**What’s New**

**THE PHYS ED EXPRESS**

*Vol. 2 Issue 4*



\*Meeting #3: December 15th (4:30-5:30)

\*[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.

\*[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

**PE Skills Portfolio & PACER**

\*Visitors can come to your PE Classes by request. You **MUST** have this approved through your building Principal.

*(Dylan Singler w/ USA Karate)*

\*Health Ed Curriculum online for HHS Lifetime Wellness.

Click [Here](https://www.thephysedexpress.com/hhs-school-health-education.html) (PW: GMSD2021)

\*Bike Programs are starting!!

*FES is launching there’s soon*

**The Phys Ed Express**

**Quick Links**

**Health Highlights:**

**December**

\*Team-Building Lessons: [Click Here](https://www.thephysedexpress.com/team-building.html)

\*Active Gaming Lessons: [Click Here](https://www.thephysedexpress.com/active-gaming.html)

\*Instant Activities: [Click Here](https://www.thephysedexpress.com/instant-activities.html)

\*Projector Activities: [Click Here](https://www.thephysedexpress.com/projector-activities1.html)

\*Warm-up Activities: [Click Here](https://www.thephysedexpress.com/warm-ups1.html)

\*Chase Series Videos: [Click Here](https://www.thephysedexpress.com/chase-series-videos.html)

\*This or That Videos: [Click Here](https://www.thephysedexpress.com/this-or-that.html)

\*Would You Rather Videos: [Click Here](https://www.thephysedexpress.com/would-you-rather-fitness.html)

\*Be the vocal supporter of positive self-care for the staff and students in your building.

\*Compliment Initiative throughout the district.

Click [Here](https://docs.google.com/document/d/19kM8wccdF813spNUh1zr8f5MYB18eEtc/edit?usp=sharing&ouid=112876435214583484467&rtpof=true&sd=true) to learn more.

Toys 4 Tots Drive. Donate and place [this](https://drive.google.com/file/d/156lb5T7cG2dWTy7wnF9MdMAAjtoGhP_6/view?usp=sharing) on your door

\*Staff Led Fitness Classes:

RES (Dec 6th and Dec 9th)

**PE EQUIPMENT**

\*CSH Mini Grant Application now available. [Click Here](https://www.thephysedexpress.com/funding-resources.html)

\*Let me know if you need any supplies or equipment for a specific unit!

**J.D. Hughes**

**PE Training**



**Coming to an Inservice near you on February 21, 2022!!!**

**PE News**

\*Informal PE observations done by CSH starting this month. *These will NOT count towards TEM Evaluations Score.*

**Special Request:** Please share any activities/lessons you’ve experienced success with. (These will be shared/highlighted)

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

\*NFHS Training Site: [Click here](https://nfhslearn.com/courses)

\*Bike skill videos: [Click here](https://drive.google.com/drive/folders/1ZrLltLqoEhSPSjzmNmurMo1pddUfo-FV?usp=sharing)

\*Need an updated CPR Certification: Email me to schedule a training.

**Coaches Corner**