



PESIC News Update

Happy March everyone! I hope you have been enjoying a year filled with professional development and successes!

It has been a very busy winter! PESIC and the national conference planning committee are becoming even more excited about NL's Conference in May. What began as a very daunting task, now has many of its integral components in place and ready! There have been hundreds of hours volunteered by our very own physical education specialists just over the last few months. What is the end game? There are multiple reasons why we decided to host this conference...

Primarily, our main motive is attributed to our mission, which is to support our own physical education specialists in delivering quality physical education programs to the students in Newfoundland and Labrador. Secondly, we wanted to give back to our nation. National conferences have been attended/available to our province for decades. Not only have they provided us with quality professional learning, expanded our physical education communities, and provided cultural experiences, they have also continuously given us national recognition for our quality physical education teachers and programs (i.e. national award-winning physical education specialists). It would only make sense for a province, home to some of Canada's top educators, to finally "put on a big spread".

I am very proud to be part of PESIC and the conference plan-

ning committee. Through a joint effort, we confidently feel that we have done everything we could to ensure each physical education specialist had a better opportunity to attend our conference. The school district has made multiple communications advocating to administrators this valuable professional learning opportunity. Administrators themselves have demonstrated their willingness to cooperate with their teachers. We have also provided financial support to teachers in every corner of Newfoundland and Labrador. Unfortunately, funding is limited, and we truly wish our finances could go further.

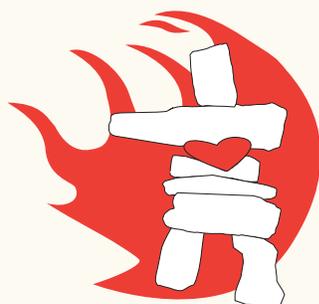


We look forward to seeing all the registered physical education specialists of our province participate and collaborate at a national level in a few months. To those who are undecided, we hope that you do join us. Everything we have done over the last four years of planning has been for OUR physical education specialists, which ultimately means it has been done for YOU! This may be the only national physical education conference Newfoundland and Labrador will host in your career!

Once again, a **HUGE** thank you to all our volunteers! You rock!

Yours in physical education,

Luke Neville
PESIC President



PHE Canada & PESIC

2017 National Conference

Rock Solid Foundations... Energizing Futures

EPS Canada and PESIC

Conférence Nationale 2017

Un avenir énergétique... fondé sur le roc

MAY 4-6, 2017



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Physical Education Teacher Profile

Name: Mike Barry

Current School: J.R. Smallwood Middle School, Wabush

Current Teaching Assignment: Physical Education, Grades 4-7

Number of Years Teaching: 9

Why did you want to become a physical education teacher? Did anyone inspire you?

I've always enjoyed being active and working with children so it seemed like the perfect fit. When I was in high school I was lucky to be placed in a job shadowing position which is where I met Mr. Bill Soper. Working with him made me realize this was the career for me. He had an excellent relationship with his students and always made class fun and interactive for everyone. Today I try to continue to teach his philosophy and cater to the needs of all my students and show them that everyone is capable of learning something new.

What is your favorite outcome to deliver and why?

I would have to say that introducing badminton to students is one of my favorites. It is a sport that many students

have seen before but have never really tried. To start off my unit we usually work with balloons to help develop hand and eye coordination. When you stand back and watch students transition into shuttles it is spectacular. In the early stages they do not often have success with a shuttle but after working with a balloon for some lead up games they are much more successful.

What is a highlight of your career/job?

Just getting this position has been a highlight for me. It is a career that I wanted to pursue since high school and every day I am thankful to be where I am.

What has been the greatest challenge in your career?

Trying to find more activity time for students in our school has been challenging. We have a large student population with over 400 students and I am the only physical education teacher and we only have one gym. After a lot of research we started looking to other areas outside the gym to get students active outside of their regular physical education classes and we have been very

successful. We have developed a lunch time program that gets many students out of their classrooms and we have even raised enough money to get a fitness room started.

What was your most embarrassing moment in class?

Perhaps when I dislocated my shoulder in front of a class performing an overhand serve. That was a rough day to say the least.

Do you have any advice for someone who aspires to become a physical education teacher?

Teaching physical education is an amazing position. Many people may poke fun at your position as you continue your career or even when you have been at it for nine years like myself. However, every time someone really sees what my position entails, they often realize that it is one of the best teaching positions available. If you think it is a job for you then don't let anything stand in your way.



