn't take away from academic time. The active learning concept is supported by brain research, is something for the kinesthetic learner in your class and it's fun! There will be a workshop offered next year so all Grade 4 teachers can benefit from the work done this year. In addition there will be a CIM Project at the Grade 5 level for 2002-03. Talk to your Gr. 5 classroom teachers to get them on board!



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## Food For Thought

### Student Choice

If a goal-directed curriculum is to foster lifelong participation in physical movement for health, students need to practice making wise personal decisions about physical activity. Thus, students must be exposed to many types of physical skills and offered choices for which they must consider their personal inclinations, their physical abilities, and what motivates them. The physical education program must help them find activities and acquire attitudes through positive physical experi-



ences that will encourage them to continue to be physically active after they leave school.

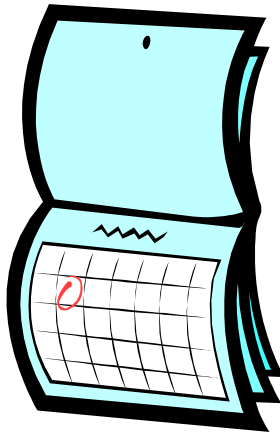
Kevin Kaardal

### The Gift of Self Assessment

One big gift we can give kids is the gift of self-assessment, the ability to figure out for themselves how they are doing and what they need to work on. They don't learn this by being told "You're an 'A' math student" or "Your behavior is poor." They need to learn how to monitor their own progress by asking themselves: where am I at? Where am I going? What do I need to do to get there?"

Barbara Coloroso

## On Deck



Fri. May 3 9-3:30  
Elementary PD Committee Presents "Outdoor Pursuits for all 4 Seasons" @ Assiniboine Park (BBQ lunch)

Fri. May 10 1-3:30  
Curriculum in Motion Project @ J. B. Mitchell School

Tue. May 14 2:30  
Elementary Athletic Council @ Montrose School

Wed. May 29 9-3:30  
Senior High Interhigh Track and Field

Mon. June 3 12:15-1:30  
Senior High Department Heads

Mon. June 3 1:30  
Senior High Athletic Council

Tue. June 4 9-11:30  
Day 1 of Elementary Fit Run

Wed. June 5 9-11:30  
Day 2 of Elementary Fit Run

Wed. June 5 9-3:30  
Day 1 of Junior High Interhigh Track Meet

Mon. June 10 9-30  
Day 2 of Junior High Interhigh Track Meet

Wed. June 12 3:00  
Junior High Athletic Council

June 16, 17 & 18  
MHSAA Annual General Meeting

June 17 1-3:30  
CAP Training for Phys. Ed. Teachers

June 18 9-11:30  
CAP Training for Phys. Ed. Teachers

Mon. June 24 and Tue. June 25  
All day both days  
Polar Heart Monitor Camp

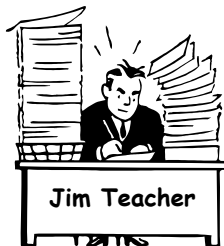
*"If something serious happens in your class, do you have the documentation that you need?"*

1. **Lesson Plans** - provides evidence of thought and preparation
2. **Curriculum and Unit Plans** - show how the activity in question fits into overall instructional unit
3. **Rosters and Attendance Records** - document presence at classes, meetings, practices
4. **Testing and Screening Results** - establish participant's readiness for the activity

5. **Emergency Plans** - document teacher/coach readiness for foreseeable emergencies and the soundness of the procedures followed
6. **Informed Consent Documents** - provide evidence that the student/parent understood and accepted risks of the activity and obligation to exercise reasonable care
7. **Maintenance/Inspection Reports** - for facilities and equip-

ment - provide written confirmation of the continued efforts to maintain level of safety and function that professional standards call for

8. **Incident/Accident Reports** - provide all documentary evidence of circumstances surrounding an injury



Who has time for this?

## Comprehensive Assessment Project to include Physical Education

Starting in September 2002, CAP will be extended to include the basic movement skills. All students in grades N - 4 will be assessed on the transport, manipulation and balance skills by the teacher who teaches physical education to them.

Laura Kelsch, Rodger Lourenzo, Loree Rowan, Karen Pellars, and Linda Clark have been

working to set up the assessments and piloting them in their classes. The message is, RELAX. The assessments are ones that you would be doing anyway and the group is working hard to come up with an easy format for recording. Each one of these teachers is willing to accept calls with suggestions or questions, so don't hesitate

to take them up on their offer.

There will be PD time in June to help you get started and subs will be provided.



## Loan Equipment

There are some really neat sets available that are there for the asking...

