

Best Fitness and Movement Activities for Strengthening Your **PHYSICAL EDUCATION** Program (Grades K-8)



Pat Vickroy

Outstanding Physical Education Teacher,
Author and International Presenter

**Specifically Designed for Physical Education Teachers and Specialists
Working with Students in Grades K-8**

Powerful fitness and movement activities for enhancing your physical education program

Classroom-proven strategies to develop a more inclusive PE program where all students feel included and valued

Innovative PE lessons designed to engage the physical as well as the social, emotional needs of your students

Interactive, classroom-proven movement activities, music, games, and teaching tips to increase student success and engagement

Receive an extensive physical education digital resource handbook during the seminar

LIVE ONLINE SEMINARS

December 5

9 AM Eastern, 8 AM Central,
7 AM Mountain, 6 AM Pacific

December 13

9 AM Central, 8 AM Mountain,
7 AM Pacific, 10 AM Eastern

CEUs and Graduate Credit Available
See page 6 for details

CAN'T ATTEND?

Order the recorded version
and take the seminar online at
your convenience (see page 6)

'Pat's seminar really helped me connect my curriculum and my philosophy.'

Ten Key Benefits of Attending

"Pat did an excellent job of keeping us engaged, moving and learning!!"

— TOM SCHULTZ, PE TEACHER



Who Should Attend

Physical Education
Teachers and Specialists
Working with Students
in Grades K-8

1. Improve Your Students' Physical Fitness

Learn a variety of innovative, fast-paced developmentally appropriate activities that are designed to get your students moving AND having fun

2. Increase Student Involvement in Every PE Lesson You Teach

Experience an array of instructional techniques that keep your students engaged, moving and achieving

3. Motivate Your Students to Achieve Success in Fitness and Movement Activities

Learn positive motivational techniques that will increase the success rate and enjoyment of physical activities for all students

4. Create a More Inclusive Physical Education Program

Discover practical ways to help all students experience success and positive involvement regardless of their abilities and prior experience

5. Improve the Fitness Level of Every Student

Learn easy-to-implement steps for setting goals as well as developing and implementing action plans to facilitate fitness improvement for every student

6. Incorporate Positive Classroom Management Techniques for the Active PE Learning Environment

Discover proven tips and techniques for guiding students towards responsible behavior and decision making in PE

7. Integrate Social Emotional Learning (SEL) into Your PE Program

Utilize trust building and teamwork activities to increase social emotional learning in your PE classes

8. Maximize Student Engagement and Success in PE

Experience appropriate intentional teaching strategies that will maximize engaging learning opportunities

9. Align Your PE Program with the National Standards for Physical Education

Learn innovative fitness and movement activities that align with the National Standards for Physical Education

10. Receive an Extensive Physical Education Digital Resource Handbook

Each participant will receive an extensive digital handbook filled with sample lessons, fitness and movement oriented activities and teachable moment stories that you can use immediately in your physical education program

Outstanding Strategies You Can Use Immediately

What You Will Learn ...

- **Motivational, engaging and fun activities** to increase health and fitness awareness of your students
- **How to help your students develop positive attitudes** in your students toward physical fitness and healthy practices
- **Engaging physical education lessons** that are easy to follow and use little or no equipment
- **Practical and effective strategies** for teaching students leadership skills in the physical education setting
- **How to authentically assess** student learning in the REAL world of physical education using a variety of feedback tools
- **Classroom management techniques for active PE classes** that help maximize student learning time and decrease inappropriate behavior
- **Team building strategies** that will help students understand their role on a team
- **Inclement weather** activities
- **Life lessons** to help students make responsible choices toward healthy lifestyles
- **Dance activities** that will promote caring, passion, creativity and enhance the fitness levels of your students
- **Creative ways to design** motivating PE lessons
- **Fun, effective and appropriate activities** to help you build a trusting learning PE environment
- **Valuable insights** on your own current teaching practices and how they align to developmentally appropriate practices for physical education



"Pat was interactive and inspiring. Such a great presenter with great material."

– TRACY SLEE, ELEMENTARY PE TEACHER

Practical Ideas and Strategies

How can we challenge and motivate students to increase their activity level and participation during PE class and at home? How do we enhance the interests of individual students to work productively in teams or independently when they lose interest or appear unmotivated? How can we positively manage active PE classes and decrease inappropriate behaviors and attitudes? How can we create a more active physical education lesson that increases the fitness level of every student?

