**What’s New**

**THE PHYS ED EXPRESS**

*Vol. 2 Issue 2*

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\*Meeting #2: October 27th (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**

\*DLD is on November 2nd. If you’re interested in presenting a topic, please let me know.

\*Bike skill trainings have been completed. You can start your bike programs when ready!

\*Walk & Run clubs of TN is now available for anyone interested. Receive FREE prizes for your students. Email if interested!

**The Phys Ed Express**

**Quick Links**

**Health Highlights:**

**November**

\*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)

\*Tik Tok Dance Challenges: [Click Here](https://www.thephysedexpress.com/tik-tok-dance-challenges.html)

\*Cardio Fitness Drumming: [Click Here](https://www.thephysedexpress.com/cardio-fitness-drumming.html)

\*Angry Birds Fitness: [Click Here](https://www.thephysedexpress.com/angry-birds-fitness.html)

\*Among Us Fitness: [Click Here](https://www.thephysedexpress.com/among-us-fitness.html)

\*Spot It Fitness: [Click Here](https://www.thephysedexpress.com/spot-it-fitness.html)

\*CrossFit Kids: [Click Here](https://www.thephysedexpress.com/crossfit-kids.html)

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

Staff Wellness Challenge (Nov):

\*[Sleep Better, Feel Better](https://www.thephysedexpress.com/sleep-better-feel-better-challenge.html)

\*Updated Virtual Calming Room to share with staff: [Click here](https://www.thephysedexpress.com/virtual-calming-room.html).

\*No Smoke November: Feel free to share this contest with your students! [Click Here](https://docs.google.com/document/d/1rW7-_a_rqpnFiwiyu8bfFyPyR7Hct9J1/edit?usp=sharing&ouid=112876435214583484467&rtpof=true&sd=true).

**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**

A group of children posing for a photo

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

**PE News**

\*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**

\*TAHPERD took place from October 24th-26th. I’ll share the resources from the convention via my website.

\*Observations are currently taking place in most schools. If you and your admin would like me to complete an observation, please let me know!