



June 2012

# Let's Go!



## President's Message Kellie Baker

*"Excellence is never an accident. It is always the result of high intention, sincere effort, and intelligent execution..." -Aristotle.*

At PHE Canada's Board of Directors meetings, when prompted for a quote that has meaning to us, this is the first one that came to mind. At the time it held meaning for me as a new Board of Directors member. I told everyone that if we want PHE Canada to continue on the road of excellence then we must do so with high intention, sincere effort and intelligent execution. Now, after reading the quotes from NL physical educators and physical education students which appear later in this bulletin, the quote holds a much richer meaning for me.

There are many versions of Aristotle's quote, just as there are many ways in which we achieve excellence. We've seen time and time again that the physical educators of Newfoundland and Labrador achieve excellence on a daily basis. Recognition has come in the form of national Physical Education Teaching Excellence awards, service awards, merit awards, District Teacher of the Year awards, teachers continuing to be effective educators past their 30 year mark, interns who become our future leaders in the field, a letter from a past student, a "knee" hug from a current grade one student, the willing participation of a student that you have been trying to reach for years, and in countless other ways that are personally meaningful to us as individuals.

This "recognition" didn't happen by accident. Excellence is never an accident! The "recognition" that we receive as physical educators striving for excellence is always the result of high intention, sincere effort, and intelligent execution.

The quotes that you will read later are first-hand accounts of current and future teachers trying to achieve excellence. It's undoubtedly not what they meant to say when they wrote about their experiences at PHE Canada's National Conference in early May, but if you read between the lines, they are full of "high intention", "sincere effort" and "intelligent execution".

Beyond our individual excellence, we continue to achieve provincial and national excellence. Newfoundland and Labrador still has a post-secondary Physical Education department, a dying breed across the country. Furthermore, MUN's Physical Education program is nationally accredited by the Canadian Council of University Physical Education and Kinesiology Administrators. The overwhelming majority of our K-12

physical educators are specialists. We have a physical education curriculum from grades kindergarten through high school. The framework and underlying principles and beliefs of our curriculum documents were often theoretically ahead of their time. The PESIC conference provides a professional development opportunity that equates that experienced at National Conferences. These didn't just happen by accident; they are the result of high intention, sincere effort, and intelligent execution.

Aristotle goes on to say that "...it (excellence) represents the wise choice of many alternatives – choice, not chance, determines your destiny." The future of physical education in this province is in our hands as professional individuals in the choices we make. We can choose excellence by having high intention, sincere effort, and intelligent execution. We can choose excellence by re-charging our batteries this summer and coming back in September ready to determine our own destiny. We can choose excellence by providing the opportunity for our students to do the same. We can choose excellence by lending our expertise to the organizing committee of the 2013 PESIC conference. You choose whether excellence is something you are destined for!

Have a safe, happy and restful summer. See you in Corner Brook in 2013 where we will continue to carry on our tradition of excellence!

Kellie Baker  
PESIC President



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# PHE Canada 2012 National Conference

Several Newfoundland and Labradorians attended PHE Canada's 2012 National Conference, *A Harbour of Hope: Health and Physical Literacy* in Halifax, N.S., May 10 - 12. Here is what they had to say:

"I have attended yet another very successful PHE Canada National Conference. I am not the type of person who likes to stand still. I am always looking for new ideas, innovative activities for the students to play, ways to make my assessment practices stronger and more effective for all involved and most of all, just different ways to keep my students and staff active for life. By attending this conference I have brought home three new sports: Slacklining, Speedminton, and a winter sport called Yukidassen that I will be introducing to my students. These will help to refresh my units when I go to teach them. The conversations with other physical education teachers and how they do things in their classroom was also a huge part of my learning as well. That alone is worth the travel to the conference. I encourage all to attend the District Physical Education close-out days, the Provincial (PESIC) Conferences and to add the PHE Canada National Conferences when given the opportunity. They truly provide Professional Growth; I have learned so much over the years by attending Physical Education Conferences. Come join in on all the fun!"

*Debbie Shortall – Physical Education Teacher, Vanier Elementary*

"The Physical and Health Education Canada Conference 2012 was certainly a big success. With close to 600 delegates converging in beautiful Halifax, Nova Scotia, the voice of Physical Education was strong and well represented. At the conference I had the opportunity to meet, interact, share ideas and learn new and exciting games, sports and activities with colleagues and like minded individuals from across the country. It was truly an incredible experience."

