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Scan QR code  
for full access  
to ALL session  
activities.



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## Small Sided Games: Maximizing Play & MVPA!

Small-Sided Games (SSGs) are an important best practice. This session will explore and develop a mindset for adapting traditional games and activities into Small-Sided game-play using Ultimate Frisbee, Football, Softball, Volleyball, and Handball style games. Smaller teams in an adapted setting with layers of modifications maximize participation & MVPA thereby increasing repetition, skill level, strategy application, and student self-confidence. SSGs are great as a warm-up or lead up activity or can stand alone as the focus of your lesson, allowing you to quickly assess ALL skill levels and check for understanding of introduced concepts. You will come away with lots of resources and ideas in this active session.

### Activity Lineup:

- Coneball - Handball
- Ultimate Frisbee
- Spikeball - Volleyball
- Softball - Backyard Baseball
- Flickerball - Rugby
- Fitness Centers in Games

### Pedometers Tips: Use Daily!

- Establish Routine (Attendance & Instant Activity)
- "You Shake it, I Take It"...."Once On, Never Off"
- Setting MVPA & Physical Activity Time Goals: Set students up for success first. Tool for self-awareness & self-evaluation.
- **Motivate with "Meet or Beat" Challenge, "Dare to Compare" and personal goal setting.**

*The website has many resources you can begin using immediately! Enjoy!*

## MyPlate in Motion: Action Packed Fitness & Nutrition Activities

Today's purposeful physical education programs blend content and activity efficiently. This activity session for K-12 educators combines Health-Related Fitness and MyPlate Nutrition through purposeful movement that can be adapted for any level. The showcase provides a framework for large group fitness activities that incorporates elements of student choice, differentiation, cooperation, and integrates literacy strategies and nutrition concepts. Attendees will come away with resources they can begin using immediately, including the FREE MyPlate '10 Tips' Series and supporting technology tips

### Activity Lineup:

- Four Corner Fitness
- MyPlate in Motion
- Plickers
- Technology Apps
- Integrating Student Choice
- MyPlate 10 Tips Series

### Professional Development Beyond Today Checklist:

- I am on Twitter and have tried Voxer.
- I have bookmarked several great PE blogs (Gopher PE Blog)
- I surf YouTube and Pinterest for PhysEd ideas.
- I "Like" Facebook for Physical Education PD support.
- My SHAPE America and State Association memberships are current. - I read their journals and newsletters.
- I register for all free webinars from many outlets: Gopher, Thompson Publishing HuddleConnect, SHAPE America, etc.

*It's all about the students. They benefit from you being here. Thank you for attending!*