

Build Your Organization's Physical Literacy Plan

Build an annual physical literacy professional development plan that fits your organization's needs. Workshops continuously undergo revision and presenters have different knowledge and styles. Be diligent and discuss customization of a workshop to meet your organization's needs.

Introductory Workshops:

1. **Physical Literacy 101: An Introduction to Physical Literacy:** ([more info below](#))
 - a. Organization: Sport for Life Society
 - b. Length: half day
 - c. Cost: \$600 + expenses (add a second half-day Sport for Life workshop for \$300)

Certification:

2. **Physical Literacy Instructor Program** ([more info below](#))
 - a. Organization: Sport for Life Society, Coaching Association of Canada, HIGH FIVE
 - b. Length: 4 modules (one on-line, 3 in-person)
 - c. Cost: varies by host and participating organization(s)
3. **Teamsnap Fundamental Movement Skills** ([more info below](#))
 - a. Organization: Coaching Association of Canada (National Coaching Certification Program)
 - b. Length: 4.5 hours
 - c. Cost: varies by host and participating organization(s)
4. **HIGH FIVE® Sport** ([more info below](#))
 - a. Organization: Alberta Recreation and Parks Association
 - b. Length: 7.5 hours
 - c. Cost: \$40 - 50 + GST per participant for organizations with an internal trainer, \$110 – 140 per participant for organizations requiring a contract instructor
5. **HIGH FIVE® Principles of Healthy Child Development** ([more info below](#))
 - d. Organization: Alberta Recreation and Parks Association
 - e. Length: 5 hours
 - f. Cost: \$35-45 + GST per participant for organizations with an internal trainer, \$110 – 140 per participant for organizations requiring a contract instructor
6. **Ever Active Kids Course** ([more info below](#))
 - g. Organization: Alberta Fitness Leadership Certification Association
 - h. Length: 12 hours
 - i. Cost: \$150 per participant (includes manual)
7. **DANCEPL3Y Kids Instructor Course** ([more info below](#))
 - a. Organization: PLAY Education Consulting
 - b. Length: 16 hours (over 2 days)
 - c. Cost: \$395 (early bird rate) \$450 (regular rate) per person

General Non-certification:

8. **Physical Literacy 301 - Integrating Physical Literacy into Your Programming** ([more info below](#))
 - a. Organization: Sport for Life Society
 - b. Length: half day
 - c. Cost: \$600 + expenses (add a second half-day Sport for Life workshop for \$300)
9. **The General Play Skills (GPS) Program – Developing Physical Literacy Through Play** ([more info below](#))
 - d. Organization: Athletics Alberta & PLAY Education Consulting
 - e. Length: 2 to 3 hours
 - f. Cost: \$500

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10. Move & Play through Physical Literacy ([more info below](#))

- a. Organization: Be Fit For Life
- b. Length: 1.5 hours
- c. Cost: \$200 per workshop includes one set of Move & Play Cards

11. Physical Literacy to the Rescue ([more info below](#))

- g. Organization: PLAY Education Consulting
- h. Length: 60 minutes, 90 minutes, Half Day and Full Day
- i. Cost: \$150 (60 min.), \$225 (90 min.), \$450 (Half Day), \$800 (Full Day)

12. Purposeful PLAY in the Early Years ([more info below](#))

- j. Organization: PLAY Education Consulting
- k. Length: 60 minutes, 90 minutes, Half Day and Full Day
- l. Cost: \$150 (60 min.), \$225 (90 min.), \$450 (Half Day), \$800 (Full Day)

13. Infusing P.L.A.Y. (Physical Literacy And You) into Everyday! ([more info below](#))

- a. Organization: PLAY Education Consulting
- b. Length: 60 minutes, 90 minutes, Half Day and Full Day
- c. Cost: \$150 (60 min.), \$225 (90 min.), \$450 (Half Day), \$800 (Full Day)

14. Teaching Dance for Understanding (TdFU) Workshop ([more info below](#))

- m. Organization: PLAY Education Consulting
- n. Length: Full Day (5 to 6 hours)
- o. Cost: Individual rates and school district/corporate rates are available

Education Non-certification:

