

June, 2002



Gym Shorts

Winnipeg School Division No. 1 Physical Education Newsletter

Naming of the Newsletter

The name of the first issue of the newsletter did not go over well. Hopefully **Gym Shorts** will prove to be a bit more popular! Thanks to Patrick Armstrong of Earl Grey for coming up with the new moniker! Name aside, the first edition seemed to be well received. Remember, if you have ideas, comments, suggestions etc. for the newsletter, phone (788-0203 ext. 124), fax (772-3911) or email (dcrowe@wsd1.org) Donna Crowe.

Thanks to our Volunteers

While this is not an Athletic Newsletter, I would like to take a minute to thank our friends and colleagues who have worked as **conveners** for junior and senior high sports and as **reps** for the elementary athletic council.

They are: Jan Watters, Brad Purpur, Elke Wurr, Gordon Duff, Ron Gustafson, Rob Skabar, Mike Gartner, Evan Jones, Jennifer Campbell, Nancy Galas, Glenn Bruce, Brian Loeppky, Janet Fedeniuk, Larry Marquardson, Tony Marchione,

Wade Gregg, Tim Shynkaruk, Patrick Armstrong, Melanie Charbonneau, Cindy Mitterdorfer, Richard Ryland, Chris Scalena, Fred Burdon, Darryl Stevenson, Fred Shipley, Lynne Lasuik, Jim Brown, Rodger Lourenzo, Velma Eliasson, Janice Gardner and Doug Zajac!

Thank You

The Interscholastic Athletics that we run could not happen without these people.

Thanks also to the members of

the **Elementary Professional Development Committee**. They are Rodger Lourenzo, Diane Yakimoski, Lynne Lasuik, Dani Thomson and Zenia Grosbrink. They have been responsible for a great year of PD. If you wish to help out next year, let me know. We are always looking for more volunteers.

Junior and Senior High - are you interested in starting something up? All we need are a few people who are interested in helping to plan events!

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Al and Marilyn say good-bye to WSD 1

Retirements

This is the time of year when most of us are really excited to be going on holidays. We have a ton of plans, maybe even intentions of doing a little school stuff, but before we know it, we're back at work! Well, two of our folks don't need to think about that this time around. Marilyn Murray and Al Parker have decided to retire, and after many years, countless classes, intramurals, clubs and teams, they won't have a worry come September. Congratulations to both of you! Your colleagues want to wish you a long, happy, active and healthy retirement!



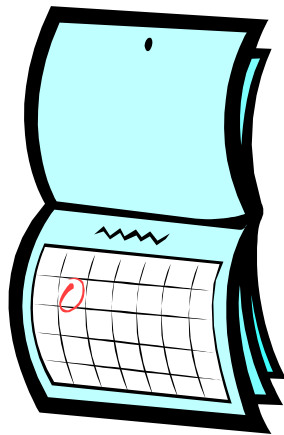
Movement to Date

Obviously there will be more to come, but the following moves are official as of "press time":

Grant Park: Stu Nixon has left the division to teach at Oak

Park, Glenn Bruce is moving up to the Senior program and Julian Rhoda is taking over for Glenn **Tyndall Park:** Randy Routledge has moved there from Lord Selkirk **Clifton:** Patrick Penner will be leaving as Jodian Self returns from mat leave **Cecil Rhodes:** Michelle Senkiw is starting a mat leave **Florence Nightingale:** with the closing of the school, Gerry Thornhill will be reassigned

There will be more updates in the September (hopefully) edition of Gym Shorts !



