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GAME TIME

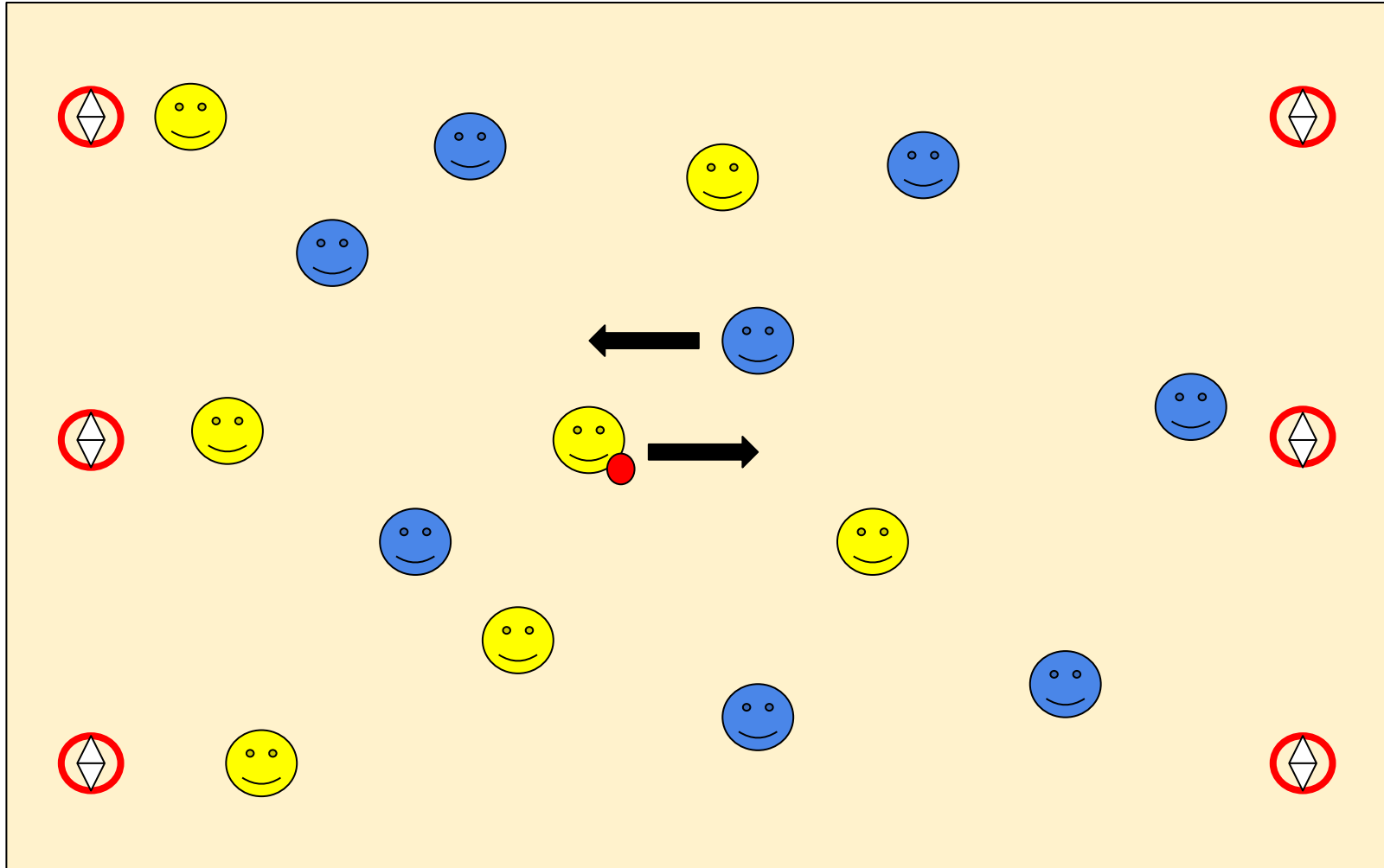


INSTRUCTIONS Pin Dodge

OBJECTIVE & PREPARATION	PROCEDURE
<p>The objective is to move the ball up the floor using modified handball rules and knock over the other teams bowling pin.</p> <p>Divide group into two teams; Team A and Team B. Each team then divides into two lines, Line 1 and 2.</p> <p>Five bowling pins are set up along the baseline of the basketball court on each side</p>	<p>Once you knock over the other teams bowling pin everyone on the scoring team needs to run back to their side before the opposing team picks up the dodgeball and hits any of the scoring teams players that were on the floor for the goal. If everyone makes it back safely the goal counts; if someone on the scoring team gets hit the goal doesn't count.</p> <p>Restarting the game: if a goal is scored the team that was scored on gets the ball and play resumes from their end. If the team hit an opposing player on the way back to their side play resumes after that contact.</p>
EQUIPMENT	SAFETY CONSIDERATIONS
<p>10 Bowling pins or pylons, dodgeball, pinnies</p>	
ASSESSMENT/CHECKING FOR UNDERSTANDING	DIFFERENTIATION/VARIATIONS
	<p>You can play until all the pins are knocked down (elimination style) or stand the pin up after each goal (continuous style)</p>



