

PHYSICAL EDUCATION WORKSHOP

“Exercise For Learning--Growing Dendrites And Connecting The Dots Through The Shape America Standards”



Who:	K-12 Physical Education Instructors, Instructional Coaches, Administrators	
Facilitator:	Bev Brown (Ahern), Past Physical Education K-12 and College Instructor	
Dates/Locations:	Location #1	Location #2
	Dike-New Hartford High School Gym 330 Main Street Dike, IA 50624 Friday, April 6 8:30 - 2:00	Buena Vista University BVU Lamberti Recreation Center 610 W. 4th Street Storm Lake, IA 50588 Thursday, April 19 8:30 - 2:00



Register Here:

<https://goo.gl/forms/Xk4S5Fw3aWdeNb5q1>



Workshop Cost:

(Lunch Included)

MISIC Members \$50

Non-MISIC Members \$175

*****See agenda on the next page.*****

Agenda for Physical Education Workshop



8:00 - 8:30 Meet and Greet with Refreshments Being Served

8:30 Welcome, Overview, and Team Builder
Outcomes for Our Work Today Aligned To Research & The *Shape America Standards*

8:45 - 10:00

Understand the recent research about the importance about exercise, learning, and healthy living

- What is the role of physical educators in the enhancement of academic and intellectual development?
- What is exercising doing for us? Exercise has to be a part of the solution of getting our bodies healthy. What does this look like in PE classes and in life? There isn't a disease or mental health condition in which exercise is not a foundational strand to getting the body back or keeping in a healthy condition.

10:00 - 10:15 *Break*

10:15 - 11:15

Understand and reflect on how various activities and/or assessments align with the National Standards

- What are the National *Shape America Standards*? What do they look like in the classroom? How do we know that the *Shape America Standards* are making a difference for the students' learning and for our instruction?

11:15 - Noon *(Lunch Will Be Provided)*

Noon - 1:45

You Will Have The Opportunity To Share Various Activities and/or Assessments From Your Classroom Aligned With the *Shape America Standards*! You will walk away with more ideas to use in your classroom tomorrow!

- Each person should anticipate spending about 20 minutes showcasing and/or teaching a PE Lesson with a small group of three or four elementary, middle school, or high school colleagues. This will allow everyone to be able to share a lesson and receive feedback from peers... (Please bring the necessary equipment for your lesson that you will be sharing.)
- You should be able to share the standards being addressed, actually teach the lesson for a small group, and then provide how to collect evidence on student learning and understanding.
([Complete the form attached here](#), send it to Jamie prior to the workshop, and bring six copies with you.)
 - Name of Activity
 - *Shape America Standards* Being Addressed
 - Brief Description of Actual Activity
 - Description of Assessment (Rubrics, Scoring Guides, Criteria Being Assessed, etc.) even if it is observation, you must have identified the criteria in which the students will be evaluated.

1:45 - 2:00 Closure