*Jason Desai – Physical Education Teacher, Holy Spirit High*

"At this year's PHE Canada Conference I was able to see first hand as a student the value of professional development in the field of physical education. Not only was the conference about promoting physical and health education in schools, but also about assisting physical educators in the delivery of their programs. I thought that the unique sessions that I attended such as Slacklining, Speedminton, etc. would be great to target special populations of students who may not be as engaged in the 'traditional' physical education activities as they could potentially be.



Overall, this was an amazing experience. I will still be a student when the next conference is offered in Winnipeg and I plan on seeking every resource available to attend."

*Justin Noseworthy – Physical Education Student, Memorial University*

"As a fourth year Physical Education student I feel that attending this year's PHE Canada National Conference in Halifax, Nova Scotia was a tremendous opportunity. I have learned valuable information from all the sessions that I attended including Slacklining, Speedminton, female pedagogy and assessment ideas for healthy living. Furthermore, I gained valuable networking connections and resources that I can use as I approach the beginning of my physical education career. I also wanted to thank all the physical educators from Newfoundland and Labrador that attended the conference for being great mentors and taking the three physical education students from Memorial under their wing."

*Lisa Murphy – Physical Education Student, Memorial University*

"One of my most memorable phrases from the conference came from Dr. Norris' keynote speech when he said, 'every child is an athlete'. He didn't refer to this in the literal sense, but emphasized the importance of teaching fundamental movement skills so that they may be comfortable in whatever physical environment they come across, or are willing to attempt. That is not to say that every child will reach (as he used the analogy) the 'podium', but at least have the skills and physical literacy to participate in any physical activity they choose for a healthy lifestyle. While this seems like a really simple concept, he really stressed the importance of it, and acknowledged while it can sometimes be difficult to achieve, it is highly probable if given the right opportunities and guidance. This quote I found to be very insightful and motivational to helping all students reach their own physical potentials."

*Mervin Parsons – School Health Promotion Liaison Consultant, Labrador School Board*

"Things that will stick in my mind from the PHE Canada conference: • Seeing conference delegates leaving the hotel(s) all ready to participate in the day's sessions ahead. It was quite easy to pick who was a conference delegate and who was not by the PE teacher "uniform"! • Learning that PHE policies and curricula across Canada are in pretty good shape when compared to some other countries. Teachers tend to be doing a great job implementing these policies and the ideas in curriculum documents. • Seeing some fantastic research on PHE being done by graduate students. • Getting updates on sessions I could not attend by watching my twitter feed from PE teachers and PHE Canada. • It is not too early to begin

getting ready for the conference in Winnipeg, October 2013!”

*Tim Fletcher – Professor of Human Kinetics, Memorial University*

“It was a pleasure for me to attend the Physical and Health Education Canada National Conference in Halifax. Over two and a half days, I was able to take in 6 sessions that I will be able to incorporate into my work with SSNL. From a 3 hour session on PHE Canada’s program *Leading the Way*, to *Experiential Leadership*: games that promote and develop leadership skills, I believe I have found valuable resources to be added to SSNL’s Participation Nation Unplugged. Besides the obvious professional development opportunities, I would be remiss not to mention the most valuable part of the conference for me – that is the affirmation that Newfoundland and Labrador is a valuable contributor to the field of Physical Education and school-based physical activity knowledge. At the keynote address delivered by Dr. Stephen Norris; he used the word KAIZEN, which is a Japanese word to describe a continued improvement. The physical educators that attended the conference with me are making a difference in the field; they strive to be better for their students, and to do what they need to keep learning. It’s not luck that makes us great physical educators, it’s KAIZEN. I hope to see you at the next Conference!”

*Trish Boyer, School Sport NL & Treasurer – PESIC*

“It was great to meet teachers from across the country to hear how well we are doing with Physical Education in NL and to receive new ideas. The conference sessions were varied and interesting. I learned Speedminton which is a great racket game that can be played inside or out, even in the wind.

The Ever Active Schools program from Alberta was presented providing many little games for warm ups and fitness. Mini Volley Ball offered many great teaching tips for teaching younger children such as to keep arms straight for the forearm pass, draw eyes on their thumbs so they can “see” the floor. Scream, Laugh, Run was a hilarious mix of short games presented by Dr. Sandra Gibbons from the University of Victoria. Super for icebreakers or just activity breaks in the classroom. Some schools in Nova Scotia are even trying gender separation for specific units and some schools separate for the entire year. Very interesting conversations and I am curious to hear how this strategy works out. Another successful conference! Can’t wait to go back.”

