



Gym Shorts

Winnipeg School Division Physical Education Newsletter

That white stuff is here too soon, and while in some worlds people might have some sort of romantic notion about snow, it makes me think of the snowshoes and skis. It's time for them to go out once again.

Remember they are not guaranteed for the date given as the Utilities have lots of things they have to move around and phys. ed. equipment is not always the first priority.

This equipment is very expensive to replace, so please always use good judgment before taking a class outside. There needs to be enough snow that the equipment isn't ruined by the ice, rocks and grass! If you aren't sure, please don't use it. Also, please put everything away properly before it is sent off to the next school. Your colleagues will appreciate it.

CAHPERD Conference a Huge Success

Once again Winnipeg proved that it can be a great host as the CAHPERD Conference was held here this year October 22-25. Over 550 people were in attendance and there were two full day pre-conference events followed by 148 sessions in just about everything you could imagine.

Other events were great as well. At the Thursday night keynote, Doreen and Cal Botterill gave their version of giving their children (relatively successful by everyday standards!) perspective and were followed by a 15 minute video that Jason and Jennifer put together over the summer. It was interesting as

well as informative. Cal talked a lot about recovery time and feels that many people do not sufficiently take the time to recover. There is a message in that for all of us!

Dr. Andrew Pipe gave the Friday morning keynote. He is a world renowned Cardiovascular Surgeon, and gave a ton of information about how the generation coming up could well be the first ever that does not have a longer life-expectancy than their parents. His prediction is that unless we do something, and soon, teenagers will be dying from heart disease! His message - if there were a drug or a pill that could prevent the results of inactivity, there would

be a huge outcry if it were withheld. Where is the outcry for withholding exercise?

At the CAHPERD banquet, two University of Manitoba grads were presented with the R. Tait McKenzie award. This is CAHPERD's highest award and it was given to Dr. David Fitzpatrick (who once was employed by Winnipeg School Division) and Ian Craigon. Since only three were given out, it was quite a coup for Manitoba!

Thanks to all of our teachers who supported this conference. Talking to folks from our Division as well as from around the country and the US, it was very worthwhile.

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Websites

http://www.mast.mb.ca/Student_Safety/index.htm

This is one part of the MAST (Manitoba Association of School Trustees) website where you can find information about things like gymnasium and playground safety, organization of ski trips, and outdoor ed trip organization. There is also a new document on swim program organization and safety that was created after the inquest into the recent drowning tragedy. It is important to note that none of these suggestions are policy in the WSD but many are very good aids to look at while planning your programs.

http://www.lssd.ca/Health_website/health.htm

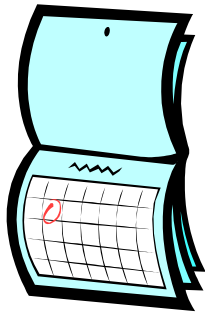
The above will take you to the Health section of the Lord Selkirk School Division webpage. You will find a grade by grade listing of resources that you can use to teach any of the health outcomes. Currently, the information is extensive up to grade 5. At grade 6 it is more of a "work in progress" and grade 7 has lots left to be done. If you are looking for secondary info, check back later in the year as Pam Jenkins from Lord Selkirk School Division is still working on it.

<http://www.cahperd.ca/e/conferences/index.htm>

Go to this site and click on Conferences. You will get to the Prairie Pulse homepage and be able to access the Scholar Address that was given by Henry Janzen at the CAHPERD conference on the need for government policy on daily physical education.

Also available are the speaker handouts from several of the conference sessions. For example, if you are interested in Teaching Games for Understanding, an excellent handout is available to you. Check it out...it's a cheap way of attending a conference!

