



PRESS RELEASE

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PROJECT PROVIDING TEACHERS WITH NEW WAYS TO TEACH PHYS ED

Fort Frances – The OPHEA (Ontario Physical Health and Education Association) coaching pilot project launched in October 2016, with Kari-Lynn Beckett of the Rainy River District School Board travelling to the annual OPHEA conference in Niagara Falls to take part in a variety of exciting workshops. With the Health and Physical Education curriculum revisions in 2015, OPHEA felt it was important to provide professional development to teachers.

Mrs. Beckett returned to the Board and has trained other teachers with the knowledge and resources she acquired, utilizing CIRA/Playsport/Ophea Teaching Games For Understanding (TGFU) and Physical Literacy online resources to better engage students. This pilot and the supporting resources has helped to support teachers, Kindergarten to Grade 12, in the implementation of the updated curriculum.

“We can't teach the way we've always taught,” said Mrs. Beckett. “Students levels of engagement have changed and our job is for everyone to be successful and feel self-confident with their physical education skills.”

The elementary H&PE curriculum takes a skill-building approach that helps students feel safe, comfortable and included. Participation in physical activity is important for a student's overall success, helping to stimulate their minds and bodies, to build friendships, and to promote healthy living.

The Rainy River District School Board hopes this great partnership with OPHEA continues in the future.

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Media Contact:

Kari-Lynn Beckett, Teacher, Robert Moore School (807) 274-9818

Reference:

Heather Latter, Communications Officer, Rainy River District School Board (807) 274-9855 ext. 4989

Mission: *“Together, we empower all students to believe in themselves, to achieve, and to dream.”*

Vision: *“The Rainy River District School Board is an innovative community, nurturing hearts and minds, to build a foundation for tomorrow, today.”*

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