15. A, B, C... 1, 2, 3 – Run, Skip, Catch! ([more info below](#))

- a. Organization: Ever Active Schools
- b. Length: 90 minutes to a full day
- c. Cost: 90 minutes - \$175 + GST, half day - \$275 + GST, full day - \$450 + GST and applicable travel expenses

16. Using Technology in the Physically Active 'Classroom' ([more info below](#))

- a. Organization: Ever Active Schools
- b. Length: 90 minutes to half a day
- c. Cost: 90 minutes - \$175 + GST, half day - \$275 + GST and applicable travel expenses

17. Daily Physical Activity (DPA) on a Shoestring Budget ([more info below](#))

- a. Organization: Ever Active Schools
- b. Length: 90 minutes or half day
- c. Cost: 90 minutes - \$175 + GST, half day - \$275 + GST, and applicable travel expenses

18. Physical Literacy for the Secondary Teacher ([more info below](#))

- a. Organization: Ever Active Schools
- b. Length: 90 minutes or half day
- c. Cost: 90 minutes - \$175 + GST, half day - \$275 + GST and applicable travel expenses

19. Alberta Medical Association (AMA) Youth Run Club Information Session ([more info below](#))

- a. Organization: Ever Active Schools
- b. Length: 90 minutes
- c. Cost: Free

Evaluation

20. Physical Literacy 201: Physical Literacy Assessment for Youth ([more info below](#))

- a. Organization: Sport for Life Society
- b. Length: half day
- c. Cost: \$600 + expenses (add a second half-day Sport for Life workshop for \$300)

Compiled by the Edmonton Sport Council

December 2018

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1. **Physical Literacy 101: An Introduction to Physical Literacy**

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Audience: Community Leaders and Practitioners who provide physical activity opportunities.

Workshop Outcomes - This workshop will:

- Introduce the concept of physical literacy through an interactive session that will help you to define what exactly physical literacy means, and how you can integrate its concepts to improve your programs.
- Touch on the Physical Literacy Assessment for Youth (PLAY) Tools and show you how these can be used to track development of physical literacy skills to help participants improve where needed.
- Leave you with a solid understanding of what physical literacy is and knowledge of how you can encourage continual improvement and development of physical literacy skills across the lifespan.

Additional information at <http://canadiansportforlife.ca/community-workshops>

Schedule a workshop at <http://www.surveygizmo.com/s3/2722168/Event-Form>

Contact: events@sportforlife.ca

2. **Physical Literacy Instructor Program**

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The purpose of the four training modules is to equip front-line physical activity workers with the ability to design and deliver quality programs which enhance the development of physical literacy.

Audience: Recreation management and staff, and sport coaches and instructors working to design, develop and deliver physical activity and quality sport programs as well as education staff, public health staff, and others responsible for delivery of physical activity programs.

Workshop Outcomes - This workshop will prepare participants to recognize, use and implement quality physical activity programs which support the development of physical literacy.

Additional information at <http://sportforlife.ca/physical-literacy-instructor-program/>

Contact: info@sportforlife.ca

3. **Teamsnap Fundamental Movement Skills**

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The National Coaching Certification Program (NCCP) Fundamental Movement Skills Workshop, presented by TeamSnap, provides a comprehensive introduction to the fundamental movement skills and the core-competencies of the NCCP, with the help of significant hands-on activities.

Audience: Coaches, educators, and recreation leaders guiding the physical development of children.

Workshop Outcomes – This workshop will prepare you to:

- Detect and correct basic errors for fundamental movement skills in participants so they have a choice to adopt a healthy, active lifestyle;
- Apply a teaching process to promote the development of fundamental movement skills;
- Adapt fundamental movement skills for participants with intellectual, physical, sensory, or behavioural disabilities;
- Lead activities that will promote the development of fundamental movement skills in a safe, responsible manner while interacting with others; and
- Provide stage-appropriate feedback to encourage and develop fundamental movement skills in participants.

Contact: Deena McDougall at (780) 422-8294 or email at deena.mcdougall@albertasport.ca

4. **HIGH FIVE® Sport**

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This workshop is designed for the competitive coach in a club/organization. Aligned with the Fundamentals and Learn to Train stages of Long Term Athlete Development. HIGH FIVE® Sport

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focuses on the social, emotional, and cognitive development and wellbeing of athletes. Coaches can earn CECS for their NCCP locker after completion of HIGH FIVE Sport training.

