

# Innovative, NEW Activities for Strengthening Your PHYSICAL EDUCATION Program (Grades K-8)



A Unique One-Day Live Online Seminar Presented by

## **Dennis Stands**

Outstanding Physical Education Teacher, National Presenter and Author

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

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**New, innovative games and activities** for enhancing physical education instruction in grades K-8

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**Create a more inclusive PE program** where all students feel included and successful regardless of skills and experience

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**“Must-have” lead-up games and skills** for a variety of sports

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**Diagrams, detailed directions, equipment lists, and video links for all the activities** in a physical education digital resource handbook for grades K-8 physical education teachers

### **LIVE ONLINE SEMINARS**

#### **November 7**

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

#### **November 30**

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

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)

# Ten Key Benefits of Attending

*"Dennis is an excellent teacher! He has new material every time I take a seminar by him."*

– LAURA HARLIN,  
PE TEACHER



## Who Should Attend

Physical Education Teachers  
and Specialists serving  
grades K-8

- 1. Experience a Myriad of NEW and Innovative Activities for Grades K-8 Physical Education**  
Learn a wide variety of new and innovative activities for strengthening your current PE program ... All activities meet the National Physical Education Standards
- 2. Utilize Engaging, NEW Warm-up Activities to Use in the First 5-10 Minutes of Your PE Class**  
Learn new quick ways to get heart rates elevated in a fun, safe way ... Designed to get ALL kids moving for the entire time
- 3. Create a More Inclusive Physical Education Program Where All Students Feel Included and Successful**  
Discover practical ways to help all students experience success and positive involvement regardless of their abilities and experience
- 4. Implement Proven Management Strategies for Grouping Classes in Fast and Fair Ways**  
Learn how to quickly make teams or groups for any activity – saving valuable time ... Methods that help all students feel included within a group
- 5. Increase Your Repertoire of New and Innovative Cooperative Activities for Building Teamwork Skills**  
Teamwork is the focus for these type of activities, with groups learning how to work together to accomplish a task
- 6. Incorporate Fun, Heart-Pounding, Rhythm Activities in Your PE Program**  
Rhythm is an important aspect of any physical education program ... Learn simple rhythmic activities that are fun and easy to teach
- 7. Align your PE program with the National Standards for Physical Education and Classroom Academics**  
Learn innovative games and activities aligned with the National PE Standards that can be used to teach almost any academic subject
- 8. Develop Lead-up Games and Skills for a Variety of Sports**  
Learn mini-games and drills that challenge the more accomplished athlete and are equally fun for those with lesser skills
- 9. Discover NEW and Unique Ways to Calm Students After an Active PE Class**  
Learn how to calm down students before they return to their classrooms
- 10. Receive an Extensive Grades K-8 Physical Education Digital Resource Handbook**  
You'll leave with an extensive physical education digital resource handbook designed specifically for grades K-8 physical education teachers that is packed with new and innovative activities you can use immediately in your own PE program

# Outstanding Strategies You Can Use Immediately

## What You Will Learn ...

- **New and innovative activities** for enhancing physical education instruction in grades K-8
- **New, high-energy games and activities** that incorporate academics being taught in the classroom
- **New warm-up games** that get all students moving in a fun, safe way
- **Innovative ideas** to form teams in fast, all-inclusive ways that eliminate hurt feelings
- **Practical, engaging movement activities** that help create a fun, safe environment and promote the enjoyment of physical education
- **Sport skills** that challenge the highly competent while meeting the needs of those with lesser skills
- **Proven ways to elevate the quality of PE skills** using high interest mini-games
- **Ways to help students learn to compete diligently** without the emphasis on winning and losing
- **Classroom-tested lesson plans** that are easy-to-follow and use limited equipment
- **Outstanding games and activities** to use in a limited-space environment
- **Proven methods** to level the playing field for your students with less physical ability
- New **activities and games** that develop and improve sports skills
- **Innovative ways** to make every PE class fun, energetic, fast paced, and enjoyable



*"Dennis is the best! This seminar is packed full of innovative and creative ways to keep PE fun!"*

— NEILL TWIGG, ELEMENTARY PE TEACHER

## Practical Strategies

Whether you are a grades K-8 PE specialist or a classroom teacher responsible for teaching your own PE, you are sure to find many new, engaging and innovative activities to increase student success and the effectiveness of your physical education program. You will have a chance to observe a wide variety of engaging PE activities presented throughout the day.

