

Ready? Set. Go! Let's move our kids to the starting line of a lifelong, healthy active lifestyle. Are you just going through the motions of keeping your students "busy, happy good" or are you teaching the essential skills and concepts, attitudes and fitness fundamentals? Remember everything you teach needs to have a clear and defined purpose, a purpose more than just keeping students "busy happy and good."

The presentation for ArkAHPERD Summer Workshop will include developmentally appropriate activities and information on fitness and skill development including appropriate assessment practices.

- 1) Participants will learn developmentally appropriate activities that meet SHAPE America National Standards. These activities will include instant activities, small - sided games, dances, cross-curricular, and cooperation/team work activities.
- 2) Participants will be introduced to physical fitness fundamentals along with developmentally appropriate fitness exercises and activities.
- 3) Participants will learn techniques used to modify activities, which will allow easier inclusion of all students into their physical education classes.
- 4) Participants will learn how to successfully include assessment into their physical education programs.
- 5) Teachers will learn how to use and implement OPEN Physed Curriculum to personalize lessons and curriculum.

I will provide the equipment and will send an electronic handout.