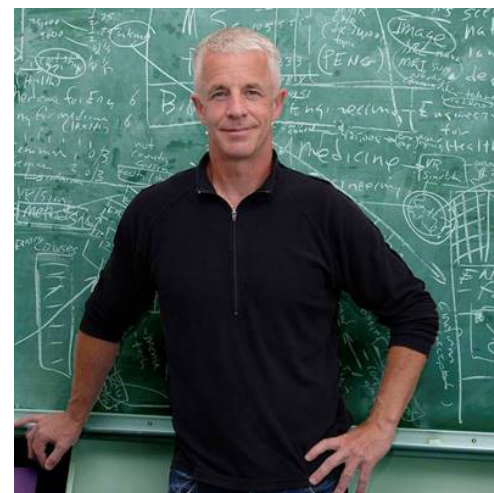


PLAY Cowichan Active 4 Life Summit

With Special Guest Dr. Dean Kriellaars

Dr. Kriellaars is a faculty member of the College of Rehabilitation Sciences, Department of Physical Therapy at the University of Manitoba. He is a member of the Spinal Cord Research Centre and a scientist of the Children's Health Research Institute. His Human Performance Laboratory has numerous students and staff directed to undertaking research on exercise and physical literacy. Dr. Kriellaars has been awarded two major university teaching awards, national and international awards for scientific research and innovation. Dr. Kriellaars has received two University of Manitoba Presidential Outreach awards for meritorious community work, and recently was awarded the Campbell Award for longstanding community service. He was named as the co-chair of the Premiers Council on Healthy Living for the province of Manitoba. He works with Canadian Sport for Life, PHE Canada, the Sport Medicine and Science Council of Manitoba, as well as the RCMP on community wellness initiatives. He also undertakes extensive research in performance enhancement and injury prevention in the high performance circus setting at the National Circus School and Cirque du Soleil.



November 24 | 6:30 pm - 9:15 pm

November 25 | 8:00 am - 2:00 pm

Island Savings Centre

Registration fee \$25

Includes lunch on Saturday and Certificate of Attendance



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PLAY Cowichan Active 4 Life Summit

November 24 - 25, 2017



Physical Literacy Lives Here

Friday, November 24

| | Time | Location | Speaker(s) | Session Title / Description |
|--------------------------------------|-------------------|---------------|--------------|---|
| Welcome | 6:30 pm - 6:45 pm | Heritage Hall | John Elzinga | Welcome / Introductions |
| Keynote | 6:45 pm - 8:00 pm | Heritage Hall | Dr. Dean | Physical Literacy and Community This session is directed to the next steps toward achieving a physical literacy enriched community. Discussion of the role of each sector is provided, along with "how to" engage parents. |
| Coffee Break & Transition | 7:45 pm - 8:00 pm | | | |
| Breakout Sessions 1 | 8:15 pm - 9:15 pm | | | |

Saturday, November 25

| | Time | Location | Speaker(s) | Session Title / Description |
|--------------------------------|--|------------------|--|--|
| Coffee & Networking | 8:00 am - 8:30 am | | | |
| Welcome | 8:30 am - 8:45 am | Cowichan Theatre | John Elzinga | Welcome / Introductions |
| Keynote | 8:45 am - 10:00 am | Cowichan Theatre | Dr. Dean | What Does Physical Literacy Look like in Practice? This session will immerse the participants in a quality physical literacy experience. During the activity connections to the physical literacy cycle will be made. This will provide participants with the ability to change their practices the next day. |
| Breakout Sessions 2 | 10:15 am - 11:15 am | | | |
| Breakout Sessions 3 | 11:30 am - 12:30 pm | | | |
| Lunch & Learn | 12:30 pm - 2:00 pm Speaking portion starts 12:50 pm | Genoa Room | John Elzinga Community Stakeholders | <ul style="list-style-type: none"> • What next? Community ACTION • PLAYCowichan Reveal • Sector Milestones • Physical Literacy E-Learning Links • Sector Breakouts |



Breakout Sessions 1

| | Early Childhood Education / Education | Physical Literacy / Active For Life | Sport |
|---|---|---|--|
| Friday 8:15 pm - 9:15 pm | Breakout Session A Topic: Unwrapping Bubble-Wrapped Kids Canadian children have been coddled, driven and bubble-wrapped for the past few decades in response to fears of 'what could happen' and in our efforts to ensure children are always safe. Our focus on safety first, even in play has had unintended consequences which we are starting to realize. Changing behaviour is difficult and takes collective effort by our entire community including service providers, parents, care-givers, teachers, regulators and children. We will explore the importance of self-directed and risky play and what we can do to ensure all children have the best possible play opportunities. Speaker: Heather Turner | Breakout Session C Topic: Safe and Active Participation This session presents the role of physical and health literacy in enhancing the durability of people (mentally, physically and socially) so as to minimize immediate injury (fractures, concussions, ACL, etc.) at the same time as foster activity and social connection. Speaker: Dr. Dean | Breakout Session E Topic: Quality Sport and Physical Literacy in Long Term Athlete Development Winning, development, FUN! How does a quality sport program balance these concepts? Through the Long Term Athlete Development model every sport organization has a blueprint for guiding parents and coaches on how to make their sport experience appropriate to every child's age and stage of development. Discussion will include practical examples of how to implement sport specific LTAD's at the local level. Speaker: Drew Cooper, PacificSport |
| | Breakout Session B Topic: Inclusive Physical Literacy This presentation will help participants to understand the importance of physical literacy development for participants with disabilities. It will explain what universally accessible programs are and how to plan and create them. It will also help participants to develop their adaptations to fundamental movement skills to allow for different disability types to participate and have a quality first involvement experience. Speaker: Jessica Waterman | Breakout Session D Topic: Developing Physical Literacy through Dance DANCEPL3Y is the world leader in developing physical literacy through dance. Come experience our high-energy program as you learn simple moves from a variety of music styles (Hip Hop, Urban, Ballroom, Bollywood, Jazz/Funk) and practice your fundamental movement skills to sports themed songs! This workshop will teach you how to target all four Elements of Physical Literacy (physical, affective, cognitive and behavioral) using dance! Speaker: DANCEPL3Y | To register, call your local recreation centre with your selected sessions and course code 9244. Cowichan Lake Recreation 250.749.6742 Island Savings Centre 250.748.7529 Kerry Park Recreation Centre 250.743.5922 |

