

Best Strategies for Strengthening Your PreK-Grade 2 PHYSICAL EDUCATION Program



A Unique One-Day Live Online Seminar Presented by

Jeffrey Key

Award-Winning PE Specialist and National Presenter

**Specifically Designed for PreK-2 Physical Education Teