#UnifiedPE

Greatest Hits!

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PE Teacher – 7 years
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UW-LaCrosse
BS – Exercise and Sport Science Teaching – 1998
- Adapted Physical Education Emphasis
MS – Exercise and Sport Science Teaching – 2009
- Adventure Education Emphasis
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Timely topics presented by experts in physical education, health, and nutrition.

eNewsletter
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Search funding opportunities by program or state.

Standards Alignment
See how SPARK instructional materials align with national and state content standards.

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DANCE PARTY FRIDAY!!!!
Start down slowly stand up
RIGHT 4 Clap LEFT 4 Clap RIGHT 4 Clap LEFT 4 Clap
Hands up RIGHT 4 Hands up LEFT 4 Hands up RIGHT 4 Hands up LEFT 4
RIGHT arm swim punch 4 LEFT arm punch 4 Push arms down 8
RIGHT arm swim punch 4 LEFT arm swim punch 4 Push arms down 8
Pump both arms down 4 Point right 2 Point left 2 - Pump both arms down 4 Point right 2 Point left 2
Pump both arms down 4 Point right 2 Point left 2 - Pump both arms down 4 Point right 2 Point left 2
RIGHT 4 Clap LEFT 4 Clap RIGHT 4 Clap LEFT 4 Clap
Hands up RIGHT 4 Hands up LEFT 4 Hands up RIGHT 4 Hands up LEFT 4
RIGHT arm swim punch 4 LEFT arm swim punch 4 Push arms down 8
RIGHT arm swim punch 4 LEFT arm swim punch 4 Push arms down 8
Pump both arms down 4 Point right 2 Point left 2 - Pump both arms down 4 Point right 2 Point left 2
Pump both arms down 4 Point right 2 Point left 2 - Pump both arms down 4 Point right 2 Point left 2
RIGHT 4 Clap LEFT 4 Clap RIGHT 4 Clap LEFT 4 Clap
Hands up RIGHT 4 Hands up LEFT 4 Hands up RIGHT 4 Hands up LEFT 4
Walk 4 forward Arms out to side walk back 4 - Walk 4 forward then Arms out to side walk back 4
Walk 4 forward Arms out to side walk back 4 - Walk 4 forward then Arms out to side walk back 4
Walk and give high 5’s for 32 beats
RIGHT 4 Clap LEFT 4 Clap RIGHT 4 Clap LEFT 4 Clap
Hands up RIGHT 4 Hands up LEFT 4 Hands up RIGHT 4 Hands up LEFT 4
RIGHT 4 Clap LEFT 4 Clap RIGHT 4 Clap LEFT 4 Clap
Hands up RIGHT 4 Hands up LEFT 4 Hands up RIGHT 4 Hands up LEFT 4
Simple Instant Activities

- Dome Cone Touch
- Dome Cone Up/Down
- Hula Hoop Twister
- Steal the Cookies
Types of Service Delivery (LRE)

Documented from least to most restrictive:
- GPE no support (indirect)
- GPE accommodations/support (indirect)
- GPE with APE consult/support (direct)
- Part time GPE and Part time APE
- Separate APE class
- Individualized APE class
- APE Special School
- APE homebound/hospital/treatment facility
Bilateral Coordination

Bilateral coordination is the ability to use both sides of the body at the same time in a controlled and organized manner.

Being able to coordinate both sides of the body is an indication that both sides of the brain are communicating and sharing information with each other.
Bilateral Challenges

Gross Motor Activities

• Jumping and skipping
• Riding a bike
• Catching a ball
• Beating a drum
• Pushing/pulling activities
• Opposition
• Rock Climbing
Bilateral Challenges

Fine Motor Activities
• Tying shoelaces
• Threading beads
• Using a knife and fork
• Drawing a line with a ruler
Crossing the Midline

Crossing the midline refers to the ability to spontaneously cross over the midline of the body during motor completion/functional tasks—moving one hand, foot, or eye into the space of the other hand, foot, or eye.
Bilateral Coordination
Bilateral Coordination Activities

• Balloon Bop
• Dance (Hokey Pokey, Cupid Shuffle, Macerana, Cha Cha Slide)
• Climbing
• small trampoline, balance board, swings
• Racquet sports
• Swimming
• Cutting with scissors
• PolySpots
• MeMoves  http://thinkingmoves.com/
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<thead>
<tr>
<th>Bal-A-Vis-X</th>
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<tbody>
<tr>
<td>1 bag rectangle</td>
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<tr>
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<td>2 ball rectangle</td>
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SworkIt
Common PE Units

Archery
Badminton
Floor hockey
Pickleball
Soccer
Softball
Ultimate Frisbee
Volleyball
Basketball
Bowling
Football
Golf
Tennis
Climbing
Weight Training
Sportime Drum-N-Store Buckets

1450038
$110.35
Sportime Sense-Of-Timers, Set of 6

030714
$100.49
Sportime Utility/Sequencing Spot Markers

1005401
Set of 6
$18.40
School Smart 5 x 5 in Utility Sequencing Educational Beanbags

1004582
Set of 6
$19.34
16 in Turbo Scooter, Blue

1450036
$52.99
Sportime 16 in Fingerlights Balls

1320287
Set of 2
$25.49
Sportime MegaLoon Paddle Set with Ballons

1271404
18 in Dia Paddle
$59.99
Sportime Racqaloons Striking Kit and 144 Balloons

031497
$49.26
Sportime 20 in Mini Badminton Racquet

009523

$7.29
Sportime Yeller 21 in Youth Tennis Racquet

009316
$15.99
Volley 3-1/2 in Uncoated High Bounce Foam Balls

005162
Set of 3
$10.79
Sportime UltraFoamShuttles

019902
Set of 6
$14.49
Sportime BigBopper Batting Tee Insert

008419
$11.89
Sportime Gradestuff Foam Fliers

007366
Set of 6
$20.54
Sportime GrabBalls

005363
Set of 6
$81.99
SportimeMax Hands-On Junior Size 6 Football

016144
$12.39
Sportime 10 oz Slow Motion Balls,

1358004
Set of 3
$20.49
Sportime Size 5
Slow Motion Soccer Ball

$18.74
Sportime Size 5 Sensory Soccer Ball

1478833
$29.99
Speed Stacks 9 in Dia Jumbo Stacks
Set of 36

1394173
$134.99
Speed Stacks
9 in Dia Jumbo Stacks
Questions?

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