

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 May and June – 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. 90 minutes

Tuesday May 16th, 12:00-1:30 p.m. PST

Tuesday May 23rd, 3:00-4:30 p.m. PST

Monday June 5th, 12:00-1:30 p.m. PST

Friday June 9th, 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. 90 minutes.

Thursday June 1st, 3:00-4:30 p.m. PST

Tuesday June 6th, 3:00-4:30 p.m. PST

Motivation Strategies for Indigenous Learners

This new workshop works 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 look at challenges and barriers, consider ways to support students where they are at, understand their needs in a holistic manner, and discuss strategies to meet those needs. 2 hours.

Thursday May 18th, 3:00-5:00 p.m. PST

Friday May 26th, 12:00-2:00 p.m. PST

Thursday June 8th, 12:00-2:00 p.m. PST

Information and Booking

Contact **Alex Dolen**, *Project Manager*, School Physical Activity and Physical Literacy project at adolen@isparc.ca.

