**MyPlate in Motion: Action Packed Nutrition**

Effective P.E. programs blend purposeful content & activity efficiently. This activity session provides a framework for large group fitness or skill-based activities that incorporate student choice, literacy strategies and nutrition concepts. Includes a side of technology & school-wide wellness.

*A Gopher Webinar Recording is available on my website with additional information!*

**Small Sided Games: Maximize Play & MVPA!**

If you want to increase student success & participation, provide more repetitions, and increase skill development and strategy application in game play then Small Sided Games (SSGs) are for you. SSGs are great as a warm-up, lead up activity or can be a stand alone lesson and allow you to use progressions, quickly assess all skill levels and check for understanding/application of concepts. This session takes the simple concept of ultimate-handball style games (with a variety of modifications, progressions, & equipment adaptations) and shows you how breaking down the larger context into SSGs are an important best practice. This is stuff you can begin applying immediately!

*A Gopher Webinar Recording is available on my website with additional information!*

**Classroom Set-Up “Prep” Talk: Warm-ups & Routines**

Developing and implementing routines for the beginning of class is an essential part of any physical education program. Incorporating dynamic movements, locomotor skills and social development, Jessica shares some of her favorite secondary level #PhysEd foundations. Pedometer usage and routines, start-of-class management, warm-up routines and more will be shared.

*Thank you for attending my sessions!*