

**Physical and Health Education Series**  
**Session #1 - Tuesday, October 3rd 3:15 – 4:15**  
***Synchronized Basketball Dribbling to Music!!***

Led by: Dave Allan, SD33 Physical Literacy Collaboration Teacher

- Target Audience: Elementary PHE Teachers & Classroom teachers who do their own PHE. Grades 2+
- Where? Unsworth Elementary Gym
- What you'll learn? A choreographed routine, blending simple basketball dribbling and movements to a popular song!



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Register on eBase & come prepared to play!!

**Physical and Health Education Series**  
**Session #2 - Tuesday, October 10 3:15 – 4:30**  
***Minor Games for Intermediate and Middle***  
***School PHE Teachers***

Led by: Dave Allan, SD33 Physical Literacy Collaboration Teacher

- Target Audience: Grades 3-5 + Middle School Teachers who teach their own PHE
- Where? Unsworth Elementary Gym
- What you'll learn? Four super-fun, engaging small-group/team games for the gym or outside:
  1. Mat Ball – a high-paced version of Kickball
  2. Towels – an invasion game, think Capture the Flag...
  3. Hultimate – a blend of Ultimate and Handball
  4. Colour Code – a Scavenger Hunt type game



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**Physical and Health Education Series**  
**Session #3 - Tuesday, October 17th 3:15 – 4:15**  
***Warm-ups and Quick-Hit Starter Activities***

Led by: Dave Allan, SD33 Physical Literacy Collaboration Teacher

- Target Audience: Elementary/Middle School Teachers who teach their own PHE
- Where? Unsworth Elementary Gym
- What you'll learn?  
Gym entry routines, movement preparation activities, + quick & easy warm up games!



Register on eBase & come prepared to move & play!



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# Physical and Health Education Series

## Session #4 - Tuesday, October 24th 3:15 – 4:15

### ***Beyond Dodgeball***

Led by: Dave Allan, SD33 Physical Literacy Collaboration Teacher

- Target Audience: Elementary/Middle School Teachers who teach their own PHE
- Where? Unsworth Elementary Gym

- What you'll learn?

**FIVE** different over-hand throwing games that use objects – not people – as targets.

1. Mega Ball
2. Hula Hut Throwdown
3. Battleship
4. Tow and Throw
5. Bench Ball \*not quite the bench ball you may be thinking about...



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prepared to play!