

SHAPE PROFESSIONAL DEVELOPMENT OPPORTUNITIES

<http://www.shapeamerica.org/>

SHAPE Webinars – 1 hour each = .25 PD

****used for 1 PD only**

SHAPE America offers live and recorded webinars for physical educators, health educators sport coaches, PETE and HETE professionals and students, and others with a vested interest in physical education and the health of our nation's children. All SHAPE America webinars are 1 hour long. Participants will earn a certificate of 1.0 contact hour with each webinar they view.

Beginning in April 2015, SHAPE America will launch 2 new live webinars each month. Registration for each webinar will open approximately a month in advance of the webinar date. Check this page frequently to see what's open for registration and what's coming up! All live webinars will be recorded and available for purchase in our [webinar library](#).

Open for Registration Now!

Implementing Disability/Adapted Sports in Physical Education and Recreational Programming

Date: September 15, 2015

Time: 3:00 - 4:00 p.m. Eastern Daylight Time

Description: This webinar introduces participants to disability/adapted/Paralympic sports and how they can be included in a physical education program or used to promote extracurricular sport opportunities for students with disabilities. The session will begin with a discussion on the Paralympics and the opportunities the event affords for developing critical thinking skills on difference, diversity, and ability. The webinar will describe several disability and adapted sports that can be implemented easily including boccia, goalball and sitting volleyball. Class materials will include lesson plans that break down the skills and illustrate modified games and assessments to measure learning.

Member Price: \$0 - FREE for SHAPE America Members

Non-Member Price: \$19.96

REGISTER AND PURCHASE NOW!

PE Plus! - Ways to Make a Difference Beyond the Gymnasium

Date: September 29, 2015

Time: 3:00 - 4:00 p.m. Eastern Daylight Time

Description: In this webinar, ideas, strategies and specific programs for increasing physical activity and physical literacy, and developing health-related school and community involvement will be discussed. This session will be divided into three segments: classroom activity breaks and programs; school wide special events; and family/community involvement beyond the school day. Specific programs include, but are not limited to: PE Packs to Go, Moving Across America, developing a PE website, Project ACES, Fitness Frankie and Friends, and Jump Rope for Heart. Participants will receive resources to begin similar programs in their schools.

Member Price: \$0 - FREE for SHAPE America Members

Non-Member Price: \$19.96

REGISTER AND PURCHASE NOW!

Coming Later This Fall!

Student Sportfolio: Interdisciplinary Physical Education

Date: October 6, 2015

Time: 3:00 - 4:00 p.m. Eastern Daylight Time

Description: Want to include interdisciplinary lessons in your physical education classes? Looking for a way to incorporate the Common Core without taking away from PE? If your answer is yes to either of those questions, check out this webinar! You will be shown how to use a Sportfolio which combines physical education and academic learning to enhance overall education. Sportfolio example included in this presentation are: math (graphic word problems), English Language Arts (text features, fact and opinion, analogies), history, and science. I hope you're ready to authentically incorporate academics in PE!

Member Price: \$0 - FREE to SHAPE America members!

Non-Member Price: \$19.96

Registration Opens: September 8, 2015

SHAPE America's Professional Development with PYFP

LINK

<http://www.shapeamerica.org/prodev/ourroleinpyfp.cfm>

Get Started

SHAPE America has created a comprehensive training package to help you adopt and successfully implement the Presidential Youth Fitness Program in your school. The complete package contains 4 online courses:

- [Essentials of the Presidential Youth Fitness Program](#)
- [FITNESSGRAM® Online training course](#)
- [Physical Best Gets FITT](#)
- [Motivating Students to Become Their Physical Best](#)
- [Success with the Presidential Youth Fitness Program Training Package](#)

While it is encouraged and recommended courses are taken in order as shown below, it is not required.

Essentials of the Presidential Youth Fitness Program

Learn about the components that define this national fitness model and how each of the components can be used to inspire active living among youth. There is an exam at the end of the course with a certificate presented for successful completion. The course is based on Physical Education for Lifelong Fitness, third edition and the text is included with course registration. [Learn more...](#)

Topics covered in the class include:

- The role of the Presidential Youth Fitness Program in a high-quality physical education curriculum
- Strategies for integrating fitness education and assessment into your existing program

- Strategies for maximizing fitness assessment as a teaching tool Inspiring active living through motivational recognition
- What students, parents, teachers, and administrators need to know about the Presidential Youth Fitness Program

FITNESSGRAM® Online Training Course

Developed by the Cooper Institute and Human Kinetics, this online course takes you through the philosophy of the program as well as a thorough treatment of the test protocols. There is an exam at the end of the course with a certificate presented for successful completion. The course is based on the Fitnessgram Test Administration Manual, Updated Fourth Edition and references videos and the online manual for questions relating to the individual test items. These resources are accessible through your software subscription. [Register](#) for the online course.

Physical Best Gets FITT

An introduction to the Physical Best program and how the strategies employed can be used to teach health related fitness concepts in the physical education setting. You'll also learn how to adapt other activities to the Physical Best activity format. This 2 hour online course is based on the Physical Best Activity Guide (elementary or secondary) and is included with registration.

Motivating Students to Become Their Physical Best

Learn various strategies for motivating youth (K-12) to become physically active in this 1 hour course. It will Include the latest on goal setting, motivation, behavior change and more. (available in spring 2014)

Citations: Centers for Disease Control and Prevention. The association between school based physical activity, including physical education, and academic performance. Atlanta, GA: U.S. Department of Health and Human Services; 2010.

SHAPE PODCASTS

<http://shapeamerica.podomatic.com/>

A series of podcasts – just as an FYI. Not to be used for PDH