If you have asked yourself any of these questions, you will want to attend award-winning PE Teacher Pat Vickroy's **NEW** seminar, *Best Fitness and Movement Activities for Strengthening Your PHYSICAL EDUCATION Program (Grades K-8)*. In this outstanding seminar Pat will demonstrate and model innovative lessons and classroom management techniques for developing lifelong movers!

You will leave this seminar with a wide variety of practical strategies that will maximize the success of all students.



A Message From Seminar Leader, Pat Vickroy



Uniquely Qualified Instructor

Pat Vickroy is an award-winning PE teacher and outstanding presenter who has been leading seminars that encourage and inspire PE teachers from all over the world for more than 30 years. A sought out presenter at state, national and international physical education and health conferences, Pat is the author of *Best Fitness and Movement Activities for Strengthening Your PHYSICAL EDUCATION Program (Grades K-8)* the extensive digital resource handbook each participant will receive at the seminar.

Participants leave Pat's seminars inspired by the important role PE teachers can have in the lives of their students and equipped with many new and innovative ideas for enhancing their own PE program.

"You will discover fun, cooperative, fitness-oriented activities that your students will love."

Dear Colleague:

"To connect, to engage, and to create unforgettable experiences — these are the three qualities of every great teacher on the planet."

– Steve Spangler

These words express the very values I strove to embrace in my role as a PE teacher and will be at the core of this seminar. It's been my experience that when we truly understand the immense positive impact we can have on the lives of our students that we have a greater appreciation for our roles as physical educators that extend far beyond the next game or skill we introduce.

During the highly practical seminar I will share dozens of fun, cooperative, fitness oriented activities that your students will love. We will focus on team building, collaboration, rainy day options, objection manipulation, authentic assessment and dance. Also included in my seminar are proven management tips that especially apply to the physical education setting helping to motivate students to do their best and decrease inappropriate behavior.

Please join your colleagues and me for a day full of impactful lessons that can greatly increase your student's engagement and success in physical education!

Sincerely,

Pat Vickroy

P.S. **You'll walk away from this seminar inspired, motivated and prepared** to use these strategies and activities tomorrow!



What Your Colleagues Say About Pat Vickroy

"Pat did an excellent job of keeping us engaged, moving and learning!!"

– Tom Schultz, PE Teacher

"Pat was interactive and inspiring. Such a great presenter with great material."

– Tracy Slee, Elementary PE Teacher

"Great guy and fantastic message."

– Jake Hendricks, PE Teacher

"Absolutely fantastic- instructor was great!"

– Derek Martinez, Teacher



About BER Seminars

Outstanding Instructors

All programs are led by outstanding, top-rated BER national trainers.

Extensive Digital Resource Handbook

You'll receive an extensive digital Resource Handbook full of practical strategies and resources.

Highly Interactive

You'll be able to ask questions, consult with the instructor, and share ideas with other participants.

Program Guarantee

As we have for 45 years, we guarantee the high quality of our programs. If you are not satisfied, we'll give you a 100% refund.

Special Benefits of Attending



'Mr. Vickroy presents lots of motivational activities and stories which I will definitely use in my PE classes.'

On-Site Training

Most BER seminars can be brought to your school or district in-person or online. See the options at www.ber.org/onsite or call 877-857-8964 to speak to one of our On-Site Training Consultants.

Extensive Digital Resource Handbook

Each participant will receive an extensive digital resource handbook giving you access to countless strategies. The handbook includes:

- Highly effective teaching techniques to maximize participation
- Team building and leadership development strategies
- Quotations, stories and resources that will help your PE lessons come alive
- Engaging strategies and tools to support the goals and objectives of the National Standards for Physical Education
- Physical education lesson plans that focus on student success

Share Ideas with Other Educators

This seminar provides a wonderful opportunity for participants to share ideas with other educators interested in increasing the behavior and learning of their students.

Consultation Available

Pat Vickroy will be available to answer your specific questions and the unique needs of your own program.

Meet Inservice Requirements / Earn State CEUs

Participants of Live Online Seminars and those completing the Recorded Version online can receive a certificate of participation that may be used to verify five continuing education hours. For details about state CEUs available, visit www.ber.org/ceus

Earn One to Four Graduate Semester Credits



University of
Massachusetts
Global A nonprofit
affiliate

Up to four graduate level professional development credits are available with an additional fee and completion of follow up practicum activities. Details may be found at www.ber.org/credit

Can't Attend?

