The phys. Ed. Express

gmsd

Check out new site:



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

1. [PE Portfolio](https://www.thephysedexpress.com/pe-portfolio.html) meeting #3 on Dec. 17
2. [Toys for tots & Mid-South Food Bank virtual](https://drive.google.com/drive/u/0/folders/1Bgr0XnAFt5PYpFS8kZPFDljwDyh6TSWj) drives are taking place. Spread the word in your schools to help support this initiative.
3. Huge thanks to all that helped promote our [No Smoke November](https://www.thephysedexpress.com/) contest! It was a great success for all involved!
4. Feeling stressed? Feel free to use our [Virtual Calming Room](https://www.thephysedexpress.com/virtual-calming-room.html) to help relieve stress and increase focus!
5. [Among US Fitness](https://www.thephysedexpress.com/among-us-fitness.html) has become a wildly popular thing in the realm of PE here lately! I’ve created a page pf resources for you!
6. [The Fitness Warehouse](https://www.thephysedexpress.com/the-fitness-warehouse.html) will launch this January! Check out our district’s virtual fitness Challenge!

Google drive



**Noteworthy mentions:**

1. [Portfolium](https://portfolium.com/) should be open soon and you’ll be able to start uploading submissions for your portfolio. In the meantime, save everything!
2. Any school that works with the American Heart Association and runs the Kid’s Heart Challenge will receive upwards of 10 PD hours. Let me know if interested!
3. Next set of [Healthy School Team](https://www.thephysedexpress.com/healthy-school-teams.html) reports are due on January 5th!
4. Fitness Gram PACER testing is not required this year, due to COVID concerns. We’ll resume this next year!
5. We’ll hold a Family Life Curriculum training after the winter holiday break.
6. I love seeing the activities you’re doing with your students! Continue to send me your pictures so we can showcase them!

**Programs to enhance your p.e. classes:**

1. Marathon Kid’s Connect Run Clubs

<https://marathonkids.org/connect/>

1. Kid’s Heart Challenge

<https://www2.heart.org/>

1. Fuel-Up to Play 60

<https://www.fueluptoplay60.com/>

1. Sworkit

<https://sworkit.com/>

Pe schoology page