Audience: Sport Coaches

Workshop Outcomes – This workshop will prepare you to:

- Help coaches with top coaching dilemmas such as dealing with parents, keeping the child's interest, ensuring fair play and an emotionally safe environment.

Contact: Pamela Jones at (780) 638-2915 or email pjones@arpaonline.ca.

5. **HIGH FIVE® Principles of Healthy Child Development**

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This workshop provides in depth training in the HIGH FIVE Principles of healthy child development. Front-line leaders will understand what they need to do to ensure each child's social, emotional, and cognitive needs are met. Leaders learn activities and gain knowledge, tips and resources to enhance their programs as well as their relationships with children and other staff members.

Audience: Front-line staff

Workshop Outcomes – This workshop will prepare you to:

- Help leaders in a recreation environment understand the cognitive, social, and emotional needs of a child, ensuring fair play and an emotionally safe environment.

Contact: Pamela Jones at (780) 638-2915 or email pjones@arpaonline.ca.

6. **Ever Active Kids Course**

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This course is excellent for any exercise professional interested in leading physical activity programs for children and youth. Ever Active Kids is a Children & Youth Fitness Module which gives you the tools to develop physical activity programs for children and youth.

Audience: Leaders working with children and youth, can link to Alberta Fitness Leadership Certification Association for further fitness leadership certification.

Workshop Outcomes – This fun, interactive course covers:

- children and adolescent physical development
- exercise, activity adoption, and adherence
- programming for children; physically, psychologically, socially, morally
- creative program planning and design
- motivation theories
- how to be an exemplary EAK leader
- physical literacy and fundamental movement skills

Contact: Provincial Fitness Unit at (780) 492-4435 or email debbie.ponich@ualberta.ca

7. **DANCEPL3Y Kids Instructor Course**

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DANCEPL3Y (dance-play) is an internationally recognized dance fitness program that uses a fusion of simple dance moves and playful group formations to inspire children and teens to get fit and feel confident through physical activity while developing physical literacy and promoting positive mental health. Through the 3 Rules of PL3Y: Be Positive, Be Fun, Be Yourself, DANCEPL3Y is more than a dance lesson or class; it is a fun, confidence-boosting approach to physical activity.

Audience: Recreation staff, fitness leaders, and teachers who provide physical activity opportunities to children 6 – 12 yrs.

Workshop Outcomes – This workshop will prepare you to:

- Teach DANCEPL3Y to children and youth ages 6-12.
- Use engaging teaching and instructional strategies using the program manual & training tools.
- Participate in a Master Class and connect with other instructors in the program.
- Take it to the next level and create a DANCEPL3Y business.

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Contact: Tracy Lockwood at 780-819-9060 or tracy.playeducator@gmail.com

8. **Physical Literacy 301 - Integrating Physical Literacy into Your Programming** [Top of the Document](#)

Audience: Practitioners who provide physical activity opportunities.

Workshop Outcomes - This workshop will prepare you to:

- Incorporate physical literacy enriched activities into a variety of indoor or outdoor settings. The activities can be easily implemented by a.
- Understand how literacy can be used as a means to enhance performance, increase active participation, as well as to reduce risk of injury.

Additional information at <http://canadiansportforlife.ca/community-workshops>

Schedule a workshop at <http://www.surveygizmo.com/s3/2722168/Event-Form>

Contact: events@canadiansportforlife.ca

9. **The General Play Skills (GPS) Program – Developing Physical Literacy Through Play** [Top of the Document](#)

The GPS program teaches fundamental movement skills and develops physical literacy using unstructured general play skills (GPS), activities, and games as a strong foundation for participation in all sports, assisting children to move efficiently so that they grow and develop into active, productive, and healthy citizens as adults.

Audience: Practitioners who provide physical activity opportunities for children ages 5-10 years. This workshop can be delivered as an adult professional development opportunity or as a physical activity/education mentorship opportunity with children participating in the lessons.

Workshop Outcomes – This workshop will prepare you to:

- Teach fundamental movement skills to children & support their physical literacy development.
- Link activities to the physical activity and physical literacy programming.
- Download lesson plans, including supplementary materials and assessment tools.
- Use engaging teaching and instructional strategies by participating in the lesson plan activities that will help develop physical literacy with children and youth.
- Explore and share the many activities and resources long after the workshop is complete.

