The phys ed express

gmsd

**The latest news for gmsd phys ed:**

1. Middle School Club Tennis is available for any students at RES and HMS. Please share following with your student:

[-HMS Flyer for Club Tennis](https://drive.google.com/file/d/1-Vb5kXOPikfWGzfquzQHEIAIggy08H6w/view?usp=sharing)

-[RES Flyer for Club Tennis](https://drive.google.com/file/d/1YbXMKxgyQXaUj7QaHfpulMy-n57PAgR2/view?usp=sharing)

1. Virtual Yoga is available for all students and staff in GMSD. Please share the following with your students:

-[Student & Staff Yoga](https://www.thephysedexpress.com/yoga-gmsd.html)

1. [Biking Curriculum for GMSD](https://docs.google.com/forms/d/e/1FAIpQLSe_n_qa-Asuer3x4tM783yTQVCDepffEdeBiB05itYrkkJ0uQ/viewform?usp=sf_link). If you’re interested in potentially having a biking curriculum piloted at your school please let me know. We’d look to implement this at some schools in Fall 2021.

Check out our site:



Google drive



**Noteworthy mentions:**

1. [Portfolium](https://portfolium.com/) is open and able to start taking submissions for your 2020-2021 PE Portfolio.
2. [PE Portfolio resources](https://www.thephysedexpress.com/pe-portfolio.html) are available to all K-5 PE teachers. Please let me know when you have growth selections made and I’ll gladly review & grade them.
3. [Healthy School Teams](https://www.thephysedexpress.com/healthy-school-teams.html) are running smoothly and thanks for getting reports in on time. Meeting #3 notes due by March 12th.
4. [TAHPERD](http://www.tahperd.us/) memberships were purchased for those of you that expressed interest. You
5. District Learning Day is February 15th and more info will be coming on any PD sessions we may have planned that day.
6. GMSD 5K Race Committee will have its first meeting on Feb. 15th from 2:00-3:00. If you want to be a part of this special event, please let me know!
* [**E-Learning Tools**](https://www.thephysedexpress.com/e-learning.html)
* [**PE Lessons**](https://www.thephysedexpress.com/lesson-plans.html)
* [**Everfi resources**](https://www.thephysedexpress.com/everfi.html)
* [**Sworkit Platform**](https://www.thephysedexpress.com/sworkit.html)
* [**15 Second Workouts**](https://www.thephysedexpress.com/15-second-workouts.html)
* [**Cosmic Yoga**](https://www.thephysedexpress.com/cosmic-yoga.html)
* [**Nutrition Education**](https://www.thephysedexpress.com/nutrition-education.html)
* [**Edu Gymnastics**](https://www.thephysedexpress.com/educational-gymnastics1.html)
* [**Locomotor Skills**](https://www.thephysedexpress.com/locomotor-skills1.html)

**Resources for your p.e. program:**

* [**Active Gaming Resources**](https://www.thephysedexpress.com/active-gaming.html)
* [**Dance Resources**](https://www.thephysedexpress.com/dance.html)
* [**The Bear Fit Challenge**](https://www.thephysedexpress.com/bear-fit-challenge.html)
* [**Cardio Fitness Drumming**](https://www.thephysedexpress.com/cardio-fitness-drumming.html)
* [**Jump Rope Resources**](https://www.thephysedexpress.com/jump-rope.html)
* [**Academic Integration**](https://www.thephysedexpress.com/academic-integration.html)
* [**Team-Building Games**](https://www.thephysedexpress.com/team-building.html)
* [**Virtual Gyms**](https://www.thephysedexpress.com/virtual-gyms.html)
* [**Adapted P.E.**](https://www.thephysedexpress.com/adapted-pe.html)
* [**Yoga & Mindfulness**](https://www.thephysedexpress.com/yoga.html)

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