On Deck for November and December



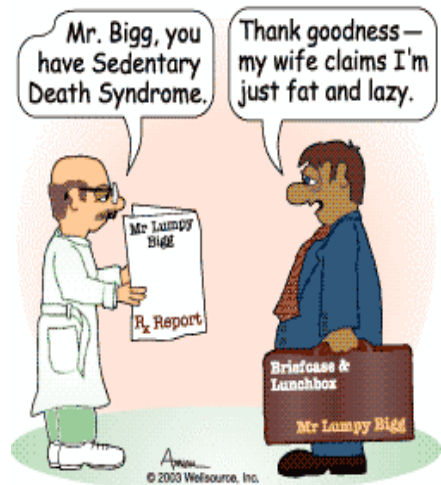
Monday Nov. 10	9–3:30	Monday Dec. 1	9-3:30	Monday Dec. 8	1:30
North District PD @ Meadow's West		South District PD @ Grant Park		Senior High Athletic Council @ Prince Charles Rm. A	
Thursday Nov. 20	1-3:30	Wednesday Dec. 3	1-3:30	Wednesday Dec. 17	3:00
Workshop for teaching Kindergarten and Nursery PE @ Wolsely School		Elementary PD @ Faraday		Junior High Athletic Council @ Prince Charles Rm. A	
		Monday Dec. 8	12:30-1:30		
		Senior High Department Heads @ Prince Charles Rm. A			

Sedentary Death Syndrome (SeDS)

State of the Union: A Brief Overview of Youth Health

"SEEDENTARY DEATH SYNDROME" (SeDS)

A term coined by Dr. Frank Booth, PhD to diagnose the growing epidemic of physical inactivity and its relationship to chronic, preventable diseases.



The above slide was part of a presentation by Dr. Greg Gannon that I attended on Thursday as a pre-conference event from the CAHPERD National Conference. I will be presenting some of his mate-

rial to the district PD sessions coming up in the North and the South Districts. Once again, this researcher from the University of Manitoba is making the point that maybe we need to look at fitness test-

ing. He doesn't have the answer yet, but the question is obvious.

"Is it time for a change in the way that physical educators assess fitness?"

Equipment for the taking



St. John's has had their floor redone and are giving away their old poles. They have four of the old black volleyball poles,

which can also be used for badminton as well as four short badminton poles. Call Dave Bard at St. John's if interested.

Tec Voc has a low level balance beam that is yours for the asking. Contact Jennifer Campbell at Tec.

Physical Education around the Country

One of the great parts about a national conference is the networking opportunity to find out what is going on in our profession around us. I had the opportunity to connect with a number of folks, and in some cases, we sure are lucky and in others we are falling behind.

Much has been made of the recent situation in Alberta where the government has mandated that every K-12 student will receive 30 minutes per day of physical education within two years. Their provincial consultant, while obviously in favour in principle, cautioned that we "be careful what we wish for." While a thirty minute class in elementary might be doable with some extra funding and support, even though they do not have specialists, can you imagine what this would look like in a semestered high school? It's not an average of 30 minutes per day - it's 30 minutes per day! Now they are looking at a wellness curriculum and they will have to start from scratch. There is a lot of work to be done in a very short period of time. On the positive

side, Alberta, and Calgary in particular, has become a hot bed for Comprehensive School Health.

New Brunswick has an interesting set-up. They have totally different curriculum for the French side and the English side. The French folks have just started a grade 10 program but there is none in English, and while they do not have specialists in Elementary, they do have a mentor program where teachers go around to help the generalists. This program is paid half by the school divisions and half by the province but is not available in the French schools. And I thought it was bad to wait for a translation!

Still in the Maritimes, Newfoundland and Labrador has no compulsory phys. ed. past grade 9 and their high school curriculum is 22 years old. They are looking to have the high school one replaced by 2006. They do not have physical education specialists at elementary. The province is looking at mandating high school pe but it will be a portfolio type

course that schools can still implement even if they cannot include it as a scheduled course. The tracking will be pretty tough, however, and the administration is hoping that it will be easier to just offer the course!

One ex-Winnipegger in attendance is now teaching in Ohio. They have very strict regulations about specialists and the training that they need to be considered a specialist, but she said that it has a down side. Because of this, no teacher other than the phys. ed. teacher will do anything that even smells of activity with their kids. They say they aren't trained and therefore cannot help out with anything active!

I guess this all goes to show that we do have things pretty good here but we still have a ways to go. We do have specialists in elementary in our division, and we do have physical education/health education in our high schools, but like everywhere else, our kids are unfit and we need to do something about it.



Power Point Presentation

The Manitoba Physical Education Supervisor's Association has put together another power point presentation that is aimed at promoting physical education/health education in our schools. It would be perfect to show to your staff, the parent council or any group that you want to help understand the benefits of the physical education/health education program.