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PE Teacher "Snap Shot"

Teacher Name: **Andy Poole**

School: Holy Cross School, Eastport

Years Teaching: 10

Give a brief description of what is happening in the picture!

This is one of my students taking part in our after school biking program (Sprockids) learning to ride his mountain bike downhill.

Why is this picture significant to you?

This young boy really wanted to take part in the mountain biking program; the problem was he didn't have a bike, had never really ridden a bike and couldn't peddle a standard bike. So through a group effort, his parents, the school and his medical team found him this awesome bike and got him riding. Now his world can truly expand; he is participating and challenging himself like never before.



Teacher Name: **Stacey Alexander**

School(s): St. Gerard's Elementary and C.C. Loughlin, Corner Brook

Years Teaching: This is my 8th year teaching

Give a brief description of what is happening in the picture!

Creating our Snowman Village during the SSNL Dart Outside! The second picture is St. Gerard's Elementary taking part in the Corner Brook Winter Carnival School Snow Sculpture Challenge.

Why is this picture significant to you?

This picture is significant to me because the children value these days SOOO much. The natural leadership and team building that occurs when students work together to create something is so valuable. It's always nice to hear them talking about what a great workout they're getting as well!



Holy Cross Elementary Teacher Creates Winter Activities Wonderland

For some people, winter is a time of curling up and trying to stay warm, while the cold elements whip around outside. It can be difficult to find the motivation to be active when the weather does not always want to cooperate. However, one teacher at Holy Cross Elementary is trying to encourage physical activity during the winter months and has created the ultimate playland for students and community members alike.

Andrew Martin is the physical education teacher at the K-6 school in Holyrood and is the master-mind behind a rink and sliding hill they have been marked out behind the school

on their summer soccer pitch. Since posting pictures of the finished product and the excited reactions of students on Twitter (@HolyCrossElem), the school has gotten a lot of attention about the out-of-the-box initiative.

The CBC St. John's Morning Show spoke with Mr. Martin in January about the winter wonderland; how it was created, the motivation for the initiative, and how students and community members alike are interested in strapping on their skates and taking a spin.

(This article has been reprinted with permission from the NLESD.)

Phys Ed Teacher Takes Classes Outside to Skate on the Rink He Made

Andrew Martin spent 2 weeks making Holyrood rink, which now is used by students and the public

by Stephanie Tobin, CBC News

Andrew Martin is the physical education teacher at Holy Cross Elementary in Holyrood, and spent two weeks creating a skating rink so his students — and community — could get outside this winter. (Twitter)

One teacher in Holyrood has spent weeks building an ice rink behind his school, to allow students to get outside and skate during class.

Andrew Martin is the physical education teacher at Holy Cross Elementary, and he's spent his mornings and evenings hosing down the ice patch to make it ready for skates.

On Wednesday, three classes were heading out on the ice — and it's been a big hit.

"It's quite amazing. Talking to them in the corridor and you can just feel the excitement and the nice little buzz with all the kids, they're pretty pumped about it," Martin said.

"And it's more than just myself — the kids have been helping all the way through and I even have some old students that I've taught and who have moved on to other schools come back and help in the evening time, so it's been a really positive experience, I've got to say."

The rink is about 5,500 feet total, Martin said, which allows for a full class to get on for "a nice leisurely skate."



Andrew Martin is the physical education teacher at Holy Cross Elementary in Holyrood, and spent two weeks creating a skating rink so his students — and community — could get outside this winter. (Twitter)

'We're really quite lucky'

In addition to a skating rink, there's a hill right behind the school, and Martin said there's been a lot of work done on that to make it a safe place for students and the community to slide.

"We're really quite lucky as a school in our location to have access to such a great hill and now a rink to go on top of it," Martin told CBC's St. John's Morning Show.

With freezing rain forecasted for most of Newfoundland Wednesday night, Martin said he's ready to do more work to make the rink last through winter — and he's hopeful February will bring cold temperatures so the outdoor fun can continue.

"It's there and members of the community come up after



A group of students enjoy the wintry outdoors at Holy Cross Elementary, thanks to teacher Andrew Martin. (NLESD/Twitter)

school hours, like grandparents bringing up their young [grand]kids and going for a nice little skate and that stuff, so it's there for all to use," he said.

"It's starting to catch on. More and more people are calling and asking, 'Is it OK if we come up and go for a little skate?' And by all means, the rink is there to be used so it's all good."