In this unique seminar, outstanding physical education teacher and PE teacher trainer **Dennis Stands** will share dozens of new and innovative activities designed to encourage maximum participation, regardless of one's skills, or special needs.

Dennis will share a variety of quick, easy ways to make teams where no child feels excluded and is able to experience success at his or her own level. Even if you are teaching in a limited space, you will find innovative ways to raise heart rates and maximize participation at the same time. Teamwork will be a component of almost every activity shared throughout this highly active seminar.

***Don't miss this unique opportunity to participate in this high-energy seminar that encourages maximum participation in physical education for all students. You will leave with dozens of strategies and activities you can use immediately in your own physical education program.***



# A Message From Seminar Leader, Dennis Stands



## Uniquely Qualified Instructor

**DENNIS STANDS** is an experienced physical education teacher, outstanding presenter and author. He brings more than 30 years of teaching experience and for the past 17 years has been conducting PE teacher trainings nationwide. Dennis is passionate about making PE a fun and successful experience for all students, regardless of their ability level and presents activities designed for maximum participation, involving teamwork, skills and fun as major components. Dennis is the author of *Innovative, NEW Activities for Strengthening Your PHYSICAL EDUCATION Program (Grades K-8)*, the comprehensive physical education digital resource handbook each participant will receive. Additional authorship credits include *Fitness, Fun and Skills in Physical Education*, *Teaching High Level Skills in Physical Education*, *Building Confidence in Physical Education Skills*, and *Incorporating Teamwork and Skills in Physical Education*. Participants find Dennis' seminars to be fast moving and filled with practical ideas that can be immediately incorporated into physical education programs.

Dear Colleague:

I invite you to join me for a day of sharing many new and innovative games and activities that I guarantee will "spice up" your current PE program! Your students will thank you for showing them how much fun PE can be while learning and laughing through motivating games and activities.

My goal for this highly practical seminar is for you to experience a wide variety of activities, proven to bring a fun spark to your PE program. No matter your teaching situation, even if limited by space or equipment, you are sure to find many new and innovative games, always with an emphasis on maximum participation.

All the activities I will share in this seminar have been extensively and successfully used with grades K-8 students with a wide variety of skills and experience. My goal is to give you an array of ideas and activities you can use the next day in your own PE classes.

I hope you will join me in this fun day of learning to help make your PE program the best it can be.

I look forward to meeting you at the seminar.

Sincerely,

Dennis Stands

P.S. You will receive **an extensive grades K-8 physical education digital resource handbook** written specifically for this seminar, filled with all the activities you will experience during the seminar. You will also receive a video link to each activity for use whenever needed.

*"No matter your teaching situation, even if limited by space or equipment, you are sure to find many new and innovative games, always with an emphasis on maximum participation."*

# What Your Colleagues Say About Dennis Stands

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*"Dennis is **an excellent teacher!** He has new material every time I take a seminar by him."*

– Laura Harlin, PE Teacher

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*"Dennis has **great energy and information!**"*

– Raymond Brandon Hellstrom, PE Teacher

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*"So excited to have a non-sports based PE program. **This seminar will help me develop a more fitness-based program.**"*

– Cheyenne Freeman, Grades 6-8 PE Teacher

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*"This is **an extremely useful seminar.** We are able to participate in the activities along with bringing the book of activities back with us. Dennis is very knowledgeable in physical education and knows how to differ the instruction for all ages."*

– Sandra Graves, PE Teacher

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*"Dennis's positive demeanor **permeates joy for teaching physical education and life.**"*

– Lisa Miller, K-5 PE Teacher



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*"This is a **great booster for my PE class and the games we play.**"*

– Toni Reynolds, PE Teacher

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*"Even with 29 years of teaching elementary PE under my belt, **I will start the day tomorrow with great, new ideas!**"*

