

# Improving Your Students' Behavior in PHYSICAL EDUCATION (Grades K-8)



A Unique One-Day Live Online Seminar Presented by

## Carrie Flint

Outstanding K-8 Physical Education Teacher, Adapted Physical Education Specialist, National Presenter, and Author

**Specifically Designed for Physical Education Teachers, Specialists, and Classroom Teachers That Teach Physical Education, Working With Students in Grades K-8**

**Practical strategies** for improving the behavior of students who repeatedly disrupt your PE lessons

**Help the challenging students** in your class find greater success with physical education

**Reduce problem behaviors** that disrupt learning and jeopardize safety

**Behavior tips and tools unique to the physical education environment**

### LIVE ONLINE SEMINARS

**January 27**

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

**February 2**

**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)

*'Carrie is AMAZING! I  
absolutely love her energy,  
enthusiasm and expertise.'*

— ANTONIO MARQUEZ,  
PE TEACHER

# Ten Key Benefits of Attending

*Great information,  
and she made  
it fun!"*

– MARK DEMUTH,  
PE/HEALTH TEACHER



## Who Should Attend

Physical Education  
Teachers, Specialists, and  
Classroom Teachers That  
Teach Physical Education,  
Working With Students in  
Grades K-8

- 1. Proven, Practical Strategies for Better Student Behavior in Your PE Class**  
Discover highly effective, proven strategies for decreasing your students' misbehavior in PE ... Strategies that will help you guide challenging students toward improved behavior and participation
- 2. Help Your Unmotivated PE Students Find Greater Success**  
Help unmotivated students gain more confidence to try and improve ... Enable disengaged students to become motivated participants rather than disrupting learning for themselves and others
- 3. Tips for Staying Out of Power Struggles With Argumentative Students**  
Power struggles with and between students are real ... Learn tips and strategies you can use to stop power struggles and arguing immediately
- 4. Practical Ways to Maintain Your Authority While Building Positive Student Relationships**  
Learn how to stay in control of your own emotions and maintain authority with even your most challenging students ... Tips to build teacher-student relationships in your PE classroom
- 5. Techniques for Immediately Handling Disrespectful Behavior in PE**  
When PE isn't their best subject, students with a fixed mindset may divert attention to avoid revealing an area of weakness ... Practical strategies to quickly end or defuse their disrespectful avoidance behavior
- 6. Ideas to Establish and Maintain a Safer and More Positive PE Environment**  
Create a safer and more positive environment where students can participate without fear or dread of their perceived lack of physical abilities ... Learn new Ideas that can easily be implemented in your PE classes immediately
- 7. Refresh Your Approach With a Powerful PE Class Management Strategy**  
Learn this creative solution to keeping your students continuously moving, minimizing down time and opportunity for negative behavior
- 8. Better Ways to Deal With Distractors and Disruptors in Your PE Class**  
Teach your PE lessons as planned without student misbehavior getting in the way ... Discover how focusing on exercising the body and brain can help alleviate those unwanted distractions and disruptions
- 9. Discover Ideas Designed Specifically for the Unique Behavior Management Needs of PE Teachers**  
Learn behavior management ideas to implement that address large class sizes, lack of equipment, teaching indoors and outdoors, creative techniques to make the most of your valuable PE instructional time
- 10. Receive an Extensive Digital Resource Handbook for Better Student Behavior in the Physical Education Setting**  
Each participant will receive an extensive digital resource handbook filled with practical strategies, methods, activities, resources and much more to help you improve your students' behavior in PE

# Outstanding Strategies You Can Use Immediately

## What You Will Learn ...

- **Discover highly effective, proven strategies** for decreasing challenging and disruptive behavior
- **Create a safer and more supportive environment** where your PE students can learn, and you can teach
- Strategies to **reach reluctant and unmotivated students** who don't want to participate in PE
- Proactive strategies to **help you spend less time** needing to address difficult student behavior
- Specific techniques that **improve the behavior of students with sensory issues**
- **Music selection** that will enhance your lesson and motivate your students
- **Effective ways to remain emotionally neutral** while dealing with difficult and defiant students
- Proactive steps to a more positive learning environment that will **improve student behavior and increase engagement** in your PE class
- Practical ideas and tips for **addressing the wide range of skills and needs of all your students** to create an inclusive PE program that meets the needs of all learners
- **Specific behavior interventions and management techniques** that work in the PE setting
- Practical ways to **improve your students' overall mood and sense of well-being** in PE
- Ways to **maintain your enthusiasm and maintain your joy** of teaching PE



*'An excellent seminar with a lot of great content and information.'*

– KERRY JORDAN, PE TEACHER

## Practical Ideas and Strategies

Join outstanding PE teacher and national presenter **CARRIE FLINT** for an innovative seminar filled with practical strategies for all K-8 physical education teachers who want to improve student behavior. This is a unique and highly practical seminar geared specifically for the physical education setting. Teachers in all settings are faced with disruptive student behaviors, many of which affect not only one but all the students in the class. In the physical education setting, there are additional challenges to managing student behavior, such as larger class sizes, sharing teaching space, environmental factors, managing equipment, and daily schedule adjustments to name just a few. In this seminar, you will learn dozens of practical ideas that will help you create a more positive learning environment for all your students. Carrie has taken what she has found works to reduce misbehavior in her own K-8 PE programs and packed it into a day filled with her best strategies, lessons, tips, and adaptations of activities designed specifically to reduce disruptions and misbehavior. Whether you are experienced or new to teaching PE, you will walk away with exciting and engaging strategies you can immediately implement in your own PE program.



