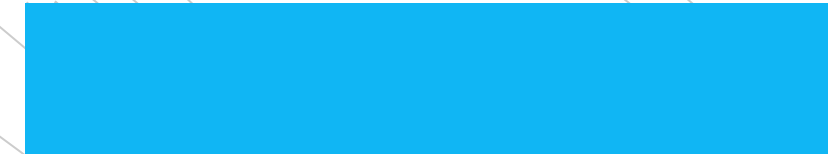


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Physical Literacy in Practice Updated: 2022 – Let's get started

Fort Providence, NT (and beyond!)



Tansi!

I'm Beth 🤗





Hi, my name
is:

Sakawi-Pihew
Iskwew

Beth Hudson

BSc Kin
CSEP-CPT
MA PER
PhD?

- **Previously:**
 - Bachelor of Science in Kinesiology (U of A)
 - Certificate in Aboriginal Sport and Recreation (U of A)
 - CSEP – Certified Personal Trainer
 - Masters of Arts in Physical Education & Recreation (U of A)
 - Thesis: Exploring the Physical Activity Experiences of Northern Aboriginal Youth
 - Post-Bachelorette Certificate in Indigenous Sport and Recreation (U of A)
 - Sport for Life Leaders School 😊
- **Currently:**
 - PhD Faculty of Kinesiology, Sport, Recreation 2022
 - Land-based focus

I've worn many hats since 2012 (there's more now)

- PAW Pilot Project
- PAW Leader
- Researcher
- **Physical Literacy Coordinator**
- The “Rec Girl”
- Coach
- Volunteer
- Personal Trainer
- Teacher/Instructor
- Student
- Athlete



Now I do...
more of
this



Intergenerational Programming









It's been
an
adventure



I've been
learning

So back to
Physical Literacy
and an updated
lens...



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How to successfully incorporate PHYSICAL LITERACY...

into anything and/or everything you do

(A Working Title)

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Get them OUTSIDE

You don't need fancy equipment or facilities to get something FUN going!







In The GYM!

No fancy equipment required
(Facility, unfortunately, is required)













CELEBRATE
the small things!

And let them be creative





Mini Olympics



Friday May 20th

Opening Ceremonies

Youth Events from 2pm-5pm and 6-9pm*

Games, Competitions, Carnival Games, Crafts, & More!

Saturday May 21st

Mud Run Obstacle Course 11am-3pm*

Youth BBQ @ 1pm*

Closing Ceremonies & Medal Presentations

Youth Dance 8-11pm*

Register at the School before the end of the day on Thursday, May 19th

Detailed Itinerary and Schedule to be released ASAP

***approximate times listed**



Cooperation



Activity



Benefits Health

2017 Deh Gah Track Records

MITES (Kindergarten + Grade 1)

Boys Long Jump: Azariah Asamoah 1.9m

Girls Long Jump: Ashley Bond 1.2m

Boys Ball Throw: Colten Landry 15.7m

Girls Ball Throw: Audrina Gargan 8.6m

Boys 50m: Colten Landry 11.89s

Girls 50m: Ashley Bond 14.62s

Boys 100m: Azariah Asamoah 22.71s

Girls 100m: Ashley Bond 26.09s

TYKES (Grade 2 + Grade 3)

Boys Long Jump: James Labrecque 2.3m

Girls Long Jump: Sheena Labrecque 2.3m

Boys Ball Throw: Harley Matto 20.1m

Girls Ball Throw: Cierra Thomas 14.4m

Boys 50m: James Labrecque 11.01s

Girls 50m: Mackenzie Neyelle 9.95s

Boys 100m: James Labrecque 21.14s

Girls 100m: Mackenzie Neyelle 19.76s

PEE WEE (Grade 4)

Boys Long Jump: Connor Landry 2.3m

Girls Long Jump: Sharon Causa 2.6m

Boys Ball Throw: Karsen Lafferty 23m

Girls Ball Throw: Alexa Tale 20m

Boys 100m: Karsen Lafferty 21.06s

Girls 100m: Shawnte Wellin 21.74s

BANTAM (Grade 5 + Grade 6)

Boys Long Jump: Nelson Causa 2.5m

Girls Long Jump: Marina Walker 2.8m

Boys Ball Throw: Nelson Causa 31m

Girls Ball Throw: Marina Walker 21.5m

Boys 100m: Nelson Causa 21.66s

Girls 100m: Marina Walker 18.85s

JUNIOR HIGH/SENIOR HIGH

Boys Long Jump: Dylan Hope 3.5m

Girls Long Jump: Sadeedi Gargan 3.0m

Boys Shot Put: Chris Canadien 9.8m

Girls Shot Put: Sadeedi Gargan 7.9m

Boys 100m: Dylan Hope 16.50s

Girls 100m: Sadeedi Gargan 17.54s



A CARING ADULT

The most important factor of all









Better with
FRIENDS







The background features a series of concentric circles in light gray, some solid and some dashed, creating a ripple effect. A bright blue callout box with a downward-pointing tail is centered on the page. Inside the box, the text "Take Advantage of Community & Territorial Events" is written in white, sans-serif font.

Take Advantage
of Community &
Territorial Events

MYDG 2017



MYDG 2017



School Events



Walk to Tuk 2017



Walk to Tuk 2017



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When In Doubt DO IT YOURSELF

Cheap and Simple Events That Have Worked
(Another Working Title and Probably What You
Want to Hear About Most)

Mud Run 2016

Items Required:

Hard Work

Mud

Hot Dogs



Water Fight 2017

Items Required:
\$50 for 900 balloons
Hard Work



Water Fight 2017

The Faster You Run The
Faster They Will Run!
Motivation 😊



After Water
Fight 2017
S'Mores
Prices Vary



DANCEPL3Y

** NOT CHEAP **

But Christina and I will happily run a class for you
(and the rest of you GET
CERTIFIED)



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Physical Literacy Fair 2017

Creating Awareness

Cheap

Capacity Building



I N F O R M A T I O N



PRIZES











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Support Your
CHAMPIONS

VOLLEYBALL



Monday & Wednesday 8:00-10:00pm
Ages 14+

FLOOR HOCKEY



Tuesday 8:00-10:00pm
Ages 12+

FAMILY GYM



Wednesday 6:00-7:00pm

Open for Families with Young Children
Parents MUST be present
Games, Free Play, Music, Story & Puppets

BOOTCAMP



Monday
Tuesday
Wednesday
Thursday

5:10-6:00pm

BADMINTON



Monday & Thursday 6:00-7:00pm

Wednesday-Learn to Play 4:00-5:00pm

BASKETBALL



Tuesday & Thursday
7:00-8:00pm

Ages 12+

SOCCER



Monday 4:00-5:00pm

Thursday 8:00-10:00pm

TABLE TENNIS



After School 3:10-4:00pm

Also Winter Games 2018 & Other Tournaments

Tuesday & Thursday 4:00-5:00pm

Open Practice

TEEN TIME



Wednesday 7:00-8:00pm





BELIEVE
IN YOURSELF!!

#OUR AWESOME

Physical
Literacy!!

ROLE
MODEL

ENGINEER
of
AWESOME

HAPPY

#COUNCIL of AWESOME
#DANCEPSY

BE FUN!
I CAN
DO IT!

POSITIVE

Get In Touch:

beth_hudson@dehcho.org

bethh@me.com

