

NJAHPERD Convention 2016

“OPEN the Possibilities”

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Register for OPEN

- **Step 1:** Visit www.OPENPhysEd.org
- **Step 2:** Click “Login For Free”
- **Step 3:** Register by entering a username, email, & password
- **Step 4:** Login using new username & PW
- **Step 5:** Go to “Curriculum Resources” to view and access the OPEN content



OPEN Modules Include:



Assessment Options



Please visit www.usgames.com for all of your equipment needs.

SELF-ASSESSMENT

NAME: _____ GRADE: _____ CLASS: _____

Choose the level that describes your current skills and color that number of stars in the space provided for your assessment. If this is your pre-assessment, choose another level in the "Goal" column to show how much you'd like to improve your skills after some practice and hard work.



Level 1:

I'm in the **Minor Leagues**.
I wish I could do this better.
And so I will keep trying my
best to improve.



Level 2:

I'm in the **Major Leagues**.
I'm getting better and I will
keep trying my best to
improve.



Level 3:

I'm an **All Star**.
I feel healthy and love it!
I want to help others become
more physically active!

SKILL	PRE	GOAL	POST
I'm Physically Active Everyday			
I Eat a lot of Fruits & Veggies			
I Choose Healthy Snacks			
I Stay Well Hydrated			

ACADEMIC LANGUAGE QUIZ

Working together for a common goal or outcome is called _____.

1

- a. Cooperation
- b. Encouragement
- c. Benefit
- d. Critique

Support, confidence, or hope offered by someone or some event is called _____.

2

- a. Cooperation
- b. Encouragement
- c. Benefit
- d. Critique

The set of customary or acceptable behaviors among members of a group or in a specific setting is called _____.

3

- a. Feedback
- b. Critique
- c. Teamwork
- d. Etiquette

People who are free from an outside control or lead are considered _____.

4

- a. Dependent
- b. Mirrored
- c. Independent
- d. Interpersonal

Which skill made it possible for your group to be successful during this lesson's activities?

5

- a. Doing your own thing
- b. Using teamwork
- c. Talking loudly
- d. Staying quiet

A person who participates in an activity while showing genuine interest and a desire for excellence is _____.

6

- a. Stationary
- b. Actively engaged
- c. Difficult to work with
- d. Very fit

Which one of these options is not a physical component of health-related fitness?

7

- a. Cardiovascular endurance
- b. Muscular strength
- c. Flexibility
- d. Direction

The appreciation of someone or something as a result of their abilities, qualities, or achievements is called _____.

8

- a. Social interaction
- b. Respect
- c. Critique
- d. Safety