DIAGRAM | Pin Dodge

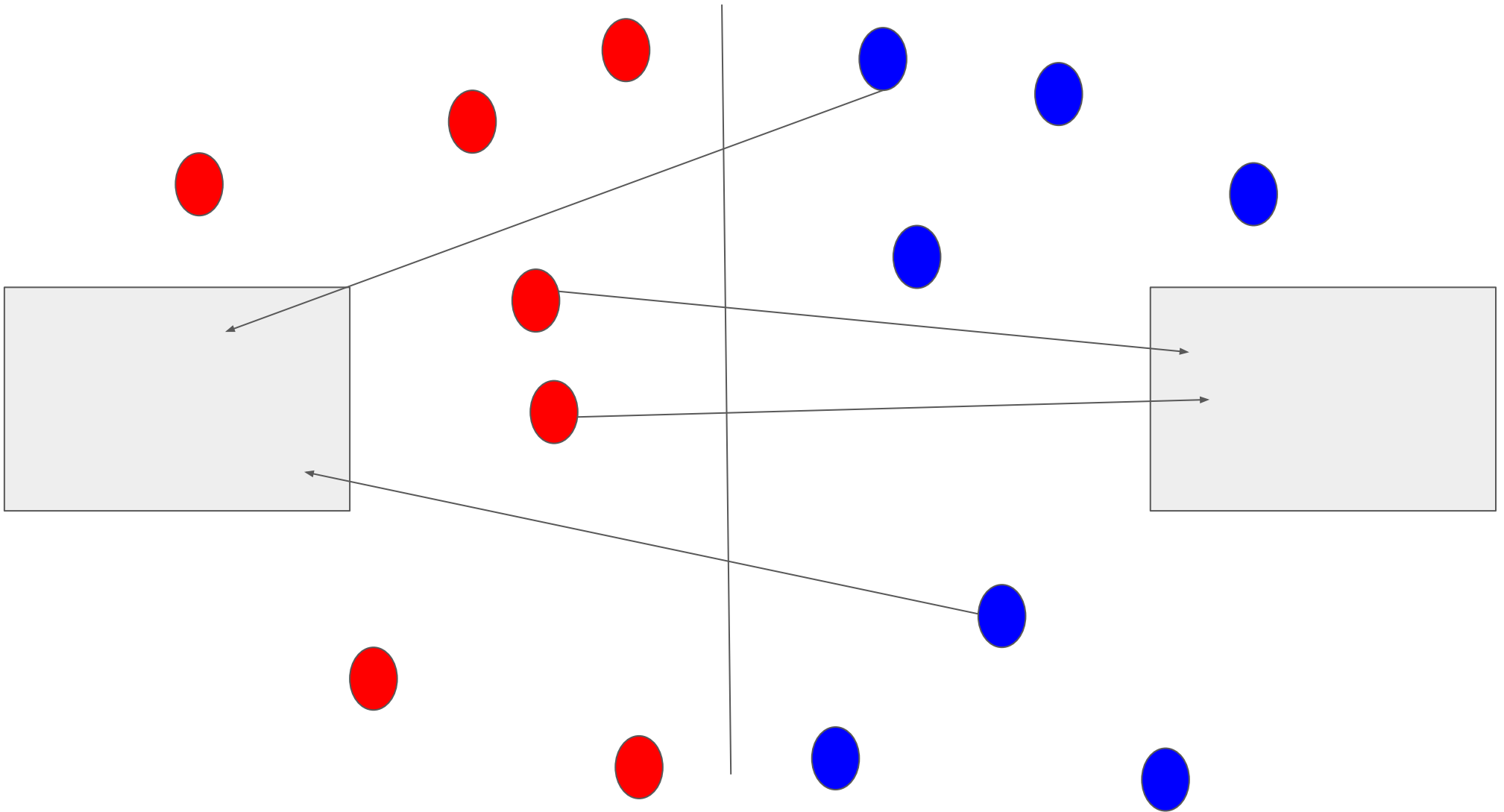


INSTRUCTIONS | Yoshi

OBJECTIVE & PREPARATION	PROCEDURE
<p>O: Teams attempt to be the first to get all of their players on the opposite island.</p> <p>P: Place the mats down on opposite ends of the gym (or make square using pylons). Create two teams, one on each half of the gym.</p>	<ul style="list-style-type: none"> -Players will attempt to be the first team to get all of their players onto the mat on the opposite side. -Players can get tagged when in the opposite team's half; If tagged, players sit where they were tagged. -Sitting players can be 'saved' by teammates who safely and successfully get to them without themselves getting tagged. When saved, both get a free walk back to their side. -Players can leave the mat to save someone they see sitting, however, then must take the free walk back to their side. -If the teacher yells, "YOSHI" then all players make a mad rush to the mat (even if they were sitting, they can get up and run to the mat). -First team with all players on the mat wins. -Start a new round!
EQUIPMENT	SAFETY CONSIDERATIONS
Pinnies, 2 mats or pylons to delineate areas	<ul style="list-style-type: none"> ● Collisions
ASSESSMENT/CHECKING FOR UNDERSTANDING	DIFFERENTIATION/VARIATIONS
<ul style="list-style-type: none"> ● Participation and Effort ● Communication & Teamwork 	<ul style="list-style-type: none"> - Use lines on the gym floor instead of mats. Get passed the line = safe zone. - When "Yoshi" is called, sitting students must "tag up" by getting up and running to their team's side, and then proceeding to run to the safe zone.



