



ACTIVE SCHOOLS SUMMER TRAINING CAMP TRAINING DESCRIPTIONS

FOR PHYSICAL EDUCATION
& CLASSROOM TEACHERS

UNIVERSITY OF NORTHERN COLORADO
GREELEY, COLORADO | JULY 26-31, 2020

TRAINING DESCRIPTIONS

Listed in alphabetical order by training name.

100 Mile Club® Healthy, Happy, Connected Kids...One Mile at a Time

100 Mile Club® is an award-winning, free, simple, fully-inclusive, and fun way to get all kids moving every day. Since 1993, 100 Mile Club® has made fitness opportunities available in schools. It empowers all kids to set big goals, achieve them through daily physical activity, and create a healthy, active lifestyle they can maintain for life. This workshop will provide an overview of 100 Mile Club® mission, vision, and history, program design options, implementation strategies, adaptation and modification ideas, and how to start your own 100 Mile Club at your school or in your classroom.

Trainers: Kara Lubin and BJ Walker, 100 Mile Club

FOR PHYSICAL EDUCATION AND CLASSROOM TEACHERS

30+ Ways to Align Physical Activity and Academics

This session will feature more than thirty examples of how physical activity can align with academic standards. We'll discuss overarching themes and strategies that combine movement and learning along with specific activities, games, and exercises you can implement to foster active learning environments immediately. These ideas can be implemented in any space, in any place, and with no equipment is needed, you'll have the tools to PowerUp your teaching environment!

Trainer: Stacy Baugues, PowerUp Fitness

FOR PHYSICAL EDUCATION AND CLASSROOM TEACHERS

Active Classrooms

Brain energizers and integrated movement activities can keep students active and prepare their brains for optimal learning. Participants will explore OPEN's Active Classrooms module, which provides teachers with activity plans designed for the classroom setting with minimal equipment. Activities link movement to nutrition, math, and social and emotional learning competencies!

Trainer: Nick Kline, OPEN
FOR PHYSICAL EDUCATION AND CLASSROOM TEACHERS

Applications from The Kinesthetic Classroom: Teaching and Learning Through Movement

This highly interactive session will enliven your K-12 classroom/gymnasium through the use of dynamic movement. Mike will share a six-level framework for using movement with a purpose including preparing the brain, providing brain breaks, supporting exercise and fitness, developing class cohesion, reviewing content and teaching content. This session will also explore the brain/body connection and the relationships between fitness and cognition, and state and classroom management.

Trainer: Mike Kuczala, Gopher/Moving Minds
FOR PHYSICAL EDUCATION AND CLASSROOM TEACHERS

BOKS Functional Fitness Training

BOKS is a free physical activity program designed to get kids active and establish a lifelong commitment to health and fitness. Our functional fitness curriculum focuses on getting elementary kids moving while developing a functional fitness skill of the week. Each class includes free play, warm up, skill, running activities, class game and a short nutritional talk. Our interactive training will take you through the curriculum and supporting resources we provide. Attendees will leave with a clear understanding of the program's goals, class structure, and learn fun activities and games.

Trainers: Ally Trenteseaux and Laura Burati, BOKS
FOR PHYSICAL EDUCATION AND CLASSROOM TEACHERS

BOKS X Spartan High School Curriculum Training

BOKS is a free physical activity program designed to get kids active and establish a lifelong commitment to health and fitness. Our BOKS X Spartan program was developed to give kids who may not participate in traditional high school sports the opportunity to embrace and enjoy physical activity. With functional fitness at its core, students will gain endurance, strength and mental perseverance that will prepare them for SPARTAN races. Be prepared to move, sweat, and learn how to implement functional fitness in your high school!

Trainers: Ally Trenteseaux and Laura Burati, BOKS
FOR PHYSICAL EDUCATION TEACHERS

Developing Relationship Skills as Part of SEL in an Active Classroom

How do your students build face to face relationships? Many students think “relationship skills” are built through their devices and social media avenues. This workshop is high energy and designed for classroom teachers and will dive into competencies of “relationship skills” as part of the SEL model. Participants will walk away with ideas for their classroom on how to integrate relationship building along with celebrating of student success in an ACTIVE and FUN way.

