

T.U.C.K. WORKSHOP DETAILS

Date: Thursday—October 22, 2009

Time: 9:15 AM—3:30 PM

Place: Louis Riel Arts and Technology Center (5 deBourmont)

Fee: Regular (postmarked on/before **OCT 9/09**) \$50 MPETA members \$70 for non-members
Late (postmarked after **OCT 10/09**) \$60 MPETA members \$80 for non-members
Students with a current MPETA membership pay 1/2 of the member workshop fee!

NSF cheques will be charged \$15

Cancellation: on/before Oct 1 is \$5 and after Oct 2 is 50% of fees. Memberships are not refunded.

T.U.C.K. WORKSHOP REGISTRATION (October 22/09)

Name _____ School _____

Email _____

Mailing Address (W) _____ City _____

Postal Code _____ Phone (W) _____ Fax (W) _____

Dietary Restrictions _____

MEMBERSHIP

I am currently a: MPETA Member Non-Member MPETA Member: Student

I would like to buy a MPETA membership:

Not interested Already a member Yes [Full Member (add \$25) / Student (add \$15)]

PAYMENT

TUCK: Regular Late Invoice (**CIRCLE:** School **OR** Division) PO (please attach)

Membership: NA Full Member (add \$25) Student (add \$15)

SESSION SELECTIONS

*identify your preferred workshop choice for **each** session time slot

	<u>EY: K to 4</u>	<u>MY: 5 to 8</u>	<u>SY: 9-12</u>
Session 1 (9:15-10:30)	<input type="checkbox"/> Yoga (EY-MY-SY)	<input type="checkbox"/> Yoga (EY-MY-SY)	<input type="checkbox"/> Yoga (EY-MY-SY)
Session 2 (10:45-noon)	<input type="checkbox"/> Mind-Body (EY-MY)	<input type="checkbox"/> Mind-Body (EY-MY)	<input type="checkbox"/> Resistance Equipment (SY)
Session 3 (12:45-2:00)	<input type="checkbox"/> Fast Forward (EY-MY)	<input type="checkbox"/> Fast Forward (EY-MY) <input type="checkbox"/> Bounce (MY-SY)	<input type="checkbox"/> Bounce (MY-SY)
Session 4 (2:15-3:30)	<input type="checkbox"/> Olympic (EY-MY)	<input type="checkbox"/> Olympic (EY-MY) <input type="checkbox"/> Relaxation (MY-SY)	<input type="checkbox"/> Relaxation (MY-SY)

Complete registration form & send payment (cheques payable to MPETA) to:

Manitoba Physical Education Teachers Association
200 Main Street - Winnipeg, MB R3C 4M2 Fax: (204) 925-5703

For more information phone (204) 926-8357, email mpeta@shaw.ca or visit www.mpeta.ca.



Manitoba
Physical Education
Teachers Association Inc.

Association Manitoabaine
des Enseignant e. s. en
Education Physique Inc.

T.U.C.K.

(Teaching **U**nbelievable
Classes to **K**ids)

Fitness... for the mind and the body!

Thursday October 22, 2009

Louis Riel Arts and
Technology Center
(5 deBourmont Avenue)

T.U.C.K. 2009 WORKSHOP SESSIONS

Early Years (K-4)

Middle Years (5-8)

Senior Years (9-12)

EY-MY-SY (K-12)

Session 1: Yoga in the Gym
Presenter: Darlene Sveinson

This session will provide ideas and methods for integrating Yoga into PE programs, without hiring a yoga specialist. A variety of methods will be shared, providing strategies suitable for elementary to high school students. ***Please bring your own yoga mat if possible.

EY-MY (K-8)

Session 2: Mind-Body Fitness Activities and Games
Presenter: Jacki Nysten

Fitness activities can be fun! You will participate in activities that challenge your brain as well as your body. Activities will include games, rhythms, gymnastics, holidays and integration with other subject areas.

SY (9-12)

Session 2: Resistance Equipment Made Simple
Presenter: Shannon Griffith

Following the KISS (Keep It Super Simple) principle...this session offers a variety of resistance training exercises with little to no equipment...all you need is an open mind!

EY-MY (K-6)

Session 3: Fast Forward to Fitness
Presenter: Movement Skills Committee

Check out this K - 6 resource! This fitness document shows you ways to make fitness fun through games, circuits, station activities...

Session 4: Olympic Games: Tabloids & Circuits
Presenter: Jacki Nysten

The Olympics come to Canada this year! The events presented will focus on variations of Olympic (winter and summer) events that can be done indoors or outdoors. They can be used as special events, or individual activities during classes.

MY-SY (7-12)

Session 3: Bounce and Balance
Presenter: Shannon Griffith

This session utilizes BOSUS, ballast balls, and med balls to challenge your balance and your core muscles. Get ready to have a ball!

Session 4: Relaxation: Go on a mental trip!
Presenter: Shannon Griffith

This session will relax, rejuvenate and revitalize you! Come and find your happy place! Be sure to bring a pillow and blanket, towel, sweatshirt or jacket.

T.U.C.K. Workshop Schedule (October 22, 2009)

Fitness... for the mind and the body!

8:45-9:15 AM	Registration Open	Noon-12:45 PM	Lunch (provided)
9:15-10:30 AM	Session 1	12:45-2 PM	Session 3
10:30-10:45 AM	Energy Break (provided)	2-2:15 PM	Energy Break (provided)
10:45 AM-Noon	Session 2	2:15-3:30 PM	Session 4



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