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

National Walk to School Day is October 6th. (Let me know if your school is doing this)

Lead PE teacher, Mark Bland, will be visiting all GMSD PE teachers on October 6th.

**What’s New**

**THE PHYS ED EXPRESS**

*Vol. 2 Issue 2*

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\*All K-5 PE teachers are expected to complete the PE Skills Portfolio.

\*Quarterly meetings will take place to aid in completing the portfolio. (optional)

~Meeting #1: September 29th (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.

**PE Skills Portfolio**

**The Phys Ed Express**

**Quick Links**

\*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)

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

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

\*Academic Integration: [Click Here](https://www.thephysedexpress.com/academic-integration.html)

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

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

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

\*[Training(s) Acknowledgement](https://forms.gle/7NB4GqwNzkVjc87c8)

\*[CPR & AED Training Request](mailto:andrew.martin@gmsdk12.org?subject=CPR%20Training%20Request)

**Coaches Corner**

\*[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

\*Submit scores for Fall & Spring

\*I’ll provide Excel Spreadsheet to submit student scores.

\*[Superintendent’s Fitness Challenge](https://www.thephysedexpress.com/superintendents-fitness-challenge.html) for GMSD

**Fitness Testing**

**Fitness Gram**

**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!

**Bike Safety & Education**

**GMSD**

**PE News**

\*Family PE week is October 4th-8th. (Let me know is doing this).

\*CATCH Your Breath Program should be implemented in Quarter 2. (HHS)

\*CPR Training will happen in October if you need a certification. (date is TBD)

\*The Bike Safety & Education Program will kick off this year for GMSD. FES, DES, HHS, and FHES will have the materials to start this year. RES and HMS coming soon!

\*[Bike Safety & Education Main Page](https://www.thephysedexpress.com/bicycle-education.html)

\*[Bike Lessons & Videos Page](https://www.thephysedexpress.com/bike-skill-videos.html)

\*[Bike Helmet Page](https://www.thephysedexpress.com/bike-helmets.html)

\*[Bike Maintenance Page](https://www.thephysedexpress.com/bike-maintenance--repairs.html)