**Olympic Athlete visits Farmington**

**Pauls Pujats**

The phys ed express

gmsd

**LINKS & RESCOURCES TO IMPLEMENT FOR YOUR PE PROGRAM**



**Step Up Challenge**

[Info](https://www.thephysedexpress.com/step-it-up-challenge.html)

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**Rally Cats Tennis Program**

[Info Flyer](https://drive.google.com/drive/u/0/folders/1AYAFCOHeUgaekjjyQSZKMuydT4f4xjYB)



**Newsworthy mentions:**

1. Elementary PE teachers are working diligently to help create a [Virtual Field Day](https://www.thephysedexpress.com/gmsd-virtual-field-day.html) for GMSD. Videos are due by Friday, April 9th.
2. Any school that is planning an in-person field day event should reach out to let us know so we can provide any assistance, support, and information to ensure we’re following proper Covid protocols. Thank you for those that have shared plans already.
3. H.S. Wellness teachers should deliver [Family Life Instruction](https://www.thephysedexpress.com/flc-9-12-grades.html) during Quarter 4. Please include [Dating Violence](https://www.thephysedexpress.com/dating-violence.html) Lessons.
4. Continue to push and promote our [GMSD Stampede](https://gmsd5kstampede.raceroster.com/?fbclid=IwAR3s95J5Y9DRn-ZW_s4wjNgYdn8ZtYe4rsMn_UFDpWCPwzaC2RQJj-TPu3o) Virtual Race. We’re approaching 2,000 registrations!! (Remember, your schools get money for each person signed up).
5. Congratulations to Dogwood PE Teachers for raising over $53,000 for The Kid’s Heart Challenge!!
6. Congratulations to HHS Wellness Teacher, Kim Martin, for having her Self-Care Program approved by GMSD!

University of Memphis graduate and Latvia Pole Vaulter visited Farmington’s [Fuel-Up to Play 60](https://www.fueluptoplay60.com/) program!



**BIKE EDUCATION CURRICULUM**

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**Coming to GMSD in Fall 2021**



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* [**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)
* [**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)