On Deck for September and October

Wed. Sept. 4	3:00	Tue. Sept. 17	9-3:30	lum for S1 and S2 physical education and health teachers and grades 7&8 teachers who did not attend the workshop last October	
Junior High Athletic Council		Grade 5 Curriculum in Motion Project			
Mon. Sept. 9	12:00	Wed. Oct. 2	9-12:00	Thur. Oct. 24	day and night Assessment workshop followed by a Phys. Ed. Social sponsored by MPETA
Senior High Department Heads		Workshop for K-6 Physical Education Teachers on the Implementation Document		Fri. Oct. 25	8:30-3:30 SAG Conferences
Mon. Sept. 9	1:30	Wed. Oct. 2	1-3:30		
Senior High Athletic Council		North Literacy Project, K-8			
Tue. Sept. 10	1-3:30	Tue. Oct. 8	2:30		
CAP Training for Classroom Teachers who teach their own Phys. Ed.		Elementary Athletic Council			
Thur. Sept. 12	9-12:00	Tue. Oct. 15	1-3:30		
CAP Training for Phys. Ed. Specialists		Workshop on Physical Education/Health Education Curriculum			

Standard of Care in Physical Education

“But gee whizz, my parents always let me do this at home!”

The old standard of care definition where we need to act as a “careful and prudent parent” is no longer sufficient. In recognition of the specialized knowledge, training and experience of the physical educator, courts now expect us to adopt a “professional standard of care.” The Supreme Court of Canada has established four criteria to determine the necessary and

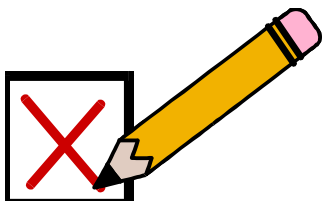
appropriate standard of care within the context of physical education:

1. Is the activity suitable to the mental and physical condition, as well as the age of participating students?
2. Have the students been progressively taught and coached to perform the activity(ies) properly and to avoid the dangers inherent in the activity(ies)?
3. Is the equipment adequate

and suitably arranged?
4. Is the activity being supervised properly in light of the inherent danger involved?
See the **Safety Guidelines for Physical Activity in Manitoba Schools** for more details. If you don't have a copy, call me ASAP to get one!



Year End Reminders



Yahoo. We are getting close to the end, and along with the excitement comes a few responsibilities.:

Please remember that the accounts that I am responsible for are done on June 28, the same as yours, so make sure that you send in any **reimbursement requests by June 14** so I can get them to the accounting folks in

time to use this year's money. If you have any **loan equipment** out, make sure it is returned to its home by the end of June.

We still need more **volunteers** to help with the Elementary PD committee, the Skating Races and the Fit Run. Please let me know ASAP so I can get you on the lists.

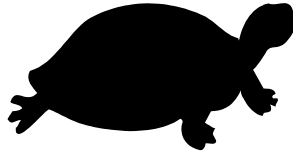
This year's **tender** is in effect until the end of December so you can use the same print-out whether you are ordering now or in the fall.

Applications for the **125th Athletes of the Year and the Sports Medicine Bursary** are due on June 14. These are for senior high students only.

Loan Equipment

Don't forget when planning for next year to send in your requests for the loan equipment. **Trampolines, skis and snowshoes** need to be booked in writing from Anne Underwood at Collège Churchill. Other equipment is listed on the green sheets that are sent out periodically and include all kinds of equipment that will make a great addition to your program.

Have you tried the **Flying Turtles**? They are available from Blake Smith at Lord Roberts and are suitable for elementary



age students. They can be used for a variety of races, as a grid activity and just plain for fun! I should know. The last time we ordered some I had races in the hallways at Prince Charles and they are a hoot!!

How about the **Rubber Chickens**? They come in a set of ten accompanied by that well-

known best seller **A Hundred and one Zany Activities with a Rubber Chicken**. Chickens are available from Chantal Emond at General Wolfe, Bonnie Mc Eachern at River Heights, Jeff Bridle at Isaac Newton or Susan Bodie at Gordon Bell.

I also have a Rubber Chicken Circus (two versions, actually, one suitable for children and one suitable for adults only). I have used them and have had fun with both groups...let me know if you'd like a copy.



Food For Thought

B.C. came out with a new curriculum in 1995. It has similar outcomes to ours and all of the "powers that be" think it is great. After five years, they did some research to see if there was any change in student outcomes and guess what? They found no evidence of an increase in student performance!

