



Objectives

1. Incorporate health and fitness academic content and intentional fitness into activities and lessons
2. Collaborate strategies to “fit it all in”
3. Participate in activities that support Quality Physical Education

Introductions

- Focused Fitness and the Five for Life Program
- Trainer: Melissa Raymond

Opener

- Massive Multi-Player Thumb Wrestling

Instant Activities

- Get your students moving as soon as they hit the door!
- Trainer-led activities
- Participant-led activities

Circuit Training with Formative Assessments

- Using circuits to deliver and assess health & fitness academic content
- Game Show Collection
- Why did I eat that?
- Circuit Training Resources
- Collaboration

Brain and Body Boosts

- How do you support physical activity in the classroom?
- Fast Fitness
- Classroom Activity Breaks

Fishin for Nutrition

- Resources
- Snack Time Swipe
- Food Label Showdown
- Row Your Boat to Build Your Bones

Goal Setting

- Making it meaningful to students
- Activity Centers

Finish with Fun!

- Risk Factor Four Square (Basic, Intermediate)
- Skeleton Basketball (Intermediate)
- Cardio FITT Pin (Intermediate)

Workshop Closing and Evaluation - Thanks for the opportunity to share