Trainer: Smith, School Specialty, Sportime
FOR CLASSROOM TEACHERS

Dynamicpeasap.com: Free Online PE Resources

Ever wanted FREE, ready to use online materials, that are field-tested, flexible, backed by evidence, and

include outcome-based assessments? Fortunately, GOPHER has combined with the best-selling textbook *Dynamic Physical Education* to provide teachers with all the resources needed to develop a physical education curriculum using materials that are user-friendly and adaptable to meet your needs. This session will provide a brief overview of the dynamicpeasap.com website, instructional videos, and teaching signs. Teachers will have the chance to use the website to build their own, ready-to-use lesson plans.

Trainer: Aaron Beighle, Gopher

FOR K-8 PHYSICAL EDUCATION TEACHERS

Dynamicpeasap.com in ACTION!

Come experience dynamicpeasap.com in action. The FREE lessons on the website are divided into four parts: introductory activity (warm up), fitness activity, lesson focus, and a game/closing activity. This session will provide an overview of each part and allow participants to engage in activities from the website. In addition, the teaching practices and management that allow teachers to put the website into action will be presented. Finally, participants will be exposed to a full four-part lesson and leave the session having experienced the foundation of what dynamicpeasap.com has to offer.

Trainer: Aaron Beighle, Gopher

FOR K-8 PHYSICAL EDUCATION TEACHERS

Easy as 1-2-3: Activate Your Classroom

Learn the why and how of classroom physical activity. You'll learn why physical activity is essential to classroom education and experience activities that you can share with colleagues and immediately integrate into your classroom.

Trainer: Lisa Perry, Alliance for a Healthier Generation

FOR PHYSICAL EDUCATION AND CLASSROOM TEACHERS

Engaging PhysEd OPEN to All

This session puts the focus on using OPEN's *free* standards-based curriculum resources and learning activities, which give physical educators creative ways to engage students and teach lessons that ensure academic rigor. This is an activity-based session – come prepared and ready to move! Participants will leave with complete access to all instructional content and understanding of how to fully integrate OPEN resources effectively into their physical education classrooms.

Trainer: Nick Kline, OPEN

FOR PHYSICAL EDUCATION TEACHERS

Finding Balance in the Classroom: Helping Kids Develop Their Physical Balance System While Learning

Balance is the great differentiator and it is a use it or lose it situation. As kids' lifestyles become more sedentary, their balance systems are slower to develop, creating issues both inside and out of the classroom. FluidStance founder Joel Heath will bring his learnings from helping some of the biggest tech companies in the world, like Google and Apple, fend off sedentary work environments and how that approach can be navigated in a classroom.

Trainer: Joel Heath, FluidStance

FOR CLASSROOM TEACHERS

Get Kids Moving Every Morning with My School in Motion!

A fun fitness based physical education and wellness program innovatively designed to get the whole school or your entire class moving every day. Grounded in research that links increased physical activity with improved cognition, the 200 movement plans integrate 70 heart-pumping routines with music that reinforces positive messaging about health, wellness and cross-curricular topics. Come move with program creator as she leads us through the SEL by design curriculum that keeps everybody moving and smiling.

Trainer: Apryl Krakovsky, My School in Motion

FOR PHYSICAL EDUCATION AND CLASSROOM TEACHERS

How to Be a Movement Champion

This workshop is designed for the physical education specialist to gain insight and ideas that he/she can implement in his/her school practices to increase schoolwide movement during the school day and be that MOVEMENT CHAMPION.

Trainer: Mike Smith, School Specialty, Sportime

FOR PHYSICAL EDUCATION TEACHERS

Increase Moderate to Vigorous Physical Activity in Physical Education While Using IHT ZONE Heart Rate Monitors

Utilizing evidence-based strategies can increase moderate to vigorous physical activity (MVPA) in physical education class. Learn how effective management of students, technology, equipment and instructional time can yield more activity for your students. Participants will use research-based strategies to modify existing activities to increase MVPA. Takeaway: 15 activities and games that will enhance elementary, middle, and high school programs.

