

PHYSICAL EDUCATION: Enhancing Fitness and Movement (Grades K-8)



A Unique One-Day Live Online Seminar Presented by

Carrie Flint

**Outstanding K-8 Physical Education Teacher, 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 fitness and movement activities you can implement immediately

Effective strategies that will invigorate and motivate your K-8 PE students to get moving

Numerous games and activities embedding movement and overall fitness into your PE program

Receive a digital resource handbook filled with tips, tools, and resources for fitness and movement in K-8 PE

LIVE ONLINE SEMINARS

January 5

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

January 13

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)

*Great resources and info!
Loved the dance and
yoga units!"*

— GINA KRIGER,
PE AND ATHLETIC DIRECTOR

Ten Key Benefits of Attending

'A very good seminar with great ideas and tools to learn and grow.'

– JIMMY PETRUSKA,
PE TEACHER K-8



Who Should Attend

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

- 1. Practical Strategies to Enhance Fitness and Movement in Your PE Program**
Innovative fitness and movement strategies to enhance physical education ... Over 101 ideas you will be able to adapt to fit the needs of your current PE program
- 2. Games and Activities You Can Implement Immediately Into Your PE Classes**
Practical Ideas for creating more positive attitudes toward fitness and movement ... Leave with games and activities you can use tomorrow!
- 3. Help Students Develop Fitness and Movement Routines That Work for Them**
Innovative, inclusive fitness activities and routines to help your K-8 PE students have a more positive experience, regardless of their skills and abilities ... Make PE the best part of their day!
- 4. Promote a Physical Fitness Growth Mindset in Your Students**
Create a physical fitness growth mindset to help students embrace their own physical fitness without comparing themselves to others ... Help students embrace challenges and celebrate achievements
- 5. Fitness Fun for ALL Abilities and Interests in Grades K-8**
Gain dozens of quick-and-easy activity ideas, music suggestions and teaching tips aligned with SHAPE AMERICA physical education standards ... Get your students moving and having fun while exercising
- 6. Build Your PE Students' Fitness Knowledge**
Learn practical ways to teach students about fitness and exercise essentials ... Help your K-8 students develop fitness knowledge into a personal plan that makes sense to them and their own goals
- 7. Dozens of Ideas for Helping K-8 Students Develop Better Wellness Habits**
Help students understand how movement positively affects their physical, social, and emotional well-being ... Learn practical ways to foster intrinsic motivation to help students stay active and well
- 8. Help Students Identify Fitness Activities They Will "Own"**
Help students along their own physical literacy journey discovering what fitness activities they enjoy most and can adopt as their own ... Get dozens of ideas!
- 9. Explore the National PE Standards on FITNESS and MOVEMENT**
Where did fitness go in the national PE standards? Explore the overarching standards and discover a wide variety of activities to strengthen all areas of your current program with fitness and movement
- 10. Receive an Extensive Digital Resource Handbook for Enhancing Fitness and Movement in the K-8 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 enhance fitness and movement in your PE classes

Outstanding Strategies You Can Use Immediately

What You Will Learn ...

- **Fun, safe, and engaging activities** to get student moving in your PE classes
- **No Equipment? No Problem!** – Creative ways to promote fitness with little to no equipment
- Strategies to engage students of **all skill levels** and abilities in physical activity
- **Fitness and movement activities that work** for large groups and accommodate all abilities
- **Research-backed** ways to increase movement, motivation, and wellness
- **Help students embrace their own fitness journey** without comparison
- Ideas for **warm-ups, cardio bursts, cool-downs, and more**
- Create engaging and progressive PE programs **aligned to current SHAPE AMERICA National Standards**
- Teach students how movement, **hydration, and healthy eating** impact performance and feelings
- Promote participation **without fear** of failure
- **Fun ways to incorporate dance**, obstacle courses, and movement games
- Techniques to **ensure students are actively moving** for the majority of class
- Strategies to **improve flexibility, balance, and mental focus** through movement
- Engaging ways to bring **fitness beyond the gym** and into outdoor spaces
- **Games and exercises** that help students improve stamina and heart health
- Simple exercises to develop muscular **strength and range of motion appropriate for K-8**
- High-energy activities that **disguise fitness as play**
- Practical ways to promote **physical and mental** well-being through movement



"Wonderful to get so many amazing PE ideas! Awesome to be able to refer back to the handbook, too. THANK YOU!!"

