



# PESIC News Update

This school year has been a nice transition back to normal. In the midst of this uncertainty is a truth that students who experience a quality, successful and effective physical education program **will** perform better academically and in life. I encourage you to continue supporting this message at your school and to ensure that the concepts of physical literacy, basic fundamental movement patterns, fitness, skill development, and curricular outcome assessment are effectively established. All physical education teachers hope to create a program environment where the entire school community is committed to supporting these concepts.

PESIC has strived to support our physical educators and to maintain our credibility in the school system. We have made monumental strides over the last few decades, although recent events seem to suggest we have taken a step backwards, especially considering that universities are beginning to cut their PE programs. With that said, it is in the nature of our teaching that we look to turn this negative into a positive. If there is any time that physical educators are a significant part of the school system, it is now. It is at this time that physical educators must advocate for maintaining physical activity education as an essential component of our students' educational framework; and reinforce its importance in students' academic success.

On Friday, May 26, 2023, I would like to see **EVERY** physical educator in the province of Newfoundland and Labrador in attendance for **OUR** Physical Education Conference in St. John's. This year we will be featuring Outdoor Activities and showcasing ways to utilize the outdoors into our physical education program. This will be a valuable professional learning opportunity that will only be once every year or two. Please stay tuned for more information about our conference in the next couple of weeks. We hope to see you there!



**Neil Baker**  
**PESIC President**

(PE Teacher, Amalgamated Academy,  
Bay Roberts, NL)

SAVE THE  
**DATE:**  
**FRIDAY, MAY 26, 2023**  
PHYSICAL EDUCATION  
CONFERENCE • ST. JOHN'S

# Spotlight on Physical Education

I teach K - 3 Physical Education at **Gander Academy** in Gander. Our school population is almost at 500 currently. Since getting into our new school last year and finishing with not being able to mix with other cohorts, we have started lunch time sports for Grade 2 and 3. Classes were all given team names related to bees, which is the theme in our school. Teams take turns coming to the gym during the first half of lunch to play a game against another class in their grade level. The winning team gets a point, but there is also an extra point awarded to the class that showed the best overall attitude during the game. We have a scoreboard outside the gym listing all the teams and the points. At the end of the year, the team in each grade level with the most total points wins and is awarded a class prize such as a movie on the big screen in the gym on a Friday afternoon. We only have about 15 minutes to play so the games have to be simple games with very little setup that includes everyone for maximum participation



Submitted by Heather Beaton, Gander Academy

such as *Clean the House* or *Bowling Pin Dodgeball*. I have included a picture of a Grade 2 group playing *Clean the House*. Teachers volunteer to help me supervise these activities and bring them back and forth to their classrooms and the cafeteria once they are finished. With so many students and such a big school, these types of activities would not be possible without the help of volunteers.

## ***Havin' A F.I.T.T.!! – PESIC NL Outdoor Challenge***

Challenge your class to take the fun outside in PESIC's latest Physical Education Challenge – "HAVIN' A F.I.T.T.!!"

Immersing into nature while taking part in a fun activity is a great way to improve your physical and mental health. Teaching students about the importance of physical fitness while in an outdoor setting is a great way to get in shape while having fun.

To qualify for the prize draws Physical Education teachers can complete the form which includes their school, class, chosen activity, as well as some uploaded pictures for the PESIC Facebook page. The contest runs from **January 10 - February 17** with the ultimate prize draw happening on

**February 24.** In order to qualify for the prize draw the activity must take place in an outdoor setting.

### **The Plan**

**Frequency:** Get outside 3-5 times per week

**Intensity:** Let's talk intensity! Choose activities that gets your heart pumping

**Time:** 20 minutes of activity time per session

**Type:** Suggested activities include, but not limited to walking, snowshoeing, hut building, snowman contest, wilderness survival, boil up, climbing, biking, hiking, sliding, ice fishing, etc.

Please enter the contest on our website [www.pesicnl.com](http://www.pesicnl.com).

Our school is **Woodland Primary**, a k-3 school in Grand Falls-Windsor. Last year our school started an Outdoor Classroom that allows students to learn while engaged in physical activity and being engaged in outdoor activities. We applied for grants from various organizations and turned an empty field into a giant Outdoor Classroom.

There is a gazebo where students can participate in various activities, a trail cut through the wooded area where children can explore nature, a climbing structure, soccer nets, music walls, mud kitchens, veggie beds, sand boxes and more.

Students participate in authentic learning in nature and are active while doing so.



Submitted by Danielle LeDrew, Woodland Primary

**CC Loughlin Elementary** School in Corner Brook has a spectacular cross country running club. Here is a picture of our winners in the recent regional cross country running race. We have over 60 participants in Grades 4, 5 and 6 in our afterschool program. This year most of our kids participated in two local running events, a regional event and a provincial event.



Submitted by Dayna Fewer, CC Loughlin Elementary

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Vacant

## **BECOME A PESIC MEMBER**

### **MEMBERSHIP BENEFITS INCLUDE:**

- Network with a PE Community that supports quality physical education.
- Being a registered member of PESIC will allow us to forward information on your behalf for your free Physical and Health Education (PHE) Canada membership.
- PESIC represents all PE teachers at the NLTA; voice your concerns to your area PESIC Rep.
- PESIC members are entitled to apply to receive funds to attend a PHE National Conference or Provincial Conference (Labrador Members). We award one grant per region of NL.
- PESIC members are entitled to apply to receive the Mentor Fund which provides funding for one individual to attend the PHE Canada Leadership Camp as a Mentor.
- If nominated, PESIC members qualify to receive provincial awards and PHE national awards.
- Eligible to receive the discounted Member's Rate to all PESIC Biennial Conferences.
- Membership is \$20.