

PL ASSESSMENT & PROGRAM DEVELOPMENT PACKAGE

- PLAY Assessment for 30 over 4 sessions
- Summary of data
- Consultation of program planning based on results
- Sample Lesson Plan & skill building for future planning
- Delivery of Sample Lesson Plan

6 sessions, report & 1 consult \$350

Pre & Mid Package \$550

Pre, Mid & Post Package \$700

Pre & Post Package \$475

PL MENTORSHIP PACKAGE

- 5 in Class/Practice/Program Mentorship Sessions, includes resource training
- 1 Consultation to overview & select session types

View web for updated list:

- PLAY Tools
- Movement PREP
- FUNdamentals
- Move & PLAY
- Yoga Techniques for the Classroom
- Aboriginal Traditional Games
- Reach Twirl Curl Up Small

5 sessions & 1 consult \$250

1 session only \$75

PHYSICAL LITERACY DEVELOPMENT

SCHOOL

SPORT

COMMUNITY

RECREATION

AB PLAY Network - MHC Be Fit for Life
BOOK A FREE CONSULT TODAY!

teachers/coaches/leaders

www.mhc.ab.ca/PLAY Email: Hammel@mhc.ab.ca

ASSESSMENT & REPORT ONLY

PLAY Fun 18 skills over 4 sessions \$250

PLAY Basic 5 skills at 1 session \$75

QUEST 2 ASSESSMENT OF YOUTH PROGRAM

- Have your existing program assessed to determine if it follows the High Five Principles of Caring Adult, Friends, Play, Mastery & Participation
- Includes assessment of 5 topic areas

Program Assessment \$100

PHYSICAL LITERACY IS THE MOTIVATION, CONFIDENCE, PHYSICAL COMPETENCE, KNOWLEDGE AND UNDERSTANDING TO VALUE AND TAKE RESPONSIBILITY FOR ENGAGEMENT IN PHYSICAL ACTIVITIES FOR LIFE.

– International Physical Literacy Association, May, 2014

see other side
for more! ↗



MEDICINE HAT
COLLEGE



be fit for life
medicine hat



Physical Literacy And You

NCCP FUNDAMENTAL MOVEMENT SKILLS - COMMUNITY LEADER CERTIFICATION

- Learn how to OBSERVE and IMPROVE the fundamental movement skills

View web for upcoming course dates & participant fees.

Or host your own course(s):

\$300 8hr course + \$10/manual

Multiple Course bookings \$250 + \$10/manual



KAYLA HAMMEL

Physical Literacy Facilitator

Hammel@mhc.ab.ca

CSEP-Certified Personal Trainer

High Five & NCCP-FMS Community Leader Trainer

Chair of Moving & Choosing PLAY Partnership

INTRO TO PHYSICAL LITERACY PRESENTATION

- Understand physical literacy
- Discover the international movement
- Experience a variety of available resources and how to access them
- Determine how you can support the development of physical literacy
- Learn about the Moving & Choosing PLAY Partnership and it's connection to provincial & national initiatives

FREE

ACTIVE SESSION DELIVERY

- Standard BFFL lead sessions - no mentorship component

- Session types, view web for updated list:

FUNdamentals

Move & PLAY

Yoga Techniques for the Classroom

Zen Me

Aboriginal Traditional Games

Reach Twirl Curl Up Small

Yoga Flow, PiYo, Urban Poling, Bootcamp,

Zumba & other Fitness based sessions on request.

1 x 30-45min session \$75

Ask about our multi-session discount

HIGH FIVE- PRINCIPLES OF HEALTHY CHILDHOOD DEVELOPMENT CERTIFICATION

- Resources & research based principles to make programming decisions

View web for upcoming course dates & participant fees.

Or host your own course(s):

\$300 8hr course + \$50/manual

Multiple Course bookings \$250 + \$50/manual



MEDICINE HAT
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be fit for life
medicine hat

