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PhD

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Image created our family farm in
Evansburg, Alberta

Images of Research Competition
University of Alberta

Steps Towards Meaningful Physical Education

Second Prize (2019)

These snowshoes were made by my Dad and Grandpa Fern. First steps: build a snowshoe form, steam lengths of straight pliable wood, bend it over the form to shape the shoes, rivet ends together, remove shoes from the form and allow to dry. Second steps: cut moose rawhide strips, once frame has dried, weave the rawhide through all the predrilled holes in the frame to create the webbing of the snowshoes. Third steps: attach the leather harnesses to the snowshoes.

Research is ceremony because it is life changing and it requires preparatory steps long before the final event (Wilson, 2008). First steps: using the Meaningful Physical Education (MPE) approach (Beni, Fletcher, & Ní Chróinín, 2017; Ní Chróinín, Fletcher, & Griffin, 2018), piece together flexible lesson plans using experiences that are enjoyable, challenging, communal, personal, and improve abilities. Second steps: weave student choices, culture, context, and community into the plans. Third steps: Reflect on teachers' and students' physical education experiences in all environments: air, water, land, snow & ice. Harness physical education to life long love and joy for physical activity.