The phys ed express

gmsd

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

1. [The Fitness Warehouse Challenge](https://www.thephysedexpress.com/the-fitness-warehouse.html) is open and available for all GMSD students and staff. Possibly something you could offer your virtual students!
2. January 4, 2021 will see a special offering of PD opportunities that will provide valuable resources from USTA Tennis and The Alliance for a Healthier Generation. (9:00-11:30)
3. The [PACER test](https://www.thephysedexpress.com/fitness-gram.html) is not required this year. If you complete this fitness test anyways let me know when you start.
4. [Family Life Curriculum](https://www.thephysedexpress.com/family-life-curriculum.html) will need to be taught this second semester. Please let me know when your school will teach this.
5. [Kid’s Heart Challenge](https://www2.heart.org/) is something that you can complete this year and earn upwards of 10 P.D. hours! Let me know if interested.

Check out new site:

[](https://coachmartinpe.weebly.com/)

Google drive

[](https://drive.google.com/drive/u/0/folders/1T5D_XKt6vtWbzMXH78W2O5JuWtbntmT-)

**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) will pick back up quickly with two reports due on January 5th.
4. I’ll purchase the memberships for those that expressed interest in joining [TAHPERD](http://www.tahperd.us/) or [SHAPE America](https://www.shapeamerica.org/). I’ll email you the confirmation.
5. Student Yoga will start by February 1st. I could use your support in talking it up with your students once I have flyers ready to go!
6. Submit ideas to me for things you’d like to see implemented for GMSD, either this year or next!

* [**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)

Pe schoology page

[](https://gmsd.schoology.com/course/2773931031/materials)