



# Elementary Physical and Health Education: Supporting Physical Activity and Physical Literacy

Available for credit and non-credit | EDCP 420

## ▶ Online

This Summer Institute will introduce teachers to Elementary Physical and Health Education (PHE) curriculum, content knowledge, pedagogical content knowledge, practical experiences, and professional responsibilities of a successful elementary school teacher. The course will expand elementary teachers' level of confidence and competence when delivering the British Columbia (BC) PHE Curriculum.

In this course, learners will work through modules on the BC PHE K-7 curriculum, the Indigenous holistic approaches to teaching and learning, creating equity, diversity and inclusion in PHE, 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 BC school districts, Indigenous Sport Physical Activity and Recreation Council and several BC Universities.

The goals of the Summer Institute are to support BC educators working in elementary (K-7) schools to be able to:

- Increase their level of confidence and competence when delivering the BC PHE curriculum;
- Implement activities to increase the number of minutes during the school day for students to be active;
- Use physical activity to support student mental well-being;
- Identify the value of physical activity for one's own mental health and mental well-being; and plan to increase your knowledge of physical activity as a mechanism to support your own mental well-being; and
- 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.

## Register

[pdce.educ.ubc.ca/  
elementary-hope](https://pdce.educ.ubc.ca/elementary-hope)

## Information and Contacts

**Location** | online

**Host** | UBC Department of Curriculum and Pedagogy

**Dates** | July 6-10, 2020

**Register By** | June 20, 2020

Course pre-work will be sent the week prior to be completed before July 6.

## More Information |

[pdce.educ.ubc.ca/elementary-hope](https://pdce.educ.ubc.ca/elementary-hope)

## Course Instructor

- **Steve McGinley**, University of British Columbia (UBC)

## Guest Presenters:

- **Dr Stephen Berg**, University of British Columbia- Okanagan (UBC-O)
- **Dorothy Paul and Lise Gillies**, Indigenous Sport, Physical Activity & Recreation Council (I-SPARC)
- **Alexandra Inglis**, After-School Sports and Arts Itinerant Teacher, SD 73 (Kamloops-Thompson)
- **Dr Guy Le Masurier**, Vancouver Island University (VIU)
- **Josh Ogilvie**, PHE Department Head/ Burnaby Schools, PHE BC Executive
- **Dr Joanna Sheppard**, University Fraser Valley (UFV)

