

## Upcoming Online Workshops for Educators Working with Indigenous Students

Looking to learn more about Indigenous Ways of Knowing when it comes to physical activity and physical literacy? Join us for one, two or all three of these **free** Zoom workshops through February and March – choose the date for each workshop that works best for you!

### ***An Indigenous Approach to Getting Started with Physical Literacy Workshop***

Brings local Indigenous storytelling that honours the First Peoples' Principles of Learning to basic physical literacy theory.

**February 23**, 3:00-4:30 p.m. PST

**March 10**, 12:00-1:30 p.m. PST

**March 14**, 3:00-4:30 p.m. PST

### ***Holistic Model for Educators***

Based on the medicine wheel's core values and teachings, learn to further the physical literacy of Indigenous learners by teaching beyond the physical to the emotional/intellectual, cultural and spiritual.

**February 24**, 3:00-4:30 p.m. PST

**March 2**, 3:00-4:30 p.m. PST

**March 13**, 3:00-4:30 p.m. PST

### ***Motivation Strategies for Indigenous Learners***

This workshop will work towards an understanding of what physical literacy is, how building confidence and competence increases motivation for physical activity, and how educators can build supports for students' motivation. We will look at challenges and barriers that students may be dealing with that can impede their motivation, consider ways to support students where they are at and understand their needs in a holistic manner, and discuss strategies to meet those needs.

**February 24**, 1:00-3:00 p.m. PST

**March 6**, 1:00-3:00 p.m. PST

**March 14**, 1:00-3:00 p.m. PST

## Information and Booking

Contact **Alex Dolen**, *Project Manager*, School Physical Activity and Physical Literacy project at [adolen@isparc.ca](mailto:adolen@isparc.ca).