Trainer: Eric Larson, Interactive Health Technologies (IHT)

FOR PHYSICAL EDUCATION TEACHERS

Introduction to Movement-Based Learning for Classroom and Physical Education Teachers

Classroom and P.E teachers are welcome to attend this Math & Movement training. Teachers will learn kinesthetic strategies that support school curricula, improve students' math skills and conceptual understanding, and increase their overall well-being. All participants will receive the Math & Movement Training Manual e-book, six digital skip counting banners, lesson plans, *Buddies, A Math Adventure e-book, Honey, A Math Adventure, e-book, and Freddy Fibonacci's Awful Allowance e-book.*

Trainer: Suzy Koontz, Math & Movement

FOR PHYSICAL EDUCATION AND CLASSROOM TEACHERS

It's Appy Hour! Enriching and Increasing Physical Activity with Technology

It's Appy Hour at Active Schools! This session will present a sampling of mobile applications and other technology to enrich and increase physical activity throughout the school day. Attendees will engage in hands-on activities with select apps and are encouraged to bring their personal mobile devices to boost their experience.

Trainer: Jennifer Krause, University of Northern Colorado

FOR PHYSICAL EDUCATION AND CLASSROOM TEACHERS

Kinesthetic Learning Specialist – Instructor

This workshop is for educators who want to increase student engagement in the classroom, leverage the mind-body connection to increase academic performance, increase students' physical and health literacy, and apply kinesthetic learning strategies with their students. Classroom teachers will discover tools, practical tips and researched-based practices for incorporating physical activity and creative movement into the learning process to help all students learn more effectively.

Trainer: Kathy Dean, Fizika
FOR CLASSROOM TEACHERS

Lace Up and Line Up with FREE Digital Lap Tracking!

Marathon Kids is simple, fun and effective! You can lead the way for healthier kids in your school. We know that physical activity primes the brain for learning—active kids learn better. Come learn how you can utilize FREE digital lap tracking tools and programming to get your classroom, gym, club, or whole school more minutes of physical activity, grow self-confidence in your students, and help nurture a growth mindset.

Trainer: Stefanie Ediger, Marathon Kids
FOR PHYSICAL EDUCATION AND CLASSROOM TEACHERS

Let's Talk Policy and Advocacy...It Matters!

Policy and advocacy are two topics that can be seen by some as not that interesting, but they matter so much when it comes to making schools more active! This session will discuss policy and advocacy at various levels of implementation (i.e., school, state, and national) and provide examples of successful advocacy from recent efforts in select states and nationally. Attendees will engage with specific policies that impact school-based physical activity and learn effective advocacy strategies that they can take home and implement in their own context.

Trainer: Jaimie McMullen, University of Northern Colorado
FOR PHYSICAL EDUCATION AND CLASSROOM TEACHERS

Live Heart Rate that will Transform Physical Education

Polar has been a leader in physical education for over 30 years for heart rate monitoring and fitness assessment. Join our training to see how Polar is changing the lives of students and teachers across the country. Polar Go Fit is the most popular software for physical education teachers in the US. You will get to experience the Power of Polar firsthand.

Trainer: Jeff Gagstetter, Polar
FOR PHYSICAL EDUCATION TEACHERS

Move to Learn: Activities for an Active Classroom!

Movement engages our brain and activates learning. Putting movement and learning together is a win-win! Our bodies get much needed movement and our brains retain the concepts. Join in an active session that will demonstrate how to combine both movement and academics. While working with Let's Move! Active Schools, Pam assisted school communities in engaging all teachers to become champions for their students. Stories will be shared regarding

districts and schools that have created active environments to help increase academic performance and the joy of moving!

