

Physical Education Activities

PE Tune Up: PE Program Evaluations

You can't ask for more PE unless you currently provide quality PE. Program evaluation addresses curriculum, instructional strategies, best practices, assessment, student/teacher ratio, professional development, PE waivers, and the practice of appropriately modifying classes for all student populations

Activity: Complete the NASPE Physical Education Check Up Tool and address at least three weaknesses in the Action Plan.



C:\Data\My
Documents\PE\NASPE

PE-PR: Primer on Promoting Your Program

Learn about advocacy and promoting your PE programs which are important steps in reaching most of the criteria.

Activity: Prepare a fact sheet promoting your program for distribution to parents, administrators and other decision makers

Let's Get Physical

Learn strategies to help you engage your students in moderate to vigorous physical activity during physical education classes.

Activity: Video tape one class and use a stop watch to determine the amount of time your students are engaged in MVPA. Modify one of your current lesson plans to integrate at least 4 of the recommended strategies to engage students in MVPA. Video tape the lesson and determine the amount of MVPA.





Alliance
for a
**Healthier
Generation**

American Heart
Association



www.HealthierGeneration.org
1-888-KID-HLTH

How Good Are You? PE Teacher Evaluations

Utilization of recent research and best practices is critical to quality physical education—this addresses assessment, instructional strategies, professional development, and the knowledge and ability to appropriately modify classes for all student populations. This webinar will help you identify your strengths and weaknesses.

Activity: Complete the teacher evaluation form and create an action plan to work on two areas that do not receive 4's.



C:\Data\My
Documents\PE\NASPE



Robert Wood Johnson
Foundation

Supporting healthy schools nationwide