**What’s New**

**THE PHYS ED EXPRESS**

*Vol. 2 Issue 5*

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\*Meeting #4: January 26th (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**

\*PE classes can now schedule visits from guest speakers or presenters. Reach out to Lead PE Mark Bland to arrange a visit with USA Karate and/or a Yoga Specialist.

\*FHES received Bike Safety & Education Program!

\*Health Ed Curriculum online for HHS Lifetime Wellness.

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

**The Phys Ed Express**

**Quick Links**

**Health Highlights:**

**January**

\*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)

\*[Fitness Land](https://www.thephysedexpress.com/fitness-land.html) Staff Challenge is taking place from now until the end of February. Share with staff to build up your HST!

\*Want an Archery Program for your PE Program!?! FHES is starting one and they’ve purchased their supplies from [Upshot Arrow](https://upshotarrows.com/).

\*Staff Led Fitness Classes will resume this month with:

-Cardio Kickboxing @RES (TBD)

-Yoga Beginners @RES (TBD)

**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!

**Kid’s Heart Challenge**

**AHA**

\*Looking for additional funds for your PE program!?!

\*Consider implementing the [Kid’s Heart Challenge](https://www2.heart.org/site/SPageServer;jsessionid=00000000.app30028a?pagename=khc_resources_search&NONCE_TOKEN=DE6FACD6638B10B9277304911AFE2CCE) at your school this Spring!

~Earn funds that go directly to PE

~Donations can be set up entirely virtual

~Lots of support from CSH and AHA.

~Kids earn lots of great prizes (instant too)

~Professional Development available

\*Let’s get you scheduled today! Email me!

**PE News**

\*Informal PE observations will continue this month.

\*Email me if you need an updated CPR Certification.

\*Complete a [TAHPERD Grant](https://docs.google.com/forms/d/e/1FAIpQLSdePl2W61s5FewcTJKlgxNtPytYC8z3YjX-mZpx2uok2KqxDg/viewform) to receive additional PE funds.

\*J.D. Hughes PD is February 21st

\*Coaches should be updated on trainings:

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

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

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

**Coaches Corner**