Trainer: Pam Powers, Physical Powers

FOR PHYSICAL EDUCATION AND CLASSROOM TEACHERS

NFL FLAG-In-Schools Physical Activity Training

This flag football session with classroom and on-field activities is an opportunity for educators to get hands-on training from a SHAPE America member. Included are lessons on nutrition, health and physical literacy, and *Tips for Teaching Nutrition Concepts in Physical Education*. Educators will leave with confidence and ability to teach flag football in a fun, safe and developmentally appropriate way, and know where to find the full digital curriculum, as well as funding opportunities for school-based health and wellness solutions via GENYOUth's flagship program, Fuel Up to Play 60.

Trainer: Ellen Abbadessa, GENYOUth

FOR PHYSICAL EDUCATION AND CLASSROOM TEACHERS

Physical Activity 5 Ways: Activities for Every Part of the School Community

The comprehensive school physical activity program (CSPAP) model shows us that we can increase physical activity throughout the day if we engage five different areas of our school: before and after school, during school, family and community, physical education, and school faculty. Join in an interactive session with others to explore creating an active school environment with examples of how this can be successfully accomplished.

Trainer: Pam Powers, Physical Powers

FOR PHYSICAL EDUCATION AND CLASSROOM TEACHERS

PlayOn! Standards-Based Playground Learning Activities for Youth Physical Activity

Play On! can be a helpful tool for maximizing the value of playgrounds for recess, physical education classes, before or after school activities, special events, and school-park partnerships! This session can help discover the benefits of the 6 essential elements of play, case examples, advocacy resources, potential funding opportunities, tools for tracking progress, and standards-based playground activities to inspire learning and fun through active outdoor play.

Trainer: María del Mar Chavarría

FOR PHYSICAL EDUCATION AND CLASSROOM TEACHERS

Power of Play Training

Through play, reflection, and discussion, participants experience the importance of play and learn to use play to create a safe and healthy environment for children. Participants experience the power of play for themselves while learning to use games to support students' physical, social and emotional development. You'll learn about icebreakers (games to build community), group games (make games and transitions successful with a large number of students), core recess games (set up common recess games for inclusion and easy conflict resolution), benefits of play/barriers to play (what is the role of play in your context?) – and plan for next steps by reflecting on best practices you can use right away.

Trainers: Ellen Jenks, Shae Swanson and Madison Freeze, Playworks

FOR PHYSICAL EDUCATION AND CLASSROOM TEACHERS

Practical Strategies for Promoting Physical Activity in Schools: Perspectives from Trained Physical Activity Leaders

Recent graduates of the University of Northern Colorado's Master's in Physical Education and Physical Activity Leadership program will share the school-based physical activity initiatives they planned, implemented, and evaluated as part of their degree program. Emphasis will be placed on sharing practical strategies that almost any physical education or classroom teacher could implement in their own schools.

Trainers: University of Northern Colorado masters-level physical activity leaders, Brian Dauenhauer, Jennifer Krause and Jaimie McMullen
FOR PHYSICAL EDUCATION AND CLASSROOM TEACHERS

Promoting Social Emotional Learning through Physical Activity

Incorporating physical activity into your classroom or whole school is an effective way to establish a sense of community and belonging. Kids need to feel connected and supported to build relationships and increase their awareness of themselves and others. Come learn how you can utilize FREE digital lap tracking tools and programming to not only get kids more active and primed for learning in the classroom, but also build their SEL skill set and competencies.

Trainer: Stefanie Ediger, Marathon Kids
FOR PHYSICAL EDUCATION AND CLASSROOM TEACHERS

Recess Matters

Make recess matter with less stress and more fun. Recess is a critical component to a child's health and overall development. It is incumbent upon schools and teachers to provide activities and playscapes that attract all skill and activity levels. This activity-based session will teach simple and safe games for students to play with limited teacher supervision and show how to integrate social and emotional learning concepts into playground learning events.

