Elementary Physical and Health Education: Winter Institute 2022

**Online and In-Person | Available for Credit | EDCP 420**

This Winter Institute will introduce educators to the B.C. Physical and Health Education (PHE) Curriculum, and the content knowledge, pedagogical content knowledge, practical experiences, and professional responsibilities of a successful elementary school educator. The course will expand educators’ levels of confidence and competence when delivering the PHE Curriculum.

In this course, learners will work through modules on the PHE Curriculum; the Indigenous holistic approaches to teaching and learning; equity, diversity and inclusion in physical and health education; quality physical education; assessment; physical literacy; and, the comprehensive school health model. Learners will work on their own and with others, while being guided by leaders from B.C. school districts, the Indigenous Sport, Physical Activity and Recreation Council and several B.C. universities.

The goals of this Institute are to support B.C. educators working in elementary (K–7) schools, individuals in undergraduate and graduate programs, and those working in post-secondary institutions to be able to:

- Increase their level of confidence and competence when delivering the B.C. PHE Curriculum.
- Implement activities to increase the number of minutes during the school day for students to be active.
- Use physical activity to support students’ mental well-being.
- Identify the value of physical activity for one’s own mental well-being and plan and assess how to incorporate personal well-being into your educational planning, and plan to increase your knowledge of physical activity as a mechanism to support your own mental well-being.
- Learn culturally relevant and responsible pedagogies to advance an understanding of Indigenous ways of knowing and being in relation to physical activity, health and well-being.

**Information and Contacts**

**Dates** | Friday evenings and Saturdays, from Jan. 14 to Feb. 5, 2022

**Locations** | Online and at The University of Fraser Valley’s Mission Campus at Heritage Park Centre, 33700 Prentis Avenue

**Hosts**
- The University of Fraser Valley
- UBC’s Department of Curriculum and Pedagogy (EDCP)

**Register by January 7, 2022**

www.pdce.educ.ubc.ca/elementary-physical-health-education-fall-institute

**Course Instructor**
- Dr. Joanna Sheppard (UFV)

**Guest Instructors**
- Steve McGinley (UBC)
- Dr. Stephen Berg (UBCO)
- Dr. Guy Le Masurier (VIU)
- Dr. Hartley Banack (UNBC)
- Lise Gilles (SD 68)
- Josh Ogilvie (SD 68)
- Alexandra Inglis (SD 73)