

Hyper-linked text pdf

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#PhysEd CHAMPS! - www.PEchamps.weebly.com

Creating Healthy Active Minds for Personal Success

Moscow Middle School in Moscow, Idaho



All Handouts QR



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All detailed session handouts & resources can be found on my website. Gain access to:

- Handouts
- Station Signs
- Activity Descriptions
- Webinar Recordings
- Supplemental Resource Links

You may also want to check out my:

- [Brain Boosts](#) Resource webpage
- [FITstep Pro Pedometer](#) Resource webpage
- Gopher P.E. Solutions [Webinar Recordings](#)
- Gopher [PE Blogs](#)
- [PE Geek Podcast](#) interview: Episode #43
- ["How I Teach"](#) feature via thephysicaleducator.com
- [Voxer PE Podcast](#) interview

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!