To view the full story on CBC News, please visit www.cbc.ca/news/canada/newfoundland-labrador/holyhood-andrew-martin-skating-rink-1.3951323

(This article has been reprinted with permission from CBC News.)

PE Community Offer Support and Equipment Following Bay d'Espoir Academy Fire

by Michael Ricketts

Our school, Bay d'Espoir Academy, and community has recently been struck by the devastation of three simultaneous fires that destroyed our school, town hall and RCMP station. I remember getting the call at 6:30 a.m. saying school was closed for the day due to a fire in the early morning. After hearing the call and not being able to process the situation as truth, I jumped up and went to the school to see it with my own eyes. I recall standing in the parking lot and the main thought going through my mind was that the gym and all the equipment are gone. It was a dark time and the image will never be forgotten.

The support from the teaching community, especially the physical education community, has spread some light on our journey to return to normality. Luke Neville, PESIC NL's president, has been a blessing for our physical education program. He contacted me to offer support and provide our school with an equipment starter package to ensure our students would have equipment for phys ed class when they returned. As if this act wasn't already amazing enough, he then informed me that phys ed teachers had offered to go into their own equipment rooms and donate equipment that they use. This gesture was above and beyond what I could have ever expected and it will never be forgotten.

Michael Ricketts is a PE Teacher at Bay d'Espoir Academy

Basketball Lead-Up Activities (K-6)

by Debbie Shortall

I am just finishing up a Basketball Unit, changed it up a little this time around by introducing fun games and activities throughout most of the unit. Had a look on the pecentral site, basketball for coaches site, Basketball Games – Tripod, Basketball/PHYSEDGAMES, 5 Skilled-Based Basketball Games for PE!, to name a few. I found that I had already played these games but simply just added my own twist to match my students' abilities and interests. Listed are just a few I have played with my K-6 students throughout my basketball unit. If you would like to see more, email me and I will get them out to you!

Pac Man (Dribbling)

With a basketball, all students must find and stand on any line within the basketball court. Choose 2-3 PAC-Wom/Men with a different colored basketball. All students must dribble around on the lines and if tagged must switch basketballs with the Pac Wom/Men. Once all students are comfortable with dribbling, call out specific directions for them, i.e., switch direction, left hand dribbling only, dribble low, cross-over dribbling, stop sit down and stand up while dribbling... If at any time a student loses their ball, have them perform 5 chest/bounce passes at designated targets on the wall before returning to the game.

Champion Ball (Shooting and Dribbling)

Place students at 4-6 basketball nets with two balls per net. Form two equal lines about 5 feet away from each other. The first two students in each line must dribble the ball towards each other, stop, touch basketballs together then turn and shoot at the basket. The first player to score a basket scores a point for their team. Rebound the ball and chest/bounce pass it out to the next player in line. This continues until a team scores 10 baskets first.

Variations: set a time limit to score baskets, shoot from various distances and spots, have teams rotate to play other teams, players can play as individuals. If a player wins three in a row, they challenge the winner at another basket. The object is for your students to try and challenge as many new players as possible.

Speed Line Ball (Dribbling and Layups)

Divide the class into 4-5 equal teams and have them stand behind their designated cones at one end of the gym. The ball starts at the front of the line,. On "go" the first player passes the ball over their head to the next player in line until all players have passed it to the last player in their line. This player dribbles the basketball to the other end of the gym where they perform a right-handed layup. A point is awarded to their team if they score. Dribble the ball back to the front of the line and repeat the over-the-head pass down the line...Play continues until a team scores 10 points or a time limit is set. The team who

scores the first ten points wins, or the team who scores the most layups in two minutes, wins.

Variations: left hand dribbling and left hand layups only, cross-over dribbling with center layups only, speed dribbling through cones or zig zagging through cones.

Take Out (Accuracy and Shooting)

Split your class into two equal teams, assign them a home shooting basket and two corners. Each team will then send half of their players to the diagonal corner facing each other in a single file with one basketball per team. A bowling pin is placed in the middle of center court. On "go" the first person on each team must roll their basketball to try and take out the pin at center court before the other team. The first team to knock over the pin must go to their designated basket and shoot until the other team successfully knocks over the pin. (pin is rest) At that point the shooting stops and the baskets are counted. Repeat.