DIAGRAM | Yoshi

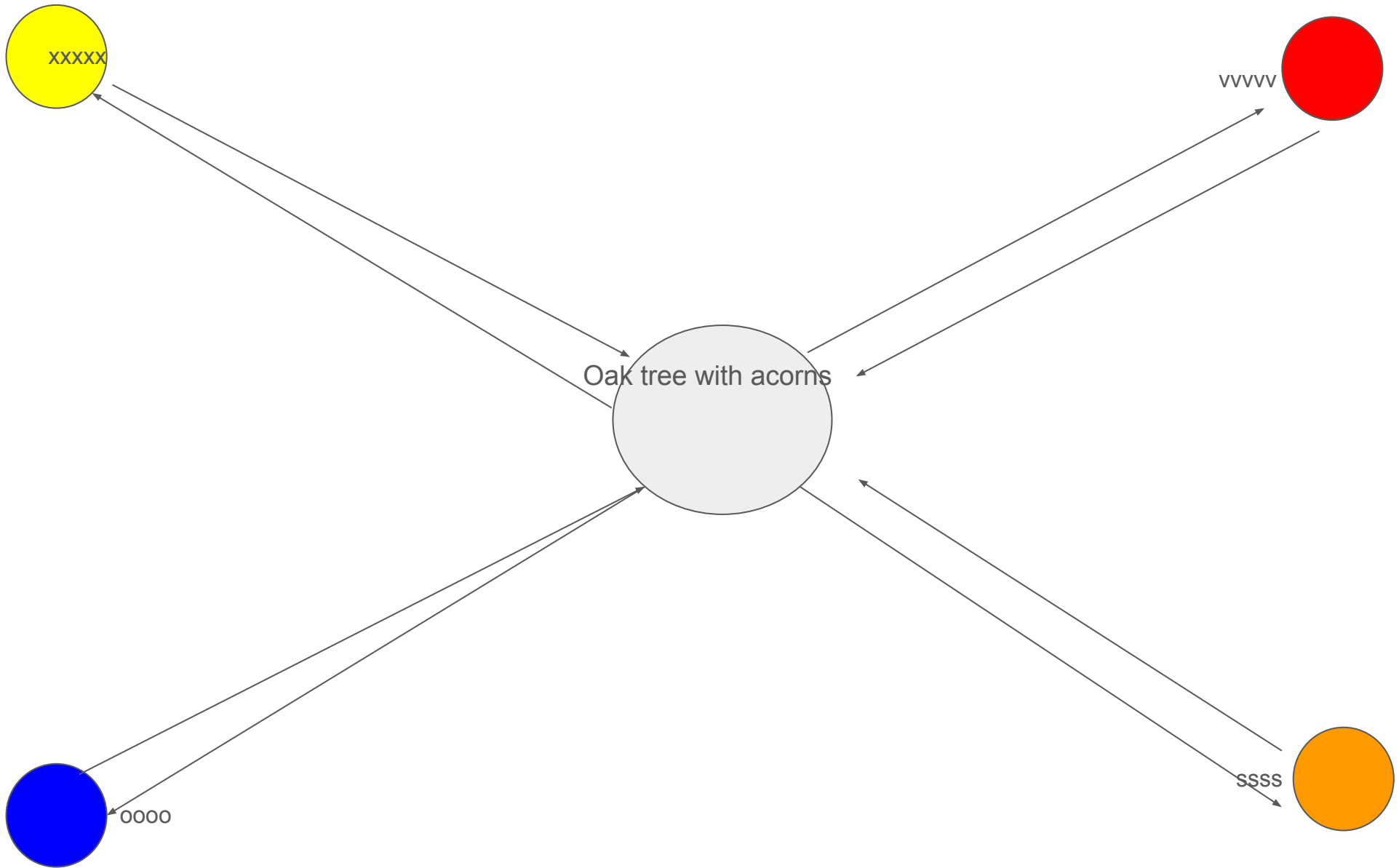


INSTRUCTIONS | Squirrels

OBJECTIVE & PREPARATION	PROCEDURE
<p>At the end of the round, the team with the most bean bags (acorns) survives the winter.</p> <p>Divide your group into 4 teams and assign each team to a corner. They will place their hoop in their corner. Pinnies or flags become students “tails” and will come into play in Phase 2.</p> <p>Put the bean bags in the centre of the floor. Each team starts in their corner.</p>	<p>Phase 1: On go, players run to the centre and get bean bags (1 bean bag per person) and run them back to their hoop. Squirrel tails (flags/pinnies tucked into a pocket) are not yet in play.</p> <p>Phase 2: Once the centre is empty/bean bags are in team hoops, students can steal bean bags from other hoops. Only 1 bean bag can be taken at a time.</p> <p>Players can also steal “tails” from other teams. If a student’s tail is stolen, they must trade a bean bag from their hoop in order to get back in the game.</p> <p>Play for a limited amount of time (e.g 6 minutes), then have teams count their bean bags and extra pinnies for points.</p>
EQUIPMENT	SAFETY CONSIDERATIONS
<p>Pinnies x 4 colours or flag belts with 4 colours of flags; 4 hula hoops; bean bags</p>	<ul style="list-style-type: none"> ● Collisions
ASSESSMENT/CHECKING FOR UNDERSTANDING	DIFFERENTIATION/VARIATIONS
<ul style="list-style-type: none"> ● Participation and Effort ● Communication & Teamwork 	<p>Switch objective - the acorns are now have a disease and you want to get rid of them! Take a bean bag from your hoop and deposit in another team’s hoop.</p>



DIAGRAM | Squirrels



INSTRUCTIONS |

Copycat Detective



OBJECTIVE & PREPARATION	PROCEDURE
<p>Students sit in a circle and you choose 1 or 2 detectives to step out of the circle and face towards the wall so they cannot see the rest of the class</p>	<ul style="list-style-type: none">-The teacher will now point to one person who will be the “copycat”-The copycat starts to move their body (ex. Clapping their hands/tapping their shoulders) and the rest of the class copies this movement-The detectives are now invited into the middle of the circle and try to figure out who the copycat is-The detectives will get 3 guesses-The copycat changes up their movement whenever they would like, max 30 seconds doing the same movement.
EQUIPMENT	SAFETY CONSIDERATIONS
ASSESSMENT/CHECKING FOR UNDERSTANDING	DIFFERENTIATION/VARIATIONS
<p>Observe for activity readiness</p> <ul style="list-style-type: none">- Observe for effort, teamwork, participation- Looking for communication- Formative feedback is beneficial for student growth	



INSTRUCTIONS |

Skittles

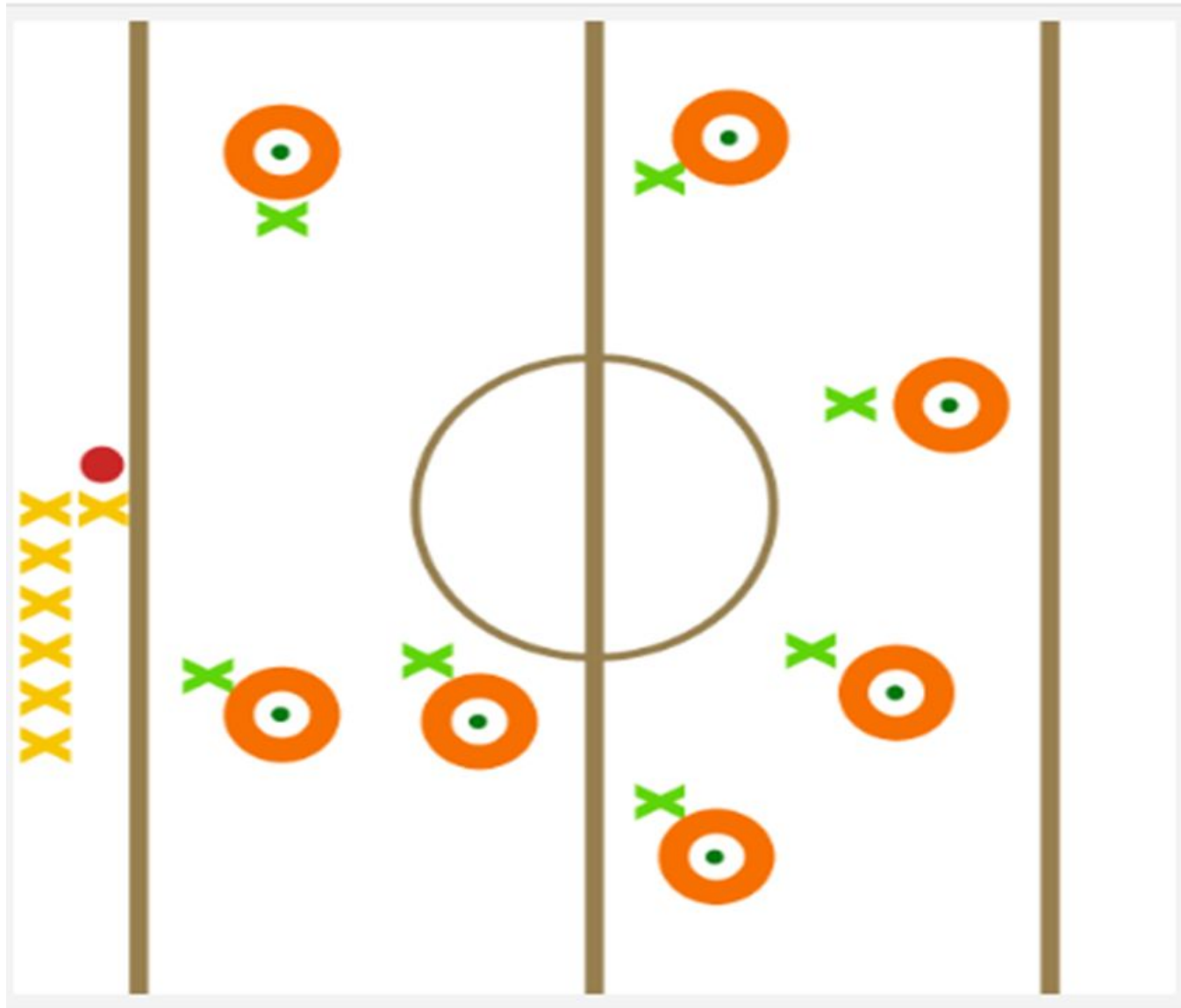
OBJECTIVE & PREPARATION	PROCEDURE
<p>Students will practice throwing, catching, dodging, and running skills. Students will develop strategy related to the transition between defense and offense.</p> <p>Assign just over half your class to place their hula hoop somewhere in the playing area, and to set their pin in the middle of it. Each individual is allowed a dodgeball. They are allowed to protect their pin, but cannot go inside the hula hoop, and cannot have body contact with anyone. The other half of the class lines up at one end of the playing area, and each kid in line gets a dodgeball.</p>	<p>Students try and knock over the pin in someone's hula hoop using your dodgeball, while also finding ways to protect your pin. When your pin is knocked over, you immediately return to the back of the line (this will signal the person in the front of the line to go). The individual who has joined the game has time to set the pin back up and join the game. (One thing to note typically an individual shows they are ready to join the game by stepping out of there hula hoop).</p> <p>This game can go on as long as you like, and you can even change it up by having the kids allowed only to use their feet, or change the size of the balls to make it harder...etc.</p> <p>Additionally, this version of the game doesn't allow allies or truces, this is something you can add in many different forms.</p>
EQUIPMENT	SAFETY CONSIDERATIONS
<p>Hula Hoop</p> <p>Bowling Pin/Cones/Empty Birdie Cannisters</p> <p>Dodgeball</p>	<p>No body contact</p> <p>Choose an open space that's free of trip/slip hazards</p>