*Zoe Hamilton – Physical Education Teacher, Davis Elementary*

PHE Canada’s next conference “*Fields of Plenty, Fields of Play*”, is in Winnipeg, Manitoba, October 2013. There is sure to be a crowd going. Start planning and join the crowd!

## Tomorrow’s Teachers Today at MUN

by Tim Fletcher, Lisa Murphy & Justin Noseworthy

There is a lot going on in physical education at the School of Human Kinetics & Recreation at Memorial University of Newfoundland and we would like to share this news with physical education teachers around the province. 2011 represented the 50th anniversary of physical



education at the University that was commemorated by an alumni dinner in September that reunited a lot of past and present students. In reflection, many things have changed over the years in the School of Human Kinetics and Recreation as well as those in physical education. Students who have just completed a course in elementary physical education curriculum and methods are learning about the importance of building a sense of community in the class, emphasizing children’s social and emotional development along with their physical development, and have been experimenting with a “less is more” approach – where the idea of learning about fewer topics in greater depth is seen as being more beneficial than scratching the surface on a whole host of topics.

These same students have been extremely fortunate to apply what they have been learning on campus in the classes of outstanding teachers in public schools in St. John’s. Several have also been lucky enough to attend professional development sessions run by John Elkins of ESDNL to see how learning to teach physical education is a process that extends well into one’s career. To say that these experiences have been influential would be a gross understatement.

This is the first of what we hope becomes a regular feature in PESIC newsletters. In following newsletters, we hope to share some of our students’ stories about their experiences of learning to teach physical education – the things they look forward to, the things they are nervous about, and the things that they see as being most important in teaching children about healthy living.

*Tim Fletcher is a Professor of Human Kinetics at Memorial University of Newfoundland. Justin Noseworthy and Lisa Murphy are Physical Education Students at Memorial University.*

# Keeping it Going: PESIC Communication and Collaboration

by Mervin Parsons

Just visit [pesic.weebly.com](http://pesic.weebly.com) to see how we have been working to connect PESIC with our members as well as with other provincial organizations across the country. Here you will find:

- a listing of all the district and regional committees,
- Spotlight on schools from around the province featuring submitted pictures, stories, special events, etc.
- conference testimonials, resource materials and pictures,
- Let's Go! newsletters
- documents including membership forms for PESIC and PHE Canada as well as PESIC grants to attend professional development, and
- two pages of links to organizations within Newfoundland and

## More Than Just Basketball... Character Building in Sports

by Colleen Hogan

Some players with Leary's Brook boys basketball teams have worked very hard to develop their skills and make winning plays. They have also scored lots of points in many other ways, both on the court AND off the court. For instance, in this year's Christmas basketball tournament at St. Paul's School, the Leary's Brook team (as well as the opposition) cheered on a new player from Grade 4 who really wanted to play basketball and his only opportunity (for various reasons) was with the Grade 9 team at Leary's Brook. In the game's dying seconds St. Paul's team showed game wisdom and generosity by not playing pressure D on him - the result? He scored a basket while all players cheered! Wow!!! What a great game!

Another momentous Christmas moment for the Leary's Brook team was when one of the players played Santa and another played an Elf- with the help of sponsorship from Atlantic Safety Center that delivered the 'coolest' basketball sneakers to the less fortunate players. Santa knocked on many doors around St. John's, and with his Elf and a mummer brought smiles to the faces of numerous aspiring basketball players. At each stop Santa exclaimed, "Merry Christmas to all" and indeed it was!

*Colleen Hogan teaches physical education at Leary's Brook Junior High in St. John's.*



Labrador such as the NLTA, VTC, Department of Education and Living Healthy Schools, as well as all physical education councils across the country.

To help keep these forums as up to date as possible, we need your assistance. If you have a game, short lesson plan, exciting news, a new twist on an old favourite, or stories or pictures you would like to share, please submit them to be considered in the next publication. Please visit [pesic.weebly.com](http://pesic.weebly.com) or ask your district representatives for deadline submissions for these materials. If you have any questions, or would like to submit materials please send to the Webmaster/Bulletin Editor, Merv Parsons, at [mparsons@lsb.ca](mailto:mparsons@lsb.ca).

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*The representatives listed above have been establishing committees in your area. If you are interested in being involved you should contact them via e-mail.*