– KELLI BOONSTRA, PE TEACHER

Practical Ideas and Strategies

Join outstanding PE teacher and national presenter **CARRIE FLINT** for an innovative **NEW** seminar filled with practical strategies for all physical education teachers who want to enhance physical fitness and movement in PE classes in Grades K-8. This is a unique and **highly practical** seminar geared specifically to help PE teachers enhance their delivery of fitness and movement, improving student participation and ownership of their fitness journey. In this seminar, you will learn dozens of practical ideas that will help you create a PE learning environment to help all your students discover their individual paths for fitness and well-being. Join Carrie for a day filled with her best ideas for improving fitness through movement in your PE Classes. 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 is the current president of SHAPE AMERICA Western Division and a SHAPE AMERICA Physical Education National Standards and Adapted PE Trainer. 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, moving, and FIT, using positive play, and cooperative activities to promote full inclusion for all students. She is the author of *Enhancing Fitness and Movement 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:

Students today are more sedentary than ever before. With increased screen time and a general decline in active play, many students are not getting the movement their bodies and minds need to grow and thrive. We know that inactivity in childhood leads to long-term health risks, including obesity, poor cardiovascular health, and decreased mental well-being. And when kids don't experience the joy of movement early on, they are far less likely to develop active lifestyles as adults. As PE teachers, we have a unique opportunity to help our students find joy in fitness and movement!

Join me for this **one-day interactive seminar** packed with **games and activities you can use immediately** to maximize movement, boost engagement, and make fitness fun for every student. Throughout the day, we'll explore fresh, innovative ways to keep students moving with creative fitness-focused games, movement challenges, and activities that work with or without equipment. As always in my seminars, you'll learn how to integrate music to get students moving and through developmentally appropriate exercises, and incorporate warm-ups, cool-downs, and brain-boosting movement breaks that keep students active and enjoying it. I'll share with you my best tips on creating a more inclusive PE environment in Grades K-8 where every student can and wants to participate, develops a fitness growth mindset, and experiences all the benefits of movement.

Don't miss this opportunity to participate in a **hands-on, high-energy seminar that will ignite your fitness and movement creativity** and equip you with strategies you can implement immediately. Let's work together to get kids moving again!

Sincerely,

Carrie Flint

P.S. This is an interactive seminar filled with **practical, ready-to-use fitness and movement strategies**—so you can **maximize every minute of PE** and inspire your students to enjoy moving!

"Movement is crucial for our students' bodies and minds to grow and thrive. Join me for a day full of fresh, innovative ideas and strategies!"

What Your Colleagues Say About Carrie Flint

*"Carrie was extremely knowledgeable and **provided useful and relevant information**. She is **a wonderful presenter!**"*

*"**I loved this seminar! It was so well organized and everything that was touched on was useful.** I feel like I actually have useable tools to incorporate into my practice."*

*"**I have been teaching PE for 20+ years and will use many new things you presented!**"*

*"Carrie Flint's high energy **kept me engaged** in the seminar and it is very obvious she is **one of the best PE teachers and speakers out there.**"*

*"**Carrie was a wealth of information!** This was the 2nd time I was able to attend a seminar by her and each time I have been able to get **new information** to help me in my journey as a PE teacher. She is truly **a treasure in our field!**"*

*"**Great energy, knowledge, and the way it was all presented.** Thank you SOOOO much! Carrie, you are amazing and I'm so grateful for you; your students are so lucky. **You have inspired me.**"*



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 49 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



*Great information—
plenty of content
and useful,
functional examples."*

— ERNESTO ALCANTARA,
PHYSICAL EDUCATOR

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 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 giving you access to countless strategies. The handbook includes:

- Ready-to-use fitness games and activities that will get your students moving
- PE Lessons and celebration ideas to help students own their fitness and physical literacy journey
- Lists and links to helpful fitness resources for PE teachers
- Tools you can use immediately to improve and increase your students' participation in PE
- Strategies and techniques to help students set fitness and movement goals

Share Ideas with Other Educators

This seminar provides a wonderful opportunity for participants to share ideas with other educators interested in boosting fitness & movement for grades K-8.

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

Earn One to Four Graduate Semester Credits



University of
Massachusetts
Global A nonprofit
affiliate

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

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



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, and other physical education-related courses are available for immediate registration. To enroll, visit www.ber.org/online

PHYSICAL EDUCATION:

Enhancing Fitness and Movement

Registration (PFF7W1)

- ☐ 1. **January 5, 2027** (Start time: 9 AM Central)
- ☐ 2. **January 13, 2027** (Start time: 9 AM Eastern)
- 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: EPFF7W1

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.)
- Cards accepted: MasterCard, VISA, Discover, AMEX

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MO/YR

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(Found on back of card)

Please print name as it appears on card

FIVE EASY WAYS TO REGISTER:



SCAN QR code or visit:
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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
3000 Northup Way • PO Box 96068
Bellevue, WA 98004

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.

WA residents: visit www.dor.wa.gov/TaxRateLookup to find your required WA sales tax rate.

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**



PFF7W1

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PHYSICAL EDUCATION: Enhancing Fitness and Movement

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Recorded Version



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