Contact: James Rosnau at 780-427-8792 or executivedirector@athleticsalberta.com

Tracy Lockwood at 780-819-9060 or tracy.playeducator@gmail.com

10. **Move & Play through Physical Literacy** [Top of the Document](#)

This workshop includes a practical professional development opportunity for leaders who would like to integrate physical literacy in their children and youth programming.

Audience: Practitioners who provide physical activity opportunities to children 3 – 11 yrs.

Workshop Outcomes – This workshop will prepare you to:

- Discover strategies to implement physical literacy into existing/new programming
- Based on best practices, showcase how partners have used the Move & Play cards as a starting point to build children and youth programming
- Through active participation, experience take away examples that can be integrated into your own environment and for a wide variety of participants

Contact: Lindsay Wright at (780) 492-4435 or bffln@provincialfitnessunit.ca or lindsay.wright@ualberta.ca

11. **Physical Literacy to the Rescue** [Top of the Document](#)

In this learning opportunity, participants will experience practical ideas and strategies for engaging children and youth in physical activity and will ultimately help them develop physical literacy.

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Audience: Recreation staff, fitness leaders, and teachers who provide physical activity opportunities to children 6 – 12 yrs.

Workshop Outcomes – This workshop will prepare you to:

- Integrate activities into your own environment and for a wide variety of participants.
- Use engaging teaching and instructional strategies that help develop physical literacy with children and youth.
- Share knowledge, activities and resources with others within and outside of your environment.

Contact: Tracy Lockwood at 780-819-9060 or tracy.playeducator@gmail.com

12. Purposeful PLAY in the Early Years

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In this learning opportunity, participants will experience practical ideas and strategies for engaging children and youth in physical activity and will ultimately help them develop physical literacy.

Audience: Recreation staff, fitness leaders, and teachers who provide physical activity opportunities to children 6 – 12 yrs.

Workshop Outcomes – This workshop will prepare you to:

- Integrate activities into your own environment and for a wide variety of participants.
- Use engaging teaching and instructional strategies that help develop physical literacy with children and youth.
- Share knowledge, activities and resources with others within & outside of your environment.

Contact: Tracy Lockwood at 780-819-9060 or tracy.playeducator@gmail.com

13. Infusing P.L.A.Y. (Physical Literacy And You) into Everyday!

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In this learning opportunity, participants will gain an understanding of physical literacy, experience practical ideas and strategies, explore ways to infuse play into every day, and leave with many resources and tools for engaging children and youth in physical activity.

Audience: Practitioners who provide physical activity opportunities for children and youth ages 5-12.

Workshop Outcomes – This workshop will prepare you to:

- Infuse more play into your day while working with children and youth.
- Integrate activities into your own environment and for a wide variety of participants.
- Use engaging teaching and instructional strategies that will help develop physical literacy with children and youth.
- Explore and share the many activities and resources long after the workshop.

Contact: Tracy Lockwood at 780-819-9060 or tracy.playeducator@gmail.com

14. Teaching Dance for Understanding (TDfU) Workshop

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This workshop will provide the content, including choreography and lesson plans for the TDfU model and will help your students develop physical literacy and fundamental movement skills as they explore various styles of dance and gain self-confidence.

Audience: K-12 generalist and specialist teachers who provide physical activity opportunities and/or teach physical education.

Workshop Outcomes – This workshop will prepare you to:

- Learn how to modify the 'rules' of dance (choreography and technique) to allow students to succeed.
- Explore curriculum design strategies linking to the physical education outcomes.
- Bring back fresh ideas to your class and school, including choreography for 10 dances and six lesson plans.

Contact: Tracy Lockwood at 780-819-9060 or tracy.playeducator@gmail.com

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15. A, B, C... 1, 2, 3 – Run, Skip, Catch!

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Learning to move is just as important as learning to read and write. This session will explore ways to get K-6 students developing confidence, competence and motivation through a variety of different movement activities, ultimately developing physical literacy. Participants will learn first-hand how to embed physical literacy into their practice and leave with activities, tools, resources and ways to access ongoing support.

Audience: Teachers, administrators and school communities.

Workshop Outcomes -

- Explore Physical Literacy and how it looks, feels and lives in our schools.
- Explore ways to embed physical literacy into one's own practice.
- Learn about resources that can support creating a physically literacy culture.

