

*If you think a squat is a squat,  
you don't know SQUAT!!*

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# If you think a squat is a squat, you don't know SQUAT!!

- Re-energize your teaching with this multi-headed monster of a session that includes advocacy for your program, appropriate practice's, assessment, classroom management, curriculum development, Jump and Hoops for Heart at the HS level.

# This is NOT a Weight Lifting Session!

# This is a teach what is on your Syllabus Session!

## National Physical Education Standards

- **Standard 1:** Demonstrate Competency in motor skills and movement patterns needed to perform a variety of physical activities.
- **Standard 2:** Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
- **Standard 3:** Participates regularly in physical activity.
- **Standard 4:** Achieves and maintains a health enhancing level of physical fitness.
- **Standard 5:** Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
- **Standard 6:** Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

# Classroom Management

- Taking Attendance
  - Warm-up Activity
  - Formative Assessment
- Splitting into groups
- Brain Activity

# Teambuilding Activity

## • Memory Game

- Find a Hand Shake Partner – Introduce yourself!
  - Review the six national standards with one word per standard.
- Find a High Five Partner – Introduce yourself!
  - Review the five health related fitness components.
- Find a Pinky to Pinky Partner – Introduce yourself!
  - Review the six skill related fitness components.
- Find a Elbow to Elbow Partner – Introduce yourself!
  - Review as many fitness principles as you can.

# Teambuilding Activity

- **Memory Game**

- With the music - greet each of your partners in order using a different **locomotor movement** between each Partner.

## **Create Groups:**

- In Groups of 4-6
- Write down and practice with your group an exercise, activity or skill you can use for each of the **Health and Skill Related Fitness Components**.

- Complete Worksheet

# Frisbee Calorie Blaster

- **Body Composition**

- Discuss Benefits of a healthy body composition.
- Seven bowling pins are set up at each end of the playing area in the neutral zone.
- Objective is to knock down the other teams pins by sliding the Frisbee along the ground without crossing the mid-court line.
- Each Bowling Pin represents 500 Calories
  - (3500 Calories =1 pound)

# Frisbee Calorie Blaster continued

- Teams can consist of:
  - Throwers, Defenders, Retrievers.
  - (switch positions after points are scored or between each round)
- Skill Assessment –
  - Frisbee Throw
- Cognitive Assessment –
  - Name activities they enjoy doing that expend calories and promote healthy body composition.



# Mission Push-Up Possible

- Health Related Fitness Components
  - Muscular Endurance & Muscular Strength
  - Review FITT, Intensity
  - Review the Principle of Progression
- Your Mission is to design five different push-ups
  - Range in difficulty from 1. LEAST difficult to 5. MOST difficult
  - May use a mat, chair, wall, fitness ball etc.
  - Name each Push-up, and illustrate each push-up in order of difficulty. (Stick figure drawings are acceptable.)
- Assessment
  - Individual Student Progress Sheet, Groups Share how the activity relates to the Health Related Fitness Components, Intensity, Progression, Standards.

# Curriculum Development

- Turning Over a New Leaf Activity
  - What units do you currently teach?
  - List all the units you have taught in the last year.
  - Circle all of the Team Sports activities.

# Curriculum Development

- Turning Over a New Leaf Activity
  - What units are you going to teach in the next year?
  - List as many units as you can from the following categories.
    - Dual and Individual Sports
    - Rhythm And Dance
    - Adventure Sports
    - Team Sports
  - Cross out the Team Sports from the other side of the paper.

# Yoga Cool Down

- Mountain Pose
- Upward Salute
- Standing Lateral Flexion
- Warrior 1
- Warrior 2
- Warrior 3
- Reverse Warrior
- Triangle
- Reverse Triangle
- Downward Facing Dog
- Cobra or Upward Facing Dog
- Childs Pose
- Cat/Cow Stretch
- Butterfly Progression
- Pretzel Progression
- Final Relaxation

# Advocacy, Advocacy, Advocacy

- Curriculum Council
- Dialog Classes
- NASPE “Speak-Out” day, or “Lobby Day”
- Other AAHPERD days on the hill
- State “Lobby Day”
- State Report Card (Shape of the Nation)
- District Leadership
- District School Board
- Newsletters, Newspapers, News TV stations
- Website, Flyers, Video’s

# American Heart Association

- Jump Rope for Heart
- Hoops for Heart