INSTRUCTIONS | Skittles

ASSESSMENT/CHECKING FOR UNDERSTANDING	STRATEGY/TEACHING POINTS	
	Offence	Defense
	<ul style="list-style-type: none">- What are the easiest targets to throw at (closest to your hoop or far)- How long should you leave your hula hoop for- More accurate close or far, the advantage of being able to throw from far away and be accurate- How do you recognize that it is time to switch to offense (Body position, eyes, no one guarding)	<ul style="list-style-type: none">-How should they defend the pin-What is the best area to protect from-Where is a good spot for them to place the hula hoop at the start-When to retrieve a dodgeball





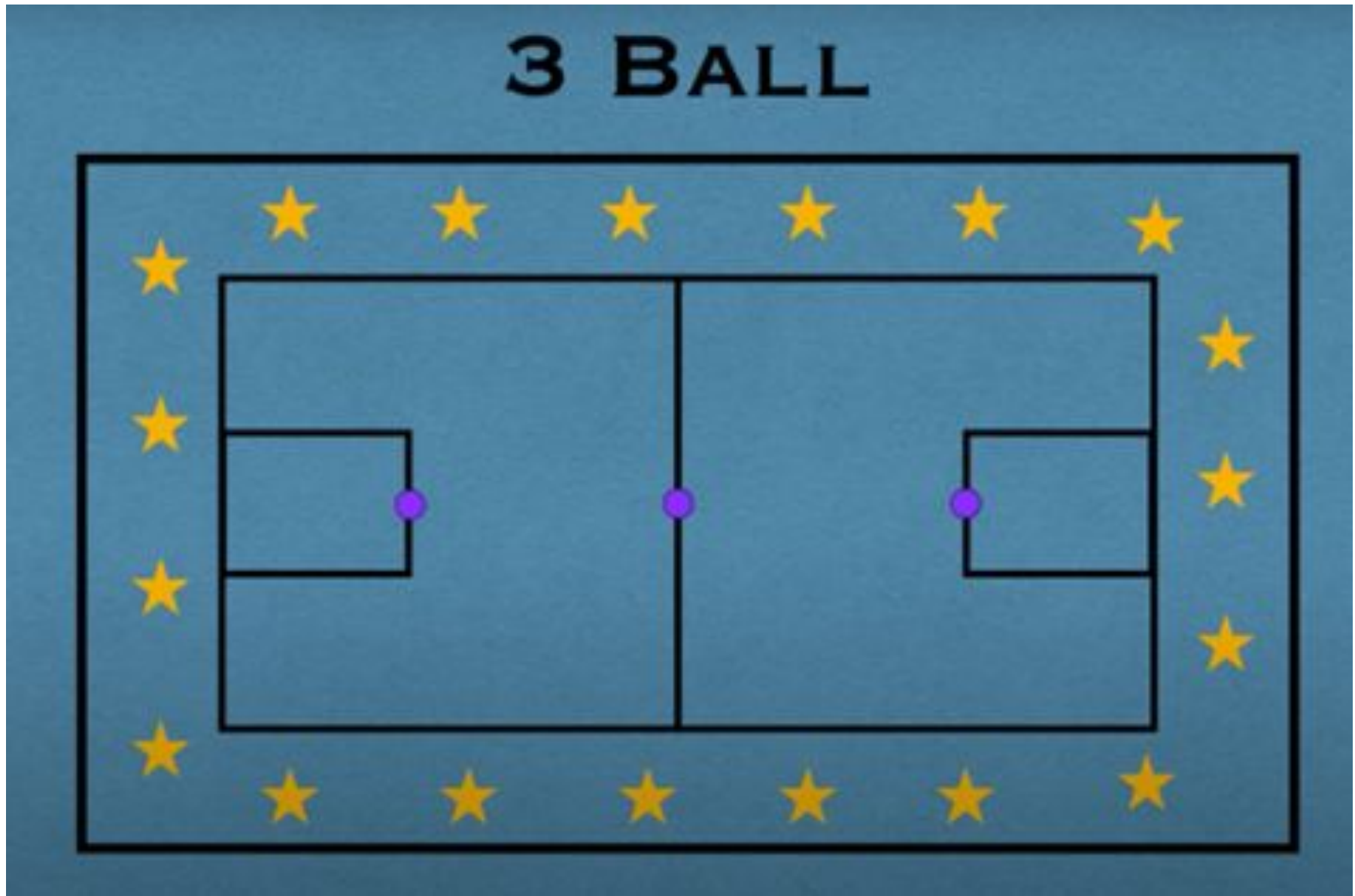
INSTRUCTIONS |

3 Ball

OBJECTIVE & PREPARATION	PROCEDURE
<p>Be the last person standing in the middle</p> <p>Start with everyone lined up outside the basketball court, 3 dodgeballs are lined up in the middle of the gym (both foul lines and centre line).</p>	<p>If a player gets hit by a ball, they are out. If a player has a ball in their hand and takes a step they are out. When a player is out, they must exit the court. Players who are out can get back in by collecting a ball that rolls outside the basketball court and then try throwing out a player that is still in play. If the out player is successful in hitting someone who is in, players switch spots. Players who are out can run around the outside of the and try to tag someone is standing too close to the edge of the court (one step in is allowed). If a player that is in gets tagged out, the players switch spots. If a player who is in steps out of the boundary, they are now out.</p> <p>JAILBREAK: all out players can get back in, if any of the out players score a basket in the main hoops, without stepping into the court.</p>
EQUIPMENT	SAFETY CONSIDERATIONS
<p>Basketball court 3 gator balls (dodgeballs) Alternative: 2 basketball hoops</p>	<p>Aim at the legs Proper throwing technique</p>
ASSESSMENT/CHECKING FOR UNDERSTANDING	DIFFERENTIATION/VARIATIONS
<p>Great game to assess proper throwing and dodging technique</p>	<p>Larger or different shaped balls Allow one bounce If ball caught, thrower is out</p>