Trainer: Nike Kline, OPEN
FOR PHYSICAL EDUCATION AND CLASSROOM TEACHERS

Save Yourself: Practice Self-Care First

You take great care of your students, but at the end of the day who takes care of you? Join the Healthier Generation's senior advisor to learn simple strategies to take care of yourself. Learn to prioritize your well-being so you can perform at your best for your students.

Trainer: Lisa Perry, Alliance for a Healthier Generation
FOR PHYSICAL EDUCATION AND CLASSROOM TEACHERS

Seeking Equity through Data: A Focus on Physical Education and Physical Activity in Schools

How do we use data to ensure the ALL students engage in a lifetime of health-enhancing physical activity? This session will introduce participants to a variety of strategies for using data to inform physical education instruction and school-wide physical activity promotion.

Trainer: Brian Dauenhauer, University of Northern Colorado
FOR PHYSICAL EDUCATION AND CLASSROOM TEACHERS

Skillastics: Enhancing Physical Activity Through SEL

This session will provide engaging SEL and physical activities to promote a positive and active

learning environment. Skillastics provides the perfect environment to enhance SEL in an active setting to allow success for all types of learners.

Trainer: Leslie Fisher, Skillastics

FOR PHYSICAL EDUCATION AND CLASSROOM TEACHERS

Skillastics: Integrating STEM with Physical Activity in the Classroom and Physical Education

Skillastics Activity Kits integrate STEM with physical activity to enhance learner retention while enhancing physical fitness. Skillastics activities are perfect for both the classroom or the physical education setting. This session will present cross curricular lessons combined with physical activity to motivate all types of learners.

Trainer: Leslie Fisher, Skillastics

FOR PHYSICAL EDUCATION AND CLASSROOM TEACHERS

SPARK Classroom Activity & Recess

SPARKabc's (Activity Break Choices) brings coordinated physical activity into the classroom or onto the playground. Content includes Classroom ASAP's (Active Soon As Possible) and activities that support learning standards in a variety of subjects. The recess component provides planning, implementation, assessment tools, and equipment lists to create a more dynamic program on the playground.

Trainer: Julie Frank, Gopher/SPARK

FOR CLASSROOM TEACHERS

SPARK Inclusive

Ensure all abilities participate successfully in physical education! SPARK Inclusive Guidebook includes strategies for including students with disabilities in general physical education. Get students active appropriately while learning key concepts that align with national and state standards. Proven again and again, the SPARK PE program produces positive results that impact all students for a lifetime.

Trainer: Julie Frank, Gopher/SPARK

FOR PHYSICAL EDUCATION TEACHERS

SPARK PE

Find out why SPARK is THE Most Researched Physical Education and Physical Activity Programs in the World! Evidence. Innovation. Impact. Learn how SPARK can positively impact your program today! Leave with SPARK strategies and lessons to improve your instruction and promote healthy and active lifestyles in children.

Trainer: Julie Frank, Gopher/SPARK

FOR PHYSICAL EDUCATION TEACHERS

Strategies for Inclusion During Physical Activity and Physical Education

Physical activity promotes children and adolescents' growth and development while addressing physical, mental and cognitive health. Students with disabilities experience limited opportunities for participation in physical activities compared to students without disabilities. This presentation will help attendees to recognize and identify inclusion elements and

strategies to ensure the participation of students with disabilities during physical activity in school and recreational settings.

Trainers: Alex Martinez and Penny Edwards, Lakeshore Foundation-National Center for Health, Physical Activity and Disability

FOR PHYSICAL EDUCATION AND CLASSROOM TEACHERS

Strategies for Integrating Physical Activity Throughout the School Day

Integrating physical activity into the classroom can be beneficial to teachers and students. This training will provide strategies and ideas to successfully infuse physical activity into the classroom. Attendees will learn to address the emotional self-regulation needs of students while using IHT ZONE Heart Rate Monitors to receive feedback and collect data. Participants will leave this session with tools, resources and strategies that are sure to get students moving and learning more!