Have you used a Kin-ball yet? Students have a ball (no pun intended) bashing a giant balloon like ball over a volleyball net, trying to hit the other team's end wall or playing an actual game of Kin-ball. All instructions and class ideas are included in the kit, along with a super fast pump that will inflate the ball to 3 - 4 feet in less than one minute! A couple of cautions: this ball will not support

weight, may NOT be used outdoors, cannot be used in a class with a student with a latex allergy and MUST be deflated out of doors so the latex particles do not aerosolize in the gym. They are available from Hymie Fox at Kelvin or Fred Shipley at Garden Grove.

How about the dinosaur eggs? A set of different sizes and shapes of gymnastic balls, a quick inflator pump and a set of class ideas make this a very popular activity for elementary kids. These would fit in well with a

unit on group challenges and can be signed out from Maureen Horaska at Rockwood or Linda Clark at River Elm. There is no need to worry about latex in this set...there is none!



## Equipment for the Taking

Do you have equipment that is in safe working order that you no longer require and want to GIVE away? Please let me know and I'll include all items brought to my attention in the next issue of the newsletter.

Freebies only, please. If you wish to sell something, you can forward that to schools on your own whenever you wish.

Speaking of equipment, we are no longer responsible for the Phys. Ed. Tender. Under the Co-op Ventures group, the urban school divisions with the exception of St. James work together to tender all kinds of equipment. Assiniboine South has taken over the Phys. Ed. Section for this school year, which explains some of the differences. The tender now runs from January to January and

has many different items from before. Until Athlete's Wear gets on more solid ground, it is probably a good idea to call before ordering an item supplied by them to find out if the item is in stock. If they need to order it in and you need it right away, you might have to look elsewhere.

What doesn't change is the tender will save you about 40 %

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*Meadow's West*

*Crash Mat free for the taking*

*Call Lynne or Janet - 694-6755*

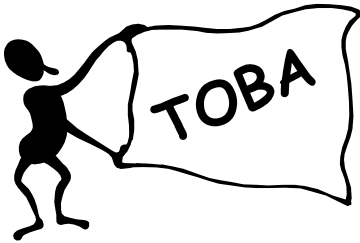
## Physical Education/Health Education Curriculum News

2001-2002 was the first year of Voluntary Implementation K- 4 for our new curriculum. Workshops have been held on the Framework and the Implementation Document for these levels as well as several workshops in Elementary Schools for the entire staff. As classroom teachers will be teaching the health portion of the curricu-

lum, it is important to reach as many teachers as possible. Nori Korsunsky, the Health Consultant, and I will be available to continue to offer workshops again next year. If your school hasn't had one and would like to book for next year, contact me at Prince Charles and we'll set up a date. 2002-2003 is voluntary implementation for

5-8. The Implementation Document for these grades is supposed to be out next fall and a workshop will be held when it is. S1 and S2, finally your time has arrived! Next year will be the information year for you, and, you guessed it, there will be a workshop to go over the Framework of Outcomes!





**TOBA Award Applications  
Due  
April 12**

**Toba Award**

There's not much time left, but there is enough. Applications for the TOBA Award are due on April 12. Why should you apply? This will promote your program in the following ways: publicity when you win, a banner sponsored by the Milk Producers and the fact that the application needs to be signed by your administrator means they will know what you have been up to! It will take a bit of time but the schools who have won in the past have felt that it is a useful expenditure of time.

We do have many excellent programs in the Winnipeg School Division No. 1 but we aren't great at letting the rest of the world know about them. Filling out the application is one way to remedy that!



**Meet Dorothy Ryan**

*"After working for phys. ed. for all this time, at least now I know the difference between the balls!"*

Dorothy Ryan is the Phys. Ed. Secretary at Prince Charles. Actually, she does the work for 7 other people besides phys. ed. but we keep her the busiest. She has worked for the school division for 22 years, most of them in the schools. Dorothy and husband Paul are the parents of Alan, an active grade 6 student. He keeps her busy with his sponge hockey, swimming, computer games and all the

other pursuits that a boy of his age gets into. She also volunteers with Scouts Canada where she gets to try some of the games and activities that elementary teachers are using in their classes. Dorothy has figured out why she works for Phys. Ed.— as a student growing up in Gypsumville she hated phys. ed. and this is her karma! Actually she does enjoy the work, which is a good thing be-

cause she has a ton of it. The best part, in Dorothy's words is "the people that she has met through her job." Everything has a worst part, and for her it's "I need it yesterday!" Thank goodness one of her many strengths is getting it done yesterday. Next time you call the office say hello.

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**D. Ryan**

