



# Physical Education Update

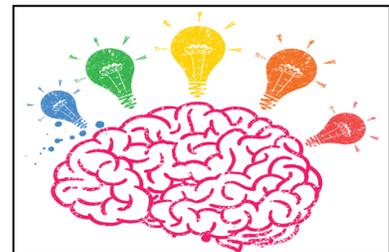
## February, 2020

Florida Department of Education  
Office of Healthy Schools

Please share all relevant information in this update with appropriate administrators and teachers within your school district. If you are no longer the contact for physical education please notify [Nichole.Wilder@fldoe.org](mailto:Nichole.Wilder@fldoe.org) with the updated contact information for your district.

### **Benchmark of the Month**

The February benchmark of the month is **PE.6.M.1.9 Create and perform a rhythmic movement sequence while working with a partner or group**. Linked [here](#) is a lesson from OPEN titled *Dance with Words*. It is a dance activity that calls on student creativity to choreograph 8-counts of movement with a small group based on the movement card selected. Linked [here](#) are the Dance with Words movement cards that are available to use. This activity allows students of all ability levels to feel comfortable with rhythmic movement and would be great to use during a dance unit or as an instant activity throughout the year. These movement cards are also available on the OPEN website as a word document so you can change/edit the movements that are on the cards as needed. To access the entire module on Middle School Dance, as well as all of the other no-cost resources available through OPEN, go to their website at [www.openphysed.org](http://www.openphysed.org).



### **SHAPE Florida Award Nominations**

You are invited to nominate colleagues for SHAPE Florida Awards. Please note the directions and links below for the awards nomination process:

- 1) Nomination process closes **February 14, 2020**.
- 2) In one online process you can nominate up to five (5) persons for awards; to nominate more than 5 persons contact the Executive Director at [shapefloridaorg@aol.com](mailto:shapefloridaorg@aol.com) to receive special instructions. If you have fewer than 5 nominations, complete the number of nominations you want to make and then click the 'continue' button until you reach the 'finish' button.
- 3) Both the nominator and the nominee must be current SHAPE Florida Members (exceptions include nominees for Community Service and Legislative Awards).
- 4) Click [here](#) if you want to review the award descriptions on the SHAPE Florida website under the Awards tab.
- 5) To submit an Award Nomination, click on the link [here](#).



Mark your calendar for the 2020 SHAPE Florida Convention **October 18-20, 2020** at the Embassy Suites Lake Buena Vista South. All 2020 award recipients will be recognized at the opening session of the convention.

## **2020 Healthy Schools Summer Academy**

Mark your calendar for the 2020 Healthy Schools Summer Academy on **June 10-11, 2020**, at the RP Funding Convention Center in Lakeland, FL. This year's Academy will focus on Florida Standards for Physical Education and Health Education, and implementation of the three new State Board of Education (SBOE) rules related to health education. Our opening keynote speaker on June 10<sup>th</sup> will be Melanie Lynch, the 2016 SHAPE America Health Educator of the Year. Registration will be available for both exhibitors and participants beginning February 14, 2020, at [www.healthyschoolsummeracademy.org](http://www.healthyschoolsummeracademy.org).

Good news for those traveling more than 60 miles to the Summer Academy! The Florida Department of Education's Title IV Part A (T4A) team is generously providing an opportunity for complementary **shared** hotel rooms (2 attendees per room) at no cost to participants for a maximum of 150 people. If you live a minimum of 60 miles away and are willing to share a hotel room with another Summer Academy participant, please list names of preferred roommates on the registration form in order to be considered for this opportunity. A member of the T4A team will contact you regarding availability of hotel rooms once registration closes on April 30, 2020.



## **SHAPE America National Convention**

The 2020 SHAPE America National Convention will be held in Salt Lake City, Utah on April 21-25, 2020. Registration for the SHAPE America National Convention is now open, and “early bird” discounted pre-registration rates will end February 27, 2020.

Linked [here](#) is a justification toolkit created to assist educators make their case to attend the convention. For registration and housing information please go to The SHAPE America website included below:

[https://convention.shapeamerica.org/Convention/General Information.aspx?hkey=1369281b-62dc-448e-a554-da64aac430d3](https://convention.shapeamerica.org/Convention/General%20Information.aspx?hkey=1369281b-62dc-448e-a554-da64aac430d3).



Students work hardest for teachers they like and respect. When I'm asked, "How do I get the students to like and respect me?" my immediate response is "Like and respect them first."

~Dr. Debbie Silver

## **Making Sense of Student Learning Targets**

Joey Feith's *The #PhysEd Show Vlog* linked [here](#) explores the difference between grade-level outcomes (in Florida these are the physical education benchmarks included in each course description) and student learning targets. Joey discusses the difference between the teacher friendly language in grade-level outcomes (our Florida standards) and the student friendly language included in student learning targets, which are created based on the standards and are used to support student learning by making it easy for the student to understand where they are going. This discussion is a great tool for teachers to review when developing curriculum maps, pacing guides and formative/summative assessment tools that will be used in physical education classes.

## **Action for Healthy Kids Grants**

**Game On Grants:** In order to get every kid healthy and ready to learn, the Game On grants provide funding, support, and resources for schools to increase physical activity and nutrition initiatives while promoting students' social emotional learning. Funding is \$1,000 for physical activity OR nutrition projects; and funding is \$2,500 for physical activity AND nutrition projects. PreK-12 schools in all states are eligible to apply. Register [here](#) for the Game On Grant webinar to learn more.



**Parents for Healthy Kids Grants:** Here's the chance for parents to make their mark on school health! Apply for a Parent for Healthy Kids grant that will provide funds and support to increase physical activity or nutrition initiatives while promoting students' social emotional learning and engaging parents in school wellness. Grant funding starts at \$1,000. Parents or parent groups must apply for the grant (either for physical activity or nutrition) and lead projects in partnership with the school. Schools with greater than 50% of students eligible for free/reduced-priced meals may receive priority, as well as schools located within 15 miles of an ALDI store, but all PreK-12 schools within eligible states are encouraged to apply. Register [here](#) for the Parents for Healthy Kids Grant webinar to learn more.

### **Grant Instruction Guides:**

- Game On
  - [\\$2,500 Nutrition and Physical Activity](#)
  - [\\$1,000 Nutrition](#)
  - [\\$1,000 Physical Activity](#)
- Parents for Healthy Kids
  - [Nutrition](#)
  - [Physical Activity](#)

### **Grant Applications:**

See instructions below for officially applying via the School Portal. These paper versions of the grant applications will help school health teams prepare for submission.

- [Game On – \\$2,500 Nutrition and Physical Activity](#)
- [Game On – \\$1,000 Nutrition](#)
- [Game On – \\$1,000 Physical Activity](#)
- [Parents for Healthy Kids – Nutrition](#)
- [Parents for Healthy Kids – Physical Activity](#)