DIAGRAM | 3 Ball



INSTRUCTIONS | Kickball Variations

UPSIDE DOWN KICKBALL (UDK)	CONTINUOUS KICKBALL (CK)
<ul style="list-style-type: none"> -Played like 'regular' kickball but base running is changed -Run 1st, 3rd, 2nd, then home. Fielding team must pay attention and make sure they are not in the path of the runner. -Can have up to 4 players on any given base (thus using hoola hoops, one foot stays inside the base to remain safe). This means that there are no forced runs or outs. -Get 4 outs before switching batting and fielding. Of if the entire line has kicked. -To get out it is like a traditional out (tagged with ball or ball makes it to base before runner) -HOWEVER, once a runner leaves their base, they must commit to running and cannot go back to their previous base. 	<ul style="list-style-type: none"> -No outs in this game -Bucket/bin of ball stands next to pitcher -Need to have 2 home bases, one for kicking the other for scoring (like in slo-pitch) -Kicking team lines up at the kicking plate -The pitcher then rolls a ball, the kicker must run. <ul style="list-style-type: none"> If the ball is fowl, they can either kick again or miss their chance at running. Use your discretion. -Pitcher then pitches the next ball as soon as the first runner is running. -Pitcher continues pitching, and kickers continue kicking -Meanwhile the outfield must replenish the bin of balls. -Every time the pitcher runs out of ball, the kicking scores an additional point. <ul style="list-style-type: none"> There are no points scored for runs. -This continues until all players have kicked, teams then switch and begin playing again.
EQUIPMENT	SAFETY CONSIDERATIONS
<p>UDK: 1 kickball, 4 bases (hula hoop w/witch hat/pylon cone)</p> <p>CK: 4 balls, 5 bases, 1 bin big enough to hold the balls</p>	

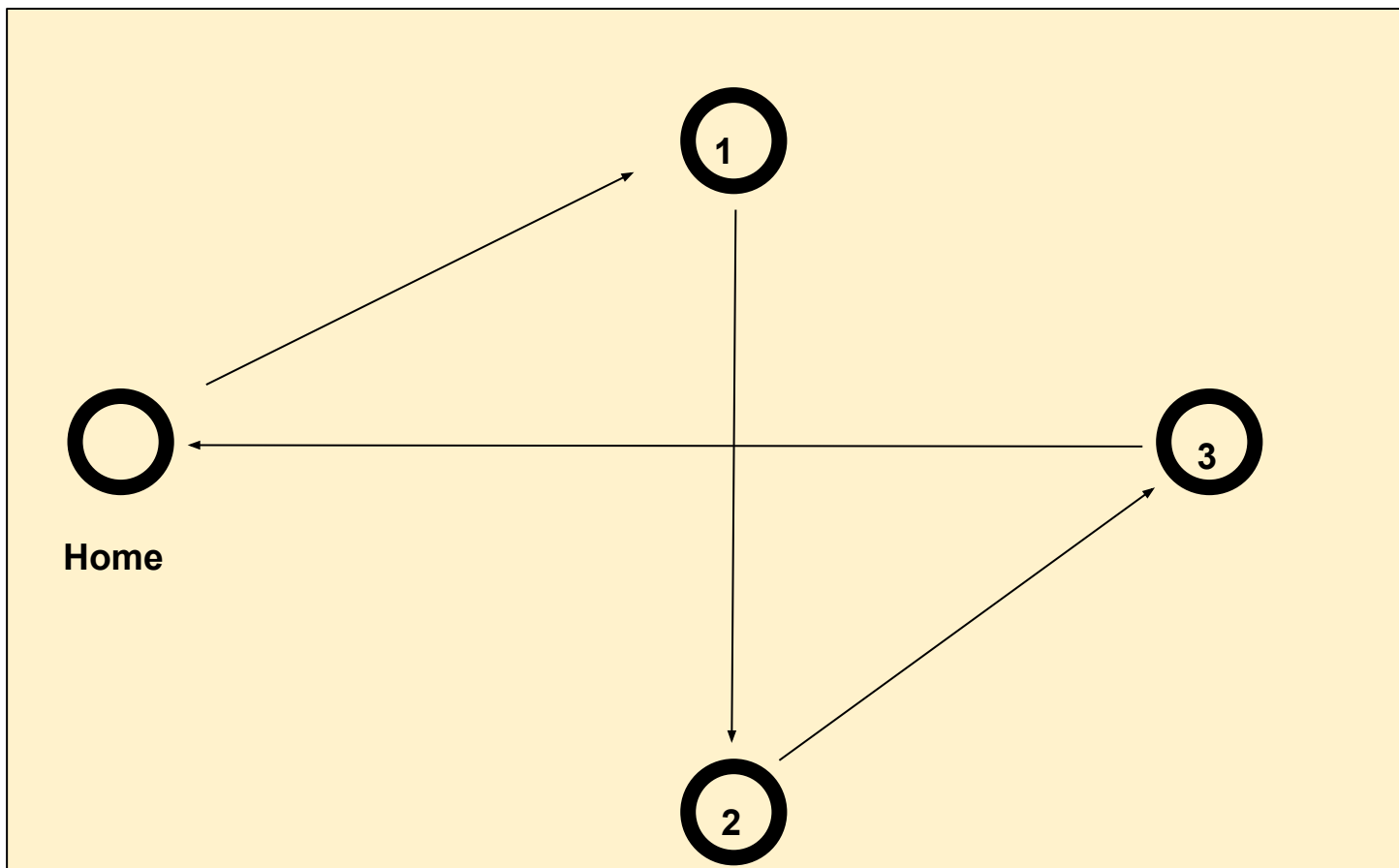


INSTRUCTIONS | Kickball Variations

ASSESSMENT/CHECKING FOR UNDERSTANDING	DIFFERENTIATION/VARIATIONS
<p>Upside Down Kickball: How did changing the order of the bases change your defensive strategy? What was an effective way to close space while playing? Now that you are not forced to run, how did that change your offensive strategy?</p> <p>Continuous Kickball: What is a defensive strategy your team used to ensure the pitcher did not run out of balls? What was an offensive strategy your team used to score points?</p>	