Trainer: Eric Larson, Interactive Health Technologies (IHT)

FOR PHYSICAL EDUCATION AND CLASSROOM TEACHERS

Supporting the Whole Child: Increasing Access to School Physical Activity, Nutrition, Unstructured Play and More

Action for Healthy Kids' Game On program is a no-cost, fully customizable, online framework designed to help schools create healthier learning environments for students, staff, and communities. Learn how Game On supports the Whole School, Whole Community, Whole Child and discover ways to build a strong school wellness program this year through the creation of safe and supportive active learning environments and experiential learning.

Trainer Ashley Green, Action for Healthy Kids

FOR PHYSICAL EDUCATION AND CLASSROOM TEACHERS

Tennis Anywhere and It's FREE!!

This interactive session will introduce the attendees to USTA's K-12 Physical Education Curriculum co-written by SHAPE America, as well as the FREE resources to help physical education and classroom teachers introduce tennis to students.

Trainer: Tony Stingley, USTA

FOR PHYSICAL EDUCATION AND CLASSROOM TEACHERS

Transforming Compassion Fatigue into Compassion Satisfaction

Compassion fatigue is frequently defined as 'burnout' – it is not! At this training participants will be informed of the symptoms of compassion fatigue, including the negative effects of compassion fatigue on the brain. In addition, steps to avoid and recover from compassion fatigue will be presented.

Trainers: Terry Jones and Chris Strater, Wellness Training Specialists

FOR PHYSICAL EDUCATION AND CLASSROOM TEACHERS

Unleash the Responsible Classroom: How Social-Emotional Learning Fits into Physical Education

This workshop will empower participants to explore the five core competencies of social/emotional learning, grit and resilience. Educators will participate in activities and share

ideas on how to implement the five competencies, grit and resilience in order to support students to develop a 21st century skillset.

Trainers: Terry Jones and Chris Strater, Wellness Training Specialists
FOR PHYSICAL EDUCATION TEACHERS

Using Physical Activity to Teach the Curriculum: Practical Applications to Supercharge Your Teaching

The brain's requirement for movement, novelty, social interaction and preference for concrete experience and learning through implicit channels make teaching the curriculum through physical activity a desirable endeavor. In this session you will experience curricular activities that are physically active in almost every subject area!

Trainer: Mike Kuczala, Gopher/Moving Minds
FOR PHYSICAL EDUCATION AND CLASSROOM TEACHERS

Using the Online Youth Activity Profile to Assess and Promote Physical Activity

Want to learn how to assess and promote physical activity in your students? The online Youth Activity Profile (YAP) system was specifically designed to help teachers accomplish these goals. This session will explain how to introduce, administer and use the YAP to enhance student awareness about their lifestyle behaviors. It will also cover how to use these data to enhance curriculum and to guide school activity promotion programming. Attendees will receive an overview of the YAP system and ongoing professional support for using the YAP over the school year.

Trainers: Greg Welk and Gabby McLoughlin, Iowa State University; Joey Lee, University of Colorado-Colorado Springs
FOR PHYSICAL EDUCATION AND CLASSROOM TEACHERS

Walk, Listen and Learn with The Walking Classroom

Walk, Listen and Learn! The Walking Classroom is a research-proven program that enables students to get fresh air and exercise while building core content knowledge. Listening to kid-friendly educational podcasts while walking increases physical activity and classroom engagement, but kids just think it's fun! The program benefits everyone, especially students with divergent educational needs who often struggle in a traditional classroom setting. Podcasts also feature health messages and social-emotional instruction.

Trainer: Laura Fenn, The Walking Classroom
FOR CLASSROOM TEACHERS

Why Does the Brain Prefer Physical Activity in Learning?

This session will focus on two questions: What are the cognitive principles that support using physical activity in the teaching learning and learning process, and Why does physical activity so strongly support the teaching and learning process? From novelty and social interaction to motivation and managing state (and much more), this session will explore the reasons why physical activity enhances any learning space.

Trainer: Mike Kuczala, Gopher/Moving Minds
FOR PHYSICAL EDUCATION AND CLASSROOM TEACHERS