Variations: students must do a bounce pass, chest pass to knock over the pin, make teams smaller and have them set up in their own space around the gym, teams dribble diagonally to each other, when all have dribbled go to designated basket and shoot 10 shots.

Money Ball (Shooting and Dribbling)

Divide your class into 4-5 relay teams. Each team are assigned their own colored basketball and stand one behind each other at the end of the gym. Scatter 50-60 different colored play spots at the far basket. Money Ball at half court. Each play spot has a point value:

Red – 1; Blue – 2; Green – 3; Black – 4; Purple Money Ball – 5 points; Fair Play – 2 Points

On "go" the first players in each line speed dribbles to a spot of their choice at the other end of the gym. If they score from that selected spot they collect that spot and dribble back with the ball in their free hand. Place it at the end of their relay line and pass the ball to the next person in line. This shooting game continues until all spots are gone. The MONEY BALL is the last spot left. Players cannot shoot from this spot until all other spots are gone. All kids love making the half court, buzzer beater shot. The Fair Play points are exactly that. Groups will be awarded the two points at the end of the shooting game if all members of their team dribble down and back the floor (looking for double dribble or travelling), encourage each other throughout the game, and cheer on other great shots made throughout the game. Sit back and let the kids enjoy. Great game for all!

Debbie Shortall teaches at Vanier Elementary in St. John's

Whova

This year PESIC and PHE Canada have decided to go GREEN for the 2017 National PHE Canada & PESIC Conference, Rock Solid Foundations...Energizing Futures! We will be setting the right foundation by implementing a paperless program and scheduling platform through the Whova app (available on all iOS and Android devices.) Some attendee features include:



Personal Agenda, personalized experience



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Document sharing, for slides and handouts



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Attendees will also be able to keep in contact and stay engaged with these features:



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Collect more feedback on your event and sessions



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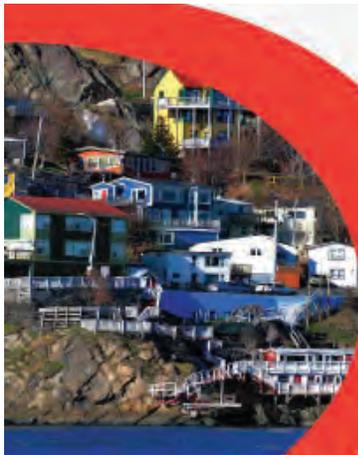
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2017 National Conference

Rock Solid Foundations...Energizing Futures



www.phecanada.ca/conference2017

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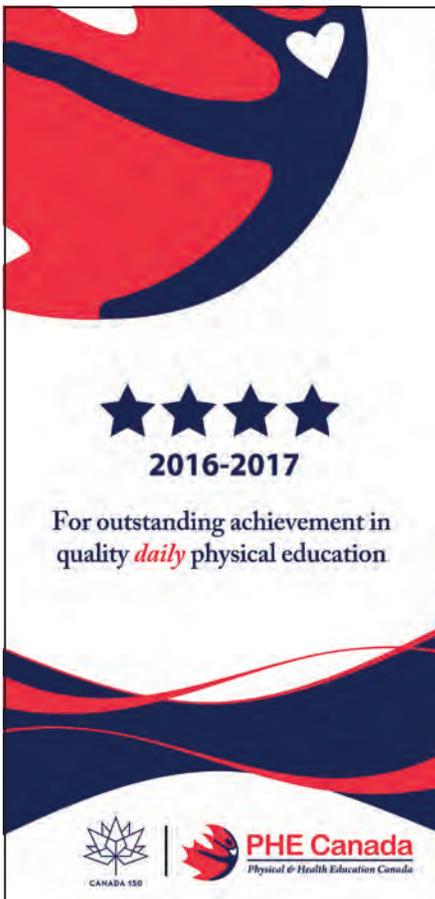
PESIC is partnering with Physical and Health Education (PHE) Canada to hold a National Physical and Health Education Conference in St. John's May 4-6, 2017.

If you are interested in volunteering please complete the form at www.pesicnl.com/national-conference.

Please have a look and specify your area of interest in terms of where you like to volunteer. Volunteer areas include programs,

facilities, social, sponsors & exhibitors, registration, registration table during conference, dance spectacular...OR name your area of interest/strength to guide us in finding a suitable fit.

If there are any any questions or concerns, please contact Donna Gibbons, National Conference Committee Volunteering Chair (donnagibbons@nlesd.ca)



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