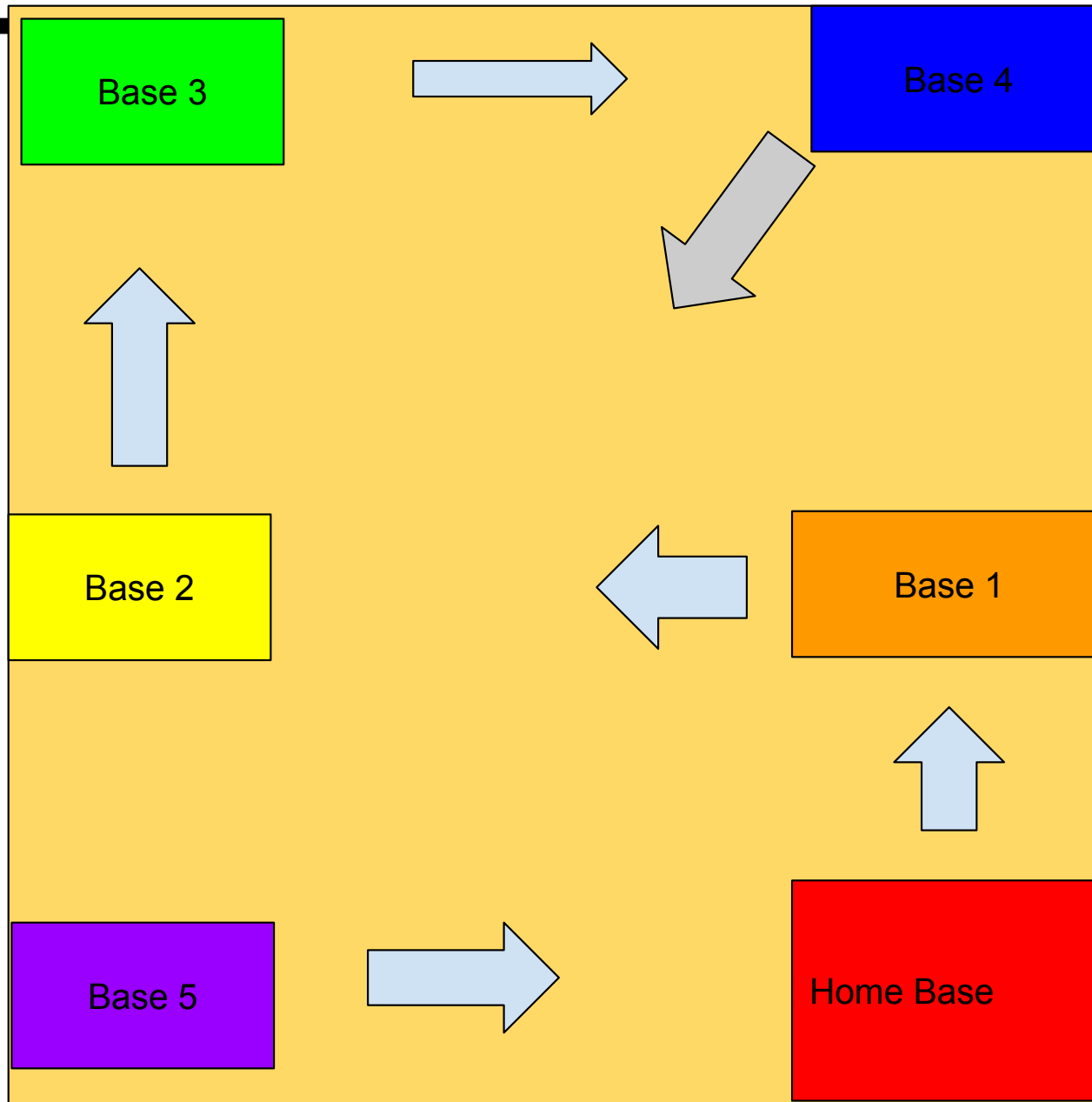
DIAGRAM Upside Down Kickball



DIAGRAM

Kickball Variations 6 Base

OBJECTIVE & PREPARATION	PROCEDURE
<p>Kick ball but with 6 bases. Outs come from catching hits or throwing the ball at runners Multiple students can run after a ball is kicked. Students must tag up if a ball is caught</p>	<p>Students 'Follow the rainbow" to different bases.</p>
EQUIPMENT	SAFETY CONSIDERATIONS
<p>Polyspots Kickball Pinnies</p>	<p>Run with your head up. Students are running in many directions.</p>
ASSESSMENT/CHECKING FOR UNDERSTANDING	DIFFERENTIATION/VARIATIONS
<p>Kicking strategy Fielding strategy Teamwork and communication</p>	<p>3 teams variation.</p>



INSTRUCTIONS | Pylon Speed Ball



OBJECTIVE & PREPARATION	PROCEDURE
<p>Teams place hula hoop on the ground with the pylon inside the hula hoop and the small ball on top of the pylon.</p> <p>Divide players into two teams. The objective is to knock the ball off of the pylon with the dodge ball</p>	<p>Players must pass the ball around and cannot move when they have possession of the ball.</p> <p>Teams are allowed 1 goalie to protect the cone. No one is allowed inside the hula hoop.</p> <p>If a teams successfully knocks the ball off the cone they must retreat back to their wall before the other team throws the ball and hits their wall.</p> <p>If the defending teams hits the wall with the ball before the other team gets to the wall the point does not count.</p>
EQUIPMENT	SAFETY CONSIDERATIONS
<p>2 pylons, 2 hula hoops, 2 smaller balls on top of pylons</p>	
ASSESSMENT/CHECKING FOR UNDERSTANDING	DIFFERENTIATION/VARIATIONS

INSTRUCTIONS | Animal Muck

OBJECTIVE & PREPARATION	PROCEDURE
<p>Class is divided into groups of 5-8 players, that form a circle with 1 person standing in the middle.</p> <p>Objective is to become a part of the circle and not be in the middle.</p> <p>Animals chosen can represent local animals, FNMI attachment.</p>	<ul style="list-style-type: none"> • The person in the middle of the circle must pick an animal to act/ behave and imitate. • Said person must choose one person on the outside circle, make eye contact and try to make them laugh using sounds and actions. No physical contact is allowed. • If the person on the outside smiles, laughs, or breaks off eye contact, they come into the middle and act out a new animal.
EQUIPMENT	SAFETY CONSIDERATIONS
N/A	No physical contact allowed.
ASSESSMENT/CHECKING FOR UNDERSTANDING	DIFFERENTIATION/VARIATIONS
Oral and Physical Expression, Social Interaction	Make 2 teams instead of groups, have players try to “steal” opponents by making them laugh. 2-3 players act out animals at a time to involve more students.