Other Professional Development Options:



Recorded Version of the Seminar

Order the recorded version of this seminar to take online at your convenience. You'll have access to the entire course and to the extensive digital resource handbook. To enroll, see registration form on page 7, and for optional CEUs and graduate credit, please visit www.ber.org/credit



Related On-Demand Online Courses

A related On Demand Video-Based Online Learning course, *Innovative, New Activities for Strengthening Your Physical Education Program*, for Grades K-8, is available for immediate registration. To enroll, visit www.ber.org/online

Best Fitness and Movement Activities for Strengthening Your PHYSICAL EDUCATION Program (Grades K-8)

Registration (PFY3F1)

- 1. December 5, 2022** (Start time: 9 AM Eastern)
- 2. December 13, 2022** (Start time: 9 AM Central)
- or—
- 3. I'd like to order the recorded version of this seminar**

FIRST NAME	M.I.	LAST NAME
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POSITION, SUBJECT TAUGHT	GRADE LEVEL	
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SEMINAR LOCATION NUMBER: _____ (Please see list above)		

List additional registrants on a copy of this form

SCHOOL NAME	
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SCHOOL MAILING ADDRESS	
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CITY & STATE	ZIP CODE
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SCHOOL PHONE NUMBER	HOME PHONE NUMBER
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Registration confirmations and login details are sent via e-mail

E-MAIL ADDRESS (REQUIRED FOR EACH REGISTRANT)	
<hr/>	
HOME MAILING ADDRESS	
<hr/>	
CITY & STATE	ZIP CODE
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IMPORTANT – PRIORITY ID CODE: EPFY3F1

METHOD OF PAYMENT – Team Discount Available

The registration fee is \$279 per person; for teams of three or more registering at the same time, the fee is \$259 per person. **Payment is due prior to the program.** No cash, please.

- A check (payable to **Bureau of Education & Research**) is attached
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FIVE EASY WAYS TO REGISTER:

-  **REGISTER ONLINE** at: www.ber.org
-  **EMAIL this form to:** register@ber.org
-  **PHONE toll-free:** **1-800-735-3503**
(Weekdays 5:30 am - 5:00 pm Pacific Time)
-  **FAX this form to:** **1-425-453-1134**
-  **MAIL this form to:** **Bureau of Education & Research**
915 118th Avenue SE • PO Box 96068
Bellevue, WA 98009-9668

Program Hours

All **Live Online Seminars** are scheduled 9:00 AM – 3:30 PM in the time zone indicated. Check in 15 minutes prior. Registrants will be sent login information by email four days before their Live Online Seminar.

Fee

The registration fee is \$279 per person, \$259 per person for groups of three or more registering at the same time. Call us at 1-800-735-3503 for groups of ten or more. **Payment is due prior to the program.**

Fee includes seminar registration, a certificate of participation and an extensive digital resource handbook. The fee is the same for Live Online Seminars or Recorded Seminars.

Cancellation/Substitutions:

100% of your paid registration fee will be refunded if you can't attend and notify us at least 10 days before the seminar. Late cancellations made prior to the event date will be refunded less a \$15 service fee. Substitutions may be made at any time without charge.

Program Guarantee

We stand behind the high quality of our programs by providing the following unconditional guarantee: If you are not satisfied with this program, we'll give you a 100% refund of your registration fee.

Further Questions

Call the Bureau of Education & Research (800) 735-3503 or visit us online at www.ber.org



PFY3F1

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Best Fitness and Movement Activities for Strengthening Your PHYSICAL EDUCATION Program (Grades K-8)



An outstanding one-day Live Online Seminar

Includes an extensive digital Resource Handbook

Can't Attend Live? Order the Recorded Version
 to access online at your convenience

Strengthen Your PE Program (Grades K-8)

PFY3F1

Best Fitness and Movement Activities for Strengthening Your PHYSICAL EDUCATION Program (Grades K-8)



Bureau of Education & Research

Live Online Seminar
 or Recorded Version



A Unique One-Day Live Online Seminar
 (Also available as a Recorded Online Version
 to Use at Your Convenience)

Presented by
Pat Vickroy

Outstanding Physical Education Teacher,
 Author, and International Presenter

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 physical education program

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