– Kristi Reynier, K-3 PE Teacher

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*"**Dennis is wonderful!** I came away with lots of good ideas. He is very resourceful as well!"*

– Mike Rodgers, PE Teacher

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*"Everything Dennis showed us was perfect. **I can take all of it and implement it immediately into my program.** Had a ton of fun and enjoyed the entire seminar. Dennis is an excellent presenter and I have been teaching for 32 years and learned a lot today."*

– Blake Chong, K-5 PE Teacher

# Special Benefits of Attending



"Dennis is a great instructor and model for PE."

— ROB HILL,  
MIDDLE SCHOOL PE TEACHER

## 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](http://www.ber.org/onsite) or call 877-857-8964 to speak to one of our On-Site Training Consultants.

## Extensive Physical Education Digital Resource Handbook

Each participant will receive an extensive physical education digital resource handbook specifically designed for this seminar. The handbook includes:

- New warm-up games that keep everyone moving
- Cool-down activities, used following an active class, before sending students back to the classroom
- Fun, easy-to-learn rhythmic activities, using music available through iTunes
- Interesting and fun cooperative activities requiring the entire group to work together

## Share Ideas with Other PE Teachers

This seminar provides a wonderful opportunity for participants to share ideas with other PE teachers interested in enhancing their grades K-8 physical education programs.

## Consultation Available

Dennis Stands will be available for consultation regarding your questions and the unique needs of your own PE programs.

## 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](http://www.ber.org/ceus)

## Earn One to Four Graduate Semester Credits



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](http://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 the registration form on page 7, and for optional CEUs and graduate credit available, please visit [www.ber.org/credit](http://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](http://www.ber.org/online)

# Innovative, NEW Activities for Strengthening Your PHYSICAL EDUCATION Program (Grades K-8)

## Registration (PSS3F1)

1. **November 7, 2022** (Start time: 9 AM Central)
2. **November 30, 2022** (Start time: 9 AM Eastern)
- or —
3. **I'd like to order the recorded version of this seminar**

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

### List additional registrants on a copy of this form

SCHOOL NAME	
<hr/>	
SCHOOL MAILING ADDRESS	
<hr/>	
CITY & STATE	ZIP CODE
<hr/>	
SCHOOL PHONE NUMBER	HOME PHONE NUMBER
(     )	(     )

### 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
<hr/>	

## IMPORTANT – PRIORITY ID CODE: EPSS3F1





### 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
- A purchase order is attached, P.O. # \_\_\_\_\_ (Be sure to include priority ID code on the P.O.)
- Charge my:     MasterCard     VISA     Discover
- Account # \_\_\_\_\_ Exp. Date: \_\_\_\_\_ MO/YR
- Billing Zip Code: \_\_\_\_\_ 3 Digit CVV Code: \_\_\_\_\_ (Found on back of card)

Please print name as it appears on card

### FIVE EASY WAYS TO REGISTER:

-  **REGISTER ONLINE** at: [www.ber.org](http://www.ber.org)
-  **EMAIL this form to:** [register@ber.org](mailto: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.

### Further Questions

Call the Bureau of Education & Research (800) 735-3503 or visit us online at [www.ber.org](http://www.ber.org). The Bureau is North America's leading presenter of PD training for professional educators. Programs are based on sound research, are highly practical in content and consistently receive excellent evaluations.

### 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.



PSS3F1

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## Innovative, NEW 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

## NEW Activities for Enhancing Your PHYSICAL EDUCATION Program

PSS3F1



Bureau of Education & Research

## Innovative, NEW Activities for Strengthening Your PHYSICAL EDUCATION Program (Grades K-8)

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

### Dennis Stands

Outstanding Educator and National Presenter

New, innovative games and activities for enhancing physical education instruction in grades K-8

Create a more inclusive PE program where all students feel included and successful regardless of skills and experience

"Must-have" lead-up games and skills for a variety of sports

Diagrams, detailed directions, equipment lists, and video links for all the activities in a physical education digital resource handbook for grades K-8 physical education teachers