# A Message From Seminar Leader, Carrie Flint



## Uniquely Qualified Instructor

**CARRIE FLINT** is a highly experienced, award-winning physical education teacher, adapted physical education specialist, and national PE presenter. She has taught in numerous K-8 schools and has trained PE teachers across the country and served on her own state's committee for the Physical Education Curriculum Framework. Carrie is known for her passion for physical fitness and helping all students see themselves as winners. She has dozens of ideas for getting students engaged, managing the class and materials, using positive play, and cooperative activities to promote full inclusion for all students. She is the author of *Improving Your Students' Behavior in PHYSICAL EDUCATION (Grades K-8)*, the digital resource handbook you will receive, which is filled with all the activities you will experience during her seminar. **You will find Carrie's seminar fast moving and filled with practical ideas that can be immediately incorporated into your own physical education program.**

Dear Colleague:

I understand first-hand the frustration of creating an amazing PE lesson and then not be able to teach it as planned due to poor student behavior. Research has identified that teachers lose 5-9 hours a week on low level behavior issues such as not listening, off-task, talking back, disrespect, attention-seeking, or avoidance behavior, etc., not to mention occasional extreme behavior causing full-scale derailment of our PE lessons. Dealing with challenging behaviors in PE is nothing new. Compounding the problem, students became a little too comfortable with the sedentary nature of virtual learning and are now showing resistance to movement and exercise more than ever. The good news is that there is a solution, and I am prepared to share what I've learned works!

My primary objective with this one-day seminar is to provide you with as many practical ideas, tools, and strategies as possible to help you guide your PE students to greater success, including those who seem unmotivated and disengaged when they walk into your PE class. I plan to share a lesson plan formula that will help you boost student engagement, and dozens of other tips, resources, and tools I have used to improve student behavior and significantly decrease disruptions in my own PE classroom. I can tell you, everyone is having more fun in PE class, including me!

It is a challenging time to be a PE teacher. However, there are proven strategies that will improve your students' behavior! In this one-day seminar, we'll explore many practical strategies and techniques to help you better handle student behavior in your PE classroom. I will provide you with a variety of ideas and activities that promote an all-inclusive and safe physical education learning environment. I look forward to sharing a wealth of practical strategies you can use in your class immediately to improve your students' behavior in PE and increase their productive participation.

Sincerely,

Carrie Flint

**P.S. You will leave with dozens of practical ideas and an extensive digital resource handbook to help you implement the strategies in your physical education classes!**

*"I will provide you with practical tools and strategies to help you minimize behavior disruptions and get your challenging students engaged and enjoying PE!"*

# What Your Colleagues Say About Carrie Flint

*"Loved getting ideas on how to get students engaged as well as keeping them engaged in various ways. Also loved hearing from other PE teachers around the country and getting ideas from them as well."*

– Kim Anderson, Health & Fitness Teacher

*"Carrie was knowledgeable, kind and **fantastic!** I learned a great amount from her content and experiences."*

– Adele Jesmer, PE Teacher

*"Very engaging and helpful! The instructor's energy really made the program **fun and memorable!**"*

– Tanner Kuestermeyer, PE Teacher

*"Outstanding workshop. I was glued to every word. Thank you for a wonderful day!"*

– Diane O'Malley, PE Teacher

*"This was a fabulous workshop. LOTS of great information!"*

– Marla McVay, PE 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 48 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



*A lot of useful and creative topics and ideas to take away with me."*

– JOHN MCDONOUGH, PE/AD

## 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 Digital Resource Handbook

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

- Practical strategies to deal with your most challenging and disruptive students in PE
- Specific behavior interventions and management techniques you can use immediately
- Innovative new methods to help you put an end to power struggles
- Behavior improvement techniques designed specifically for the Physical Education environment
- Tools you can use immediately to improve your student's' behavior in PE
- Strategies and techniques to better handle student behavior in your PE class

## Share Ideas with Other Educators

This seminar provides a wonderful opportunity for participants to share ideas with other educators interested in behavior improvement within Physical Education.

## Consultation Available

Carrie Flint will be available for consultation regarding your 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](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 90-day 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](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)

# Improving Your Students' Behavior in PHYSICAL EDUCATION (Grades K-8)

## Registration (PBF6W1)

- ☐ 1. **January 27, 2026** (Start time: 9 AM Eastern)
- ☐ 2. **February 2, 2026** (Start time: 9 AM Central)
- or —
- ☐ 3. **I'd like to order the recorded version of this seminar**

FIRST NAME M.I. LAST NAME

POSITION, SUBJECT TAUGHT GRADE LEVEL

SEMINAR NUMBER: \_\_\_\_\_ (Please see list above)

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

SCHOOL NAME

SCHOOL MAILING ADDRESS

CITY & STATE ZIP CODE

SCHOOL PHONE NUMBER HOME PHONE NUMBER

( ) ( )

### Registration confirmations and login details are sent via e-mail

E-MAIL ADDRESS (REQUIRED FOR EACH REGISTRANT)

HOME MAILING ADDRESS

CITY & STATE ZIP CODE

## IMPORTANT – PRIORITY ID CODE: EPBF6W1

### METHOD OF PAYMENT – Team Discount Available

**The registration fee is \$295 per person;**

for teams of three or more registering at the same time, the fee is \$275 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:

 **SCAN QR code or visit:**  
**at.ber.org/regPBF**



 **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 \$295 per person; \$275 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**



PBF6W1

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Includes an extensive digital Resource Handbook

Can't Attend Live? Order the Recorded Version  
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PBF6W1



Bureau of Education & Research

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**Help the challenging students** in your class find greater success with  
physical education

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Behavior **tips and tools** unique to the Physical Education environment

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Recorded Version