The researchers came up with six possible reasons:

1. Low priority given to phys. ed.
2. Schools do not receive the minimum recommended time allocation
3. Significant portions of the curriculum are not being taught
4. Facilities and equipment are a challenge for some schools
5. Generalist teachers in elementary are a barrier to implementation
6. No provincial measurement tool to encourage implementation

Let's not fall into the same rut! We need to make sure that we continue to advocate for more time, higher priority, better equipment and facilities along with p.e. specialists. We also have a responsibility to make sure that we teach the entire curriculum to our students.

*Will we
learn from
British
Columbia?*

Physical Education/Health Education Curriculum News

The following is in effect for the 2002-2003 school year:

K-4 Voluntary Implementation
5-8 Voluntary Implementation
S1-S2 Information

As a result there will be a series of workshops facilitated by Nori Korsunsky and me. Please check the dates in this newsletter to see when there are work-

shops that are planned for you. In addition, we are available to come out to schools on a PD day and provide a workshop for an entire staff. Please call either Nori or me to book yours.

S1 and S2 teachers should be getting ready to teach First Aid in S1 and CPR in S2. While students do not have to be certified, it would be a great thing

for them if they could be.

Teachers should be looking into getting their certification if they don't have it.

In addition, the loan manekins will be phased out and schools will need to look at purchasing their own equipment. There are cheaper options now but schools will need to budget.





Why Physical Education Specialists?

This question comes up every once in a while, especially when decreasing enrollment means fewer teachers in the school. We all know that we are important but we need research to show it to others.

The latest CAHPERD Journal (Spring 2002) has an article entitled "Secondary Physical Education Teachers who Teach Elementary Physical Education". I wonder why that caught my eye? Anyway, its written by Lynn Randall of the University of New Brunswick, and she talks

about the importance of a specialist. The following is taken directly from her article:

"Elementary physical education specialist teachers enhance the delivery of a quality physical education program. Research that compares physical education classes taught by classroom teachers and specialist teachers supports the importance of specialist teachers. These studies show that physical education specialists provide more regular classes, more cues and prompts to assist stu-

dent learning, and that students are more physically active in class (McKenzie, Sallis, Faucette, Roby, & Kolody, 1993; McKenzie, Sallis, Kolody, & Faucette, 1997). Specialist teachers tend to conduct longer classes and provide more knowledge to students during their classes (McKenzie, Feldman, Woods, Romero, Dahlstrom, Stone, Strikmiller, Williston, & Harsha, 1995). Furthermore, a greater improvement in skills occurs (McKenzie, Alcarza, Sallis, Faucette, 1998).

Meet Nori Korsunsky

Nori is the Health Consultant for the Winnipeg School Division No. 1 and is "my new best friend." We have done a ton of workshops together on the new physical education/health education curriculum and have many more to go.

Nori comes from a nursing background where she was involved in Community Health Education for over 20 years. She has been with The Division for 4 years now and is currently 3/4 time.

Nori was not an athlete in her school years but came to the realization that activity is

needed for good health and took up things like raquetball as an adult. Now she is into running and faithfully works out on a regular basis.

Nori believes that health education needs to be integrated into all subject areas and sees physical educators as crucial. "They are in an excellent position to motivate and inspire kids to love activity and to appreciate and live a healthy lifestyle" was what she told me. With a son Ryan, who is entering grade 11 and a daughter Hannah, who is going into grade 7, she knows first hand what a challenge that can be and real-

izes how influential a physical education teacher is!

What goes around comes around. I started my teaching career with Ruth Dveris, Nori's mom, at Gordon Bell and here I am in the twilight of my career (or intense darkness in the opinion of some!) and I'm back working with Nori. What a small place Winnipeg is!

Anyway, if you have any questions, comments or need help with the health curriculum, contact Nori at 788-0203 ext. 112, fax 772-3911 or email her at korsunsky@wsd1.org. She is very willing and able to help!

"Nori wasn't an athlete growing up but runs 3 times a week as an adult!"

Happy Holidays

