The 2021-2022 school year has officially started and I’m excited for all we have instore this year!

My goal this year is to provide as many unique, original ideas and programs to our students as possible. We want to develop a strong appreciation of physical activity and health for all learners in GMSD!

**Welcome Back!**

**THE PHYS ED EXPRESS**

*Vol. 2 Issue 1*

[Logo

Description automatically generated](https://www.thephysedexpress.com/)

\*No waivers or exemptions are expected this year.

\*All K-5 PE teachers are expected to complete the PE Skills Portfolio.

\*Quarterly meetings will take place to aid in completing the portfolio. (optional)

\*[PE Skills Portfolio Page](https://www.thephysedexpress.com/pe-portfolio.html) on my website is a valuable resource you should utilize, if needed.

\*Request help setting up assessments, if needed.

**PE Skills Portfolio**

**The Phys Ed Express**

**Quick Links**

\*[Funding Resources for PE](https://www.thephysedexpress.com/funding-resources.html)

\*[Professional Development Opportunities](https://www.thephysedexpress.com/professional-development-opportunities.html)

\*[Safe School Videos for GMSD](https://www.thephysedexpress.com/safe-schools-trainings.html)

\*[Coach Training Resources](https://www.thephysedexpress.com/coach-training-resources.html)

\*[Healthy School Teams](https://www.thephysedexpress.com/healthy-school-teams.html)

\*[Lesson Plan Resources](https://www.thephysedexpress.com/lesson-plans.html)

\*[Concussion Training](https://www.thephysedexpress.com/concussion-info-and-form.html)

\*[Heat Illness Training](https://www.thephysedexpress.com/heat-illness-prevention-training.html)

\*[Sudden Cardiac Arrest Training](https://www.thephysedexpress.com/sudden-cardiac-arrest-info-and-form.html)

\*[Training(s) Acknowledgement](https://forms.gle/7NB4GqwNzkVjc87c8)

\*[CPR & AED Training Request](mailto:andrew.martin@gmsdk12.org?subject=CPR%20Training%20Request)

**Coaches Corner**

\*[Fitness Gram](https://www.thephysedexpress.com/fitness-gram.html) testing is required for all K-12 PE teachers for 2021-2022 school year.

\*Required to submit scores for grades: 4th, 6th, 8th, and 9th

\*Submit scores for Fall & Spring

\*I’ll provide Excel Spreadsheet to submit student scores.

\*[Superintendent’s Fitness Challenge](https://www.thephysedexpress.com/superintendents-fitness-challenge.html) for GMSD

**Fitness Testing**

**Fitness Gram**

**PE EQUIPMENT**

\*CSH funds will be limited for 2021-2022, due to allocations.

\*2 cycles of CSH Mini-Grants will be available (Fall & Spring)

\*Consider using school title funds for projects & equipment. (Reach out to me and I can help with this).

\*Consider having Kid’s Heart Challenge at your school! (Able to earn LOTS of equipment vouchers to US Games).

\*Donors Choose projects are easy to put together and get funded fast! (Reach out if you need help with one of these).

**Bike Safety & Education**

**GMSD**

\*The Bike Safety & Education Program will kick off this year for GMSD. FES, DES, HHS, and FHES will have the materials to start this year. RES and HMS coming soon!

\*[Bike Safety & Education Main Page](https://www.thephysedexpress.com/bicycle-education.html)

\*[Bike Lessons & Videos Page](https://www.thephysedexpress.com/bike-skill-videos.html)

\*[Bike Helmet Page](https://www.thephysedexpress.com/bike-helmets.html)

\*[Bike Maintenance Page](https://www.thephysedexpress.com/bike-maintenance--repairs.html)