Central East
Physical Literacy Summit 2017
Physical Literacy: Mobilizing Communities

Saturday, April 29th - 8:15 am - 4:15 pm
Cobourg Collegiate Institute

Session A			
A1	**PL and Communities - How to Keep People Moving**	Dr. Dean Kriellaars	✓ Sport ✓ Education ✓ Recreation ✓ Health
A2	**Creating a physical literacy program: New York Road Runners new "Rising Runners"** With over 200,000 youth participants in nearly 1000 sites across the US, New York Road Runners offers one of the world's biggest youth running programs. IN 2017 they will launch a complete program revision built on physical literacy and LTAD principles called "Rising Runners". Find out how Sport for Life and NYRR worked together to renovate this huge program, and how you and your organization- no matter how big or small- can benefit from the result.	Dr. Paul Jurbala	✓ Sport ✓ Recreation ✓ Education
A3	**Getting Active After School** Promoting an active and healthy lifestyle shouldn't just happen during the school day. That's why this workshop was designed to promote healthy active living all-year round, all the time. You'll walk away from this session with knowledge of strategies and resources to help after school service providers effectively integrate physical activity and physical literacy into programming for kids and teens. Who said after school learning can't be fun?	Christa Costas-Bradstreet, PARC	✓ Sport ✓ Recreation ✓ Health
A4	**Active Together- Increasing Sport and reacreation opportunities within the community for Persons with a Disability (PWAD)** Five time paralympian Alec Denys presents his first-hand experience with inclusive sports and provides a hands-on learning opportunity for adapted programming for an inclusive environment.	Alec Denys	✓ Sport ✓ Education ✓ Recreation ✓ Health

Session B			
B1	**Physical Literacy and the Older Adult**	Dr. Dean Kriellaars	✓ Recreation ✓ Health
B2	**Promising Practices - Innovation in the School Board** Hear about emerging best-practices in physical activity and sport from leaders in the Trillium Lakelands District School Board. Topics include Reimagining Sport, Bikefest, and Nature-based Physical Activity.	Dave Lyons	✓ Education ✓ Health
B3	**Tried and Tested - Tools for Physical Literacy** A sampling of activities and methods of delivering physically active programs in different program settings.	Ted Temertzoglou	✓ Education ✓ Recreation
B4	**Getting and Staying in the Game - How do you prepare and manage your physical activities?**	Alban Marpeza	✓ Sport ✓ Recreation ✓ Health
Session C			
C1	**Physical Literacy Assessment – Why and How of Assessment**	Dave Lyons	✓ Education ✓ Health
C2	**Activating Physical Literacy in Communities**	Ted Temertzoglou	✓ Sport ✓ Recreation ✓ Education ✓ Health
C3	**Engaging the Aging: Physical Activity and Older Adults** Engaging the Aging is specifically designed for individuals/organizations who are developing, implementing or supporting older adult physical activity programming or who are advocating for and informing policy for older adult physical activity.	Christa Costas-Bradstreet, PARC	✓ Recreation ✓ Health
C4	**When is enough, enough?** Some ideas to use when talking to people about the 'do's and don'ts' of starting or re-entering a program of physical activity. How to avoid the adverse effects of overtraining and early specialization.	Dr. Alban Merepeza	✓ Sport ✓ Recreation ✓ Health