In the presentation, there are numerous statistics about the health of kids, their inactivity, a quick over-view of the new cur-

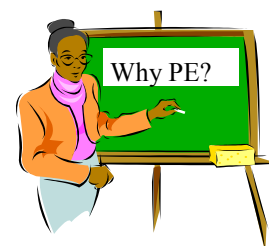
riculum and ideas for how parents can get involved to promote activity in their school.

Je suis heureuse de vous laisser savoir qu'elle est également disponible en français. Veuillez spécifier la version que vous aimeriez avoir.

Along with the power point slides, which can be run off and used as overheads if technology is not for you, there are accompanying notes with suggestions for what you might say to support each slide.

The presentation in the English and French versions are now on the MPETA Website. You can download them and then make any changes that you wish to personalize it for your school and situation.

You may also wish to use some of the information for articles or "one-liners" to promote activity in your school newsletters. The more ways that information gets out to parents the more likelihood there is of changes to the amount of time for pe.



Elementary PD

The elementary PD Committee is off and running. Rodger Lourenzo, Diane Yakimoski, Dolores Pelland, and Dani Thomson have put together 4 dates for you.

The first will be the afternoon of Wednesday Dec. 3 at Faraday School. There will be two parts—Karen Pellaers will share her **“15 minutes of fitness”** in place

at Grosvenor School followed by a special event planning activity.

Friday Jan. 30 will feature a full-day with a health and wellness focus which will be elaborated on in early January.

Thursday March 4 afternoon at Machray School will start with a computer session, followed by **“Jelly Bean Field Days”**.

Finally, the ever popular BBQ in the park followed by an afternoon of outdoor activity will take place on Fri. May 21.

Please mark these dates on your calendar and do your best to attend. The committee works hard to find out what teachers are interested in and then organize the events for them!



It's Never Too Late

Did you see the results from the Toronto Marathon this year? Normally I wouldn't even look at them, but two men really stood out in my mind.

One Fauja Singh of England

shattered his previous world mark of 6:11 by running the marathon in 5:40.4. Why is that a big deal? Well...the guy is 92!

A Canadian, Ed Whitlock of On-

tario, became the first over 70 athlete to go under 3 hours and clocked in at 2:59.10!



Meet Yuri Sudermann

Wow! What a difference a country makes!

Yuri is from Tadjikistan, located about 4 hours from the Afghanistan border in the old Soviet Union. He taught for three months before being called to serve in the military. After a year and a half, he returned to teaching at the Federal Cadet School where boys 14 to 18 years of age prepared to be military officers. They went to school 6 days a week, and the curriculum included 18 hours of swimming and 24 of gymnastics. Students were given marks for fitness, and teachers had to line up to get paid...in cash!

Yuri went to school at the University of Physical Education and Sport in Tadjikistan. Yes, it was a whole university devoted to our discipline! Yuri wrestled for the Soviet Union National Team, and in his words, “they treated their athletes very well” and he received coupons each month for food at local restau-

rants.

Yuri, his wife and two boys, were sponsored to emigrate to Canada where Yuri got a job with Pallister Furniture. His cousin, a physical education teacher in Niverville, told him to get his Canadian credentials, because “being a gym teacher in Canada is the best job in the world.” Yuri took his advice and got his certification here and has never looked back.

Yuri's sons, now 18 and 15, have been involved in sport and fitness all their lives. The elder is a Mb. Provincial wrestling champ and the younger has been involved in hockey and soccer. His wife, while not the competitive athlete that her “boys” are has been known to give Yuri a good game of tennis. Since arriving in Canada, Yuri has competed and won the Nationals in wrestling in 1994. He gave the Olympic team a shot but at that time was getting a little older.

Currently he stays involved in the sport through coaching. He has had kids go on to win a silver and a bronze medal in the NAIG games in Winnipeg and another placed fifth in the Nationals in Calgary. He also helps coach at the U of M.

For his paycheque (not cash like in the good ole days) he teaches physical education at Dufferin School. He started in that community at Freight House where he still works a bit and has made a tremendous link with the community

Yuri has started a very successful “walk across Canada” activity as a fitness promotion in the school. Classroom teachers have their classes walking and every Friday the entire school gets together and walks from 3 to 3:30. What a great way to wind down for the weekend.

We are lucky to have Yuri in our division, and next time you see him, say hello. Boy, does he have some stories for you!

“...being a gym teacher in Canada is the best job in the world.”