INSTRUCTIONS Swat Ball

OBJECTIVE & PREPARATION	PROCEDURE
<p>The objective is to move the ball up the floor by swatting the ball (no punches, kicks or throws, ONLY OPEN HAND Swats) to score on the other team. Students get up to three contacts at a time. You can use a wall, hockey net or hang a hula hoop from a basketball net as the goal.</p>	<p>Divide into two teams. Can play with a large group and multiple balls (omni ball or beach balls work well) or can play 5 on 5 with one ball. Large group: half the team goalies against wall (whole wall can be goal with whatever height you set) half on offence - switch when goal is scored or 4 minute shifts. Multiple Balls in play. Smaller group: Play similar to handball style, back and forth type game.</p>
EQUIPMENT	SAFETY CONSIDERATIONS
<p>Omni Ball Beach Ball Balloon Pinnies Hula Hoop - Optional Nets - Optional</p>	<p>Emphasize no kicks or punches</p>
ASSESSMENT/CHECKING FOR UNDERSTANDING	DIFFERENTIATION/VARIATIONS
<p>Cooperation and Teamwork</p>	<p>Can allow dribbling, catching and swatting, no goalies, lots of goalies, full gym, half gym</p>

INSTRUCTIONS Kickball- Dodgeball



OBJECTIVE & PREPARATION	PROCEDURE
<ul style="list-style-type: none"> • Set up Mats and kicking zones • Running zone set up • Divide students into kicking team and outfielders 	<ul style="list-style-type: none"> • Kicking team lines up, 2 or 3 kickers at a time come up to kicking zone. • On go, pitchers roll the ball and kickers kick anywhere in the outfield zone (no backward kicks) • Kickers try to run to the other mat. Runners are welcome to stay on the mat or try to run back to the start mat to score a point for their team. Runners keep running back and forth to score points for their team. If they get hit by the dodgeball they are out. • Kickers and runners can only score a point when then run back successfully to the start mat. • If kicked ball is caught in the air, specific kicker is out. • Round ends when all dodgeballs are brought back to the pitchers • Once all kickers team get a change to kick, teams switch (kickers to outfielders and vice versa)
EQUIPMENT	SAFETY CONSIDERATIONS
<ul style="list-style-type: none"> • 4 mats • cones for running zone • poly dots to kicking zone • 2-3 dodgeballs (1 per kicker) 	<ul style="list-style-type: none"> • Designated Running zone • Outfielders can only through runners out , outside the running zones cones • Training of running with head up (spacial awareness) • Kicks must be only forward • Throws must be shoulders down, no head shots • Pitchers are best to be the teachers. Must get out of the way after they pitch.
DIFFERENTIATION/VARIATIONS	
<ul style="list-style-type: none"> • Dodgeballs used or different sized balls for more inclusion • Kicking limitations, modify to a throwing strike • Allow 2-3 kickers to kick at the same time so student's don't feel signalled out. 	



Kickball- Dodgeball

ASSESSMENT/CHECKING FOR UNDERSTANDING

Visual observation: participation, effort

Self Reflection:

What strategies did you use to communicate with your teammates during the game?

How did you position yourself to be ready for a catch or to field the ball?

Why is it important to work together in fielding, and how does it improve your team's chances of success?

Can you explain the role of each player in the fielding team and why each position is important?

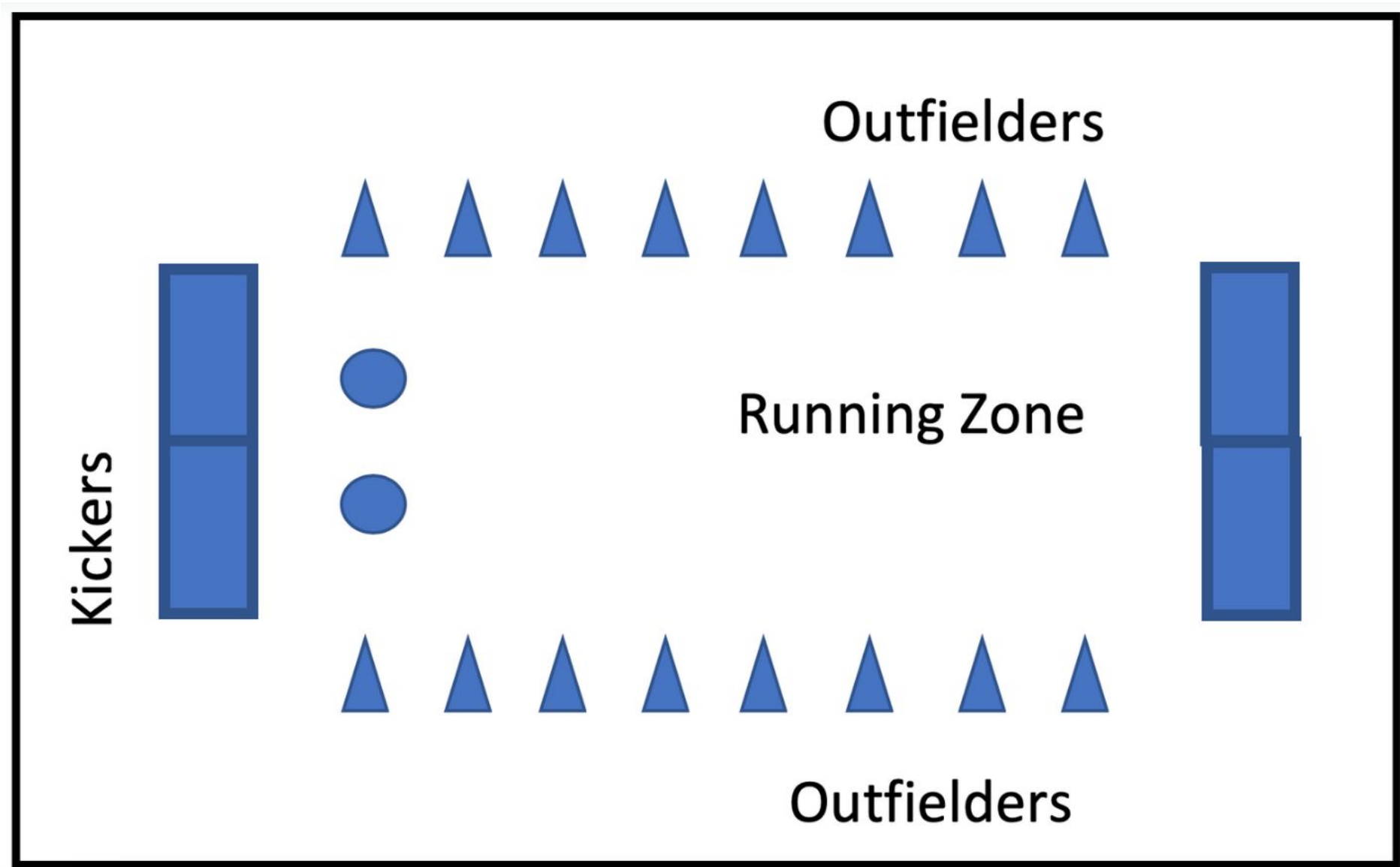
How did you make sure to stay alert and prepared for the ball, especially when your teammates were fielding?