Contact: Call 780-454-4745 or email chesa@everactive.org

16. Using Technology in the Physically Active 'Classroom'

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Come explore ways to motivate and engage your students through the use of technology. This session will appeal to the 'techno-whiz' and the 'digital dinosaur' alike, with some focus on Physical Education, yet applicable to all classroom practices. Participants will explore and experience easy-to-implement strategies and ideas to use in their classes. Join Ever Active Schools and learn about websites, apps and online tools to support your classroom practice.

Audience: Teachers, administrators and school communities.

Workshop Outcomes -

- Why integrate technology into your PE class?
- What are some tools and resources available? (websites, apps and other online tools)
- What does technology look in your PE class setting?
- How can technology help make your assessment easy?

Contact: Call 780-454-4745 or email chesa@everactive.org

17. Daily Physical Activity (DPA) on a Shoestring Budget

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The buck stops here! With only seven per cent of boys and girls meeting the required 60 minutes of physical activity per day and limited time and space for movement, we have to be creative in our delivery of physical activity. In this workshop, participants will be exposed to activities using inexpensive materials to implement daily physical activities with maximum results. Be prepared to have some fun and walk away with ideas to put into action right away.

Audience: Teachers, administrators and school communities.

Workshop Outcomes -

- Demonstrate an understanding of Alberta Education's Daily Physical Activity (DPA) Initiative.
- Become familiar with a variety of strategies for implementing daily physical activity with little or no equipment.
- Participate in activities supporting curricular outcomes, cooperation and social skills in various physical activity spaces.
- Become familiar with instructional strategies to maximize student participation in physical activity.
- Identify opportunities to access ongoing support and resources.

Contact: Call 780-454-4745 or email chesa@everactive.org

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18. Physical Literacy for the Secondary Teacher

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Join Ever Active Schools in this interactive session designed for secondary physical education teachers and experience how to embed physical literacy, along with fundamental movement and sport skills, into your physical education program. Through an inquiry-based process of Teaching Games for Understanding (TGfU), teachers will learn strategies and activities to create an environment where students develop the confidence and competence to be active for life.

Audience: Teachers, administrators and school communities.

Workshop Outcomes -

- Explore Physical Literacy and how it looks, feels and lives in our schools.
- Explore ways to embed physical literacy into one's own practice.
- Learn about resources that can support creating a physically literacy culture.

Contact: Call 780-454-4745 or email chesa@everactive.org.

19. Alberta Medical Association (AMA) Youth Run Club Information Session

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Looking for ways to increase physical activity levels within your school community? Find out how to register and implement an AMA Youth Run Club at your school or throughout your district. This free, fun and flexible program provides all resources and supports needed to start up a run club, or enhance an existing run club. Hear about how the AMA Youth Run Club engages students who are not typically physically active and learn about how you can support physical literacy, surpass provincial and national averages for physical activity and positively impact student behaviour. Get on the right track today and set up a free information and/or activity session on the AMA Youth Run Club!

Audience: Teachers, administrators and school communities.

Workshop Outcomes -

- Learn about the benefits of the AMA Youth Run Club
- Explore activities that can increase physical activity and improve running form
- Everything you need to know to start and maintain a physical activity or running club
- Learn about the free resources that can support you in increasing physical activity in your school community

Contact: Call 780-454-4745 or email chesa@everactive.org.

20. Physical Literacy 201: Physical Literacy Assessment for Youth

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Audience: Practitioners who provide physical activity opportunities.

Workshop Outcomes - This workshop will prepare you to:

- Execute, score and interpret the physical literacy assessment for youth (PLAY) tools in a sport specific setting.
- Be current on physical literacy trends, which highlight potential roles for sport associations.
- Leave the session with a renewed sense of urgency to address physical literacy through your strong working knowledge of the PLAY tools and their application. There are numerous opportunities and applications for these tools, including physical literacy awareness for parents and coaches, global and individual tracking of physical literacy, assessing the impact of your programs on physical literacy development and research applications.

Additional information at <http://canadiansportforlife.ca/community-workshops>

Schedule a workshop at <http://www.surveygizmo.com/s3/2722168/Event-Form>

Contact: events@canadiansportforlife.ca