

SCHEDULE FOR THE DAY - Friday, October 20, 2023 OPLS "MOVE TO IMPROVE"

7:30 AM FOYER	Registration Opens			
8:30 AM CAFETERIA	Welcome - Ontario Minister of Tourism, Culture and Sport: Mr. Neil Lumsden MPP			
	Land Acknowledgement			
	Introductions			
	Keynote Speakers - Dr. Dean Kriellaars ("The Physical Literacy Engine") and Drew Mitchell ("The State of Physical Literacy Today")			
10:00-11:00 am	WORKSHOP Block 1			
Location	Presenter's Name	Presentation Title	Target Sector	Other Relevant Sectors
Room 1	Rachael Holmes	<i>Adaptive Physical Literacy</i>	Secondary School Students/Teachers/Admin + Accessibility	Elementary Teachers; Accessibility
Room 2	Carolyn Crang	<i>Physical Literacy and Our Teachers</i>	Elementary School Teachers/Admin	Teacher Candidates/new Rec leaders
Room 3				
Gym 1	Eric Mathura	<i>Gamifying Fitness for Fun, Engaging & Interactive Workouts (25% Presentation & 75% Active)</i>	Recreation & Community Centre Leaders	Coaches/Parents/Athletes & Elementary & Secondary Phys Ed Teachers
Room 5	Andrea Haeefe	<i>Ontario Physical Activity Safety Standards in Education 101</i>	Elementary School Teachers/Admin	ALL
Lecture Hall	Eric McLoughlin	<i>Safe Sport 101 - The X's & O's of Creating Safe & Fun Sport for All</i>	Coaches/Parents/Athletes	Teachers, rec leaders, admin
Gym 2	Paolo Zambito	<i>Elevate Your Kids' Experience with Omnikin Sports! (ACTIVE)</i>	Elementary School Teachers/Admin	Secondary School Teachers
Room 4	Tracia Finlay-Watson	<i>From Theory to Practice: Developing Physical Literacy Foundations in the Early Years (ACTIVE)</i>	Early Childhood Education (ECE)	Elementary School Teachers/Admin, Recreation & Community Centre Leaders, Coaches/Parents/Athletes
Gym 3	Sharlene Hogeterp Louden	<i>Find your FORCE- Empowering YOU to find your power/force/function through Kickboxing (ACTIVE)</i>	Coaches/Parents/Athletes	Yes- Recreation and Community Centre Leaders, Teachers
11:15am-12:15pm	WORKSHOP Block 2			
Location	Presenter's Name	Presentation Title	Target Sector	Other Relevant Sectors
Room 1	Emily Guerin	<i>The Physical Literacy Chatham-Kent (PLCK) Project</i>	Public Health and/or Research	Early Childhood Education, Elementary School Teachers/Admin., Recreation & Community Centre Leaders
Room 2	Kyla Crocker	<i>It's time to getting moving with MOVE by GoodLife Kids</i>	Secondary School Students/Teachers/Admin + Accessibility	Recreation & Community Centre Leaders; Public Health and/or Research Accessibility and Disability; Coaches/Parents/Athletes; Early Childhood Education (ECE)
Room 3	Anthony De Laurentis	<i>Putting the FUN back in Work: Creating a Positive Workplace Culture</i>	Recreation & Community Centre Leaders	ALL
Room 5	Andrea Haeefe	<i>Play for All: Re-imagining physical activity throughout the day</i>	Elementary School Teachers/Admin	ALL
Room 4	Michelle Faber	<i>Enhancing Children's Mental Health Through Mindful Movement and Mindfulness</i>	Elementary School Teachers/Admin	Parents, teachers, coaches
Lecture Hall	Jenny Lim	<i>Insights from the Rally Report 2022: A Call for Better, Safer Sport for Girls</i>	Coaches/Parents/Athletes	ALL
Gym 1	Robert McLeod	<i>Best Effort Always - Growth Mindset Through Frisbee (ACTIVE)</i>	Elementary School Teachers/Admin	Secondary School, Recreation/Community Centre, Coaches/Parents
Gym 2	Paolo Zambito	<i>Rediscovering Kin-Ball : Igniting a New Era of Inclusive Competition (ACTIVE)</i>	Secondary School Students/Teachers/Admin + Accessibility	Elementary Teachers. Although Kin-Ball will be easily accessible to high school kids, Elementary teachers, from grade 3 and up, will find something for their students.
Gym 3	Amy Tepperman	<i>Moving and Learning with the Body, Brain and Being! (ACTIVE)</i>	Elementary School Teachers/Admin	ECE, Recreation and Community Centre Leaders, Public Health
Outdoor Sports Field	Derek Perera	<i>Introduction To Cricket</i>	Secondary School Students/Teachers/Admin + Accessibility	Elementary school teachers ; Coaches, parents athletes
12:15-1:15pm	LUNCH and ACTIVITIES			
Cafeteria	Eating, networking & socializing			
Outdoor Sports Field	Games - spike ball			
Room 1	Yoga, mindfulness			
Gym 2	Dance team - learn the dance			
Gym 1	Belly Dancing / Cricket			
12:15-2:15pm	MARKETPLACE Foyer (lower & upper)			
1:15-2:15pm	SPECIAL PPRESENTATION (door prize to follow)			

Lecture Hall	Liza Ritchie, Interval House Hamilton and Ambassadors from Hamilton Professional sport groups	Be More Than A Bystander: The Influence of Sports Leadership in Ending Gender-Based Violence	ALL are welcome	Secondary School Students/Teachers/Admin, Recreation and Community Centre Leaders
2:30-3:30pm	WORKSHOP Block 3			
Location	Presenter's Name	Presentation Title	Target Sector	Other Relevant Sectors
Room 1	David Aresenault	<i>Champions for Life - Empowering Children to Move Well!</i>	Elementary School Teachers/Admin	Early Childhood Education, Recreation &Community Centre Leaders
Room 2	Alisa McClure	<i>From silos to collaboration: The PLAY in Peel Project</i>	Elementary School Teachers/Admin	ECE, Rec and Community
Room 3	Helen Downey	<i>Physical Literacy for Older Adults</i>	Leaders working with Older population	Rec leaders, LTC staff, healthcare
Room 4	Michelle Hillier	<i>Find Your Flame: The Path to Personal Wellness</i>	Coaches/Parents/Athletes	ALL
Room 5	Jeff Rowthorn	TBA		
Lecture Hall	Pete & Dave - ProActive Athlete	<i>Injury Prevention</i>	Coaches/Parents/Athletes	educators/PE
Gym 1	Steve Lidstone	<i>Physical literacy / Planned Progressions for Speed, Change of Direction & Agility (ACTIVE CANFITPRO PD)</i>	Secondary School Students/Teachers/Admin + Accessibility	Coaches/Parents/Athletes
Gym 2	Kim Gilhespy	<i>The Best of CIRA (ACTIVE)</i>	Elementary & Secondary School Teachers/Admin	Early Childhood Education, Recreation &Community Centre Leaders
Gym 3	Anthony De Laurentis	<i>No Material Team Building: Fun Games with No Material (ACTIVE)</i>	Recreation & Community Centre Leaders	ECEs, teachers, coaches, parents
Outdoor Sports Field	Cheyenne Boulanger	<i>Man's Best Health Advocate</i>	Early Childhood Education (ECE)	Elementary School Teachers/Admin, Secondary School Students/Teachers/Admin
3:45-4:00pm	Wrap-Up			
Cafeteria	Closing Ceremony with OPLS 2023 Committee and Dance Performance; door prize #2			