

## 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](mailto:adolen@isparc.ca).