Breakout Sessions 2

| Saturday 10:15 am - 11:15 am | Early Childhood Education / Education | Physical Literacy / Active For Life | Sport |
|------------------------------------|--|--|---|
| | <p>Breakout Session A Topic: Way2Go Girls!</p> <p>Way2Go is an initiative led by Island Health to create a social media campaign using powerful stories and experiences from girls and their families living in the capital region to shift attitudes and perceptions regarding active travel. The goal is to increase knowledge of the health-related benefits of active transportation and to encourage more girls between 7 and 15 to get physically active by cycling, walking, rolling and taking public transit. The presentation will give an overview of the social marketing process used to understand and create girl relevant messages and the messages that emerged. Speaker: PJ Naylor / Claire Sauvage-Mar</p> | <p>Breakout Session C Topic: Gender Gap</p> <p>There is a gender gap in movement competence that has numerous downstream negative impacts for females, as well as boys. This session will identify the differences and provide strategies to rectify this mistreatment. Speaker: Dr. Dean</p> | <p>Breakout Session E Topic: Little Kickers Program</p> <p>A fun and stimulating introduction to FUNdamental Movement Skills (FMS) in a soccer context, Little Kickers not only develops better athletes but is also a great tool for recruitment. Learn why introducing Physical Literacy based games at the Active Start LTAD stage is a big hit with families and improving skills at a younger level. Speaker: Geoff Hackett, PacificSport & Harbour City FC</p> |
| | <p>Breakout Session B Topic: Energize your Classrooms with Dances for DPA!</p> <p>Get ready to shake, wiggle and boogie with 5 simple dances guaranteed to activate your students' minds and muscles! Learn how to develop Fundamental Movement Skills and foster positive social interactivity with dances designed for a classroom space. After this workshop, you'll get tutorials and choreography notes to keep your students dancing all year long! Speaker: DANCEPL3Y</p> | <p>Breakout Session D Topic: Physical Literacy Applications for Healthcare Providers and Public Health</p> <p>The landscape is changing as physical literacy gains more footing as an effective approach to increase physical activity. This session will provide examples of new practices/methods that are emerging in the healthcare and public health systems as traditional roles are evolving. Speaker: Drew Mitchell</p> | <p>To register, call your local recreation centre with your selected sessions and course code 9244.</p> <p>Cowichan Lake Recreation 250.749.6742</p> <p>Island Savings Centre 250.748.7529</p> <p>Kerry Park Recreation Centre 250.743.5922</p> |



Breakout Sessions 3

| Saturday 11:30 am - 12:30 pm | Early Childhood Education / Education | Physical Literacy / Active For Life | Sport |
|---|--|---|---|
| | Breakout Session A Topic: Appetite to Play Appetite to Play is a coordinated approach to build the capacity of childcare providers and parent participation programs that promote healthy eating and physical activity in early years settings. This initiative highlights recommended practices and key implementation supports such as an Interactive website, in person and on-line training, and ongoing support, networking and communication with early years providers and stakeholders. Reviews the recommended practices for healthy eating and physical activity, examples of games and activities and the interactive web based resource and other resources developed for the initiative. Speaker: PJ Naylor / Drew Mitchell | Breakout Session C Topic: Safe and Active Participation This session presents the role of physical and health literacy in enhancing the durability of people (mentally, physically and socially) so as to minimize immediate injury (fractures, concussions, ACL, etc.) at the same time as foster activity and social connection. Speaker: Dr. Dean | Breakout Session E Topic: Saving Sport Participation In this session Matt will identify some of the reasons for the massive decline in youth sport participation, its impact on communities and solutions for supporting the process of long term athlete development. This session is for parents, educators, coaches and sport organizations who are passionate about youth sport development and courageous enough to advocate for its preservation. Speaker: Matt Young |
| | Breakout Session B Topic: Incorporating Indigenous Games into Your Everyday Play Dorothy incorporates a Holistic Model to help you begin to understand how to deliver programs that meet the needs of your aboriginal participants. Included is fun, interactive exercises with lots of games to facilitate learning and provide you with an introduction to aboriginal participants' needs and leaves you coming away with concrete ideas on how to engage aboriginal people in your programs. Speaker: Dorothy Paul | Breakout Session D Topic: Physical Literacy Passion and Perseverance: the Power of Community Learn best practices on the power of community through engagement, mentorship and sponsorship. Highlights physical literacy practices in education and training, recreation programming, municipal facilities and community events. You will hear about partnership and collaboration with the Health Authority and media sectors, and understanding how their role and participation is critical to your community's success. Active time incorporates how to include physical literacy and movement into your everyday meetings and office space. Speaker: PLAYKamloops, Nicole Beauregard | To register, call your local recreation centre with your selected sessions and course code 9244. Cowichan Lake Recreation 250.749.6742 Island Savings Centre 250.748.7529 Kerry Park Recreation Centre 250.743.5922 |

Active 4 Life

A Physical Literacy Summit

November 24 - 25, 2017



Physical literacy is the key to being
ACTIVE FOR LIFE

physicalliteracy.ca