What did you do if a teammate missed the ball or made a mistake? How did you support them?

After playing, what do you think went well in terms of teamwork, and what could be improved for next time?



DIAGRAM Kickball- Dodgeball

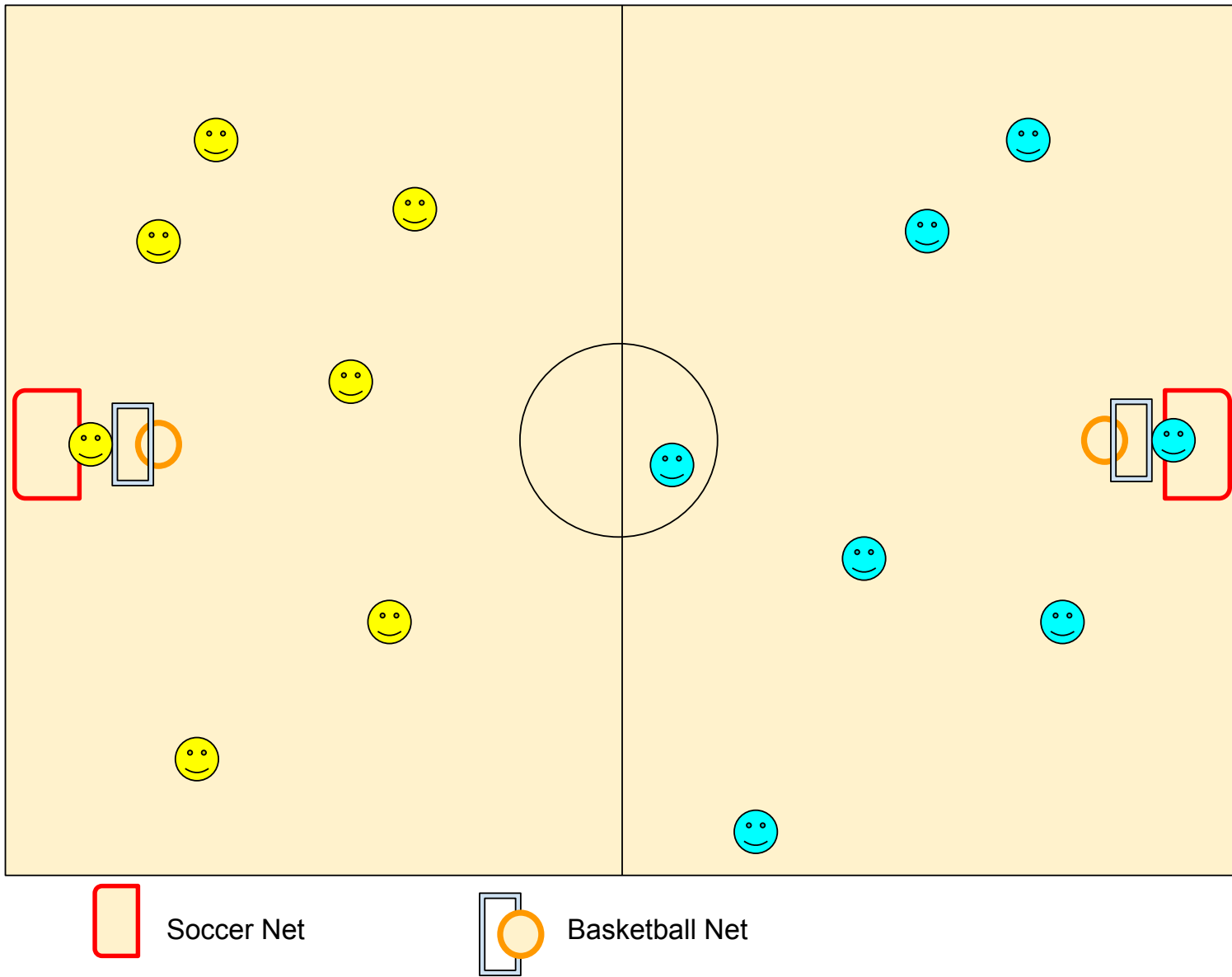


INSTRUCTIONS Speedball

OBJECTIVE & PREPARATION	PROCEDURE
<ul style="list-style-type: none"> Score points by either making baskets (basketball) or scoring goals (soccer) Place Soccer nets underneath basketball nets. 	<ul style="list-style-type: none"> Divide class into 2 teams. Teams play Soccer when the ball touches the ground, trying to score a soccer goal. A teammate can flick the ball up to a teammate who can catch the ball, and then Basketball / Ultimate is played. From hands, students attempt to score a basket for points. The ball can not be dribbled like in basketball, instead it needs to be passed up the floor via teammates. If the player drops the ball, the game reverts back to soccer. Goalies of the soccer net are the only players allowed to pick the ball up directly from the ground.
EQUIPMENT	SAFETY CONSIDERATIONS
<ul style="list-style-type: none"> 2 Basketball Hoops (Minimum) 2 Soccer / Hockey Nets (minimum) Soccer Ball Pinnies 	<ul style="list-style-type: none"> Collisions Ball moving at fast speeds, potentially hitting a students.
DIFFERENTIATION/VARIATIONS	
<ul style="list-style-type: none"> Dodgeballs used or different sized balls for more inclusion. Multiple basketball nets used if available (side nets) Allow individual to kick ball up to themselves. 	



DIAGRAM Speedball



INSTRUCTIONS Catapults & Loaders

OBJECTIVE & PREPARATION	PROCEDURE
<ul style="list-style-type: none"> ● Knock down all of the opposing teams bowling pins ● Work as a team in predetermined roles 	<ul style="list-style-type: none"> ● Split into two teams ● On each team designate 4-8 players that are “catapults” ● Everyone else on the team is a “loader” ● Loaders are not allowed to throw the balls. They can only defend the pylons and load the catapults ● Catapults lie on their backs (on mats for comfort) with their feet up in the air, loaders place the ball between their feet. Catapults can reach up to grab the ball and then do a sit up to throw the ball at the bowling pins to knock them over. ● If a player is hit by a dodgeball they can continue to play
EQUIPMENT	SAFETY CONSIDERATIONS
<ul style="list-style-type: none"> ● Gymnastics or yoga mats (for comfort, not required) ● Bowling pins or pylons ● Dodgeballs 	<ul style="list-style-type: none"> ● Ball moving at fast speeds, potentially hitting a students.

DIFFERENTIATION/VARIATIONS

- If a player is hit by a dodgeball they must move to the side and complete a fitness challenge before rejoining the game (ex. 10 jumping jacks)
- Dodgeballs used or different sized balls for more inclusion.
- Alter the distance that bowling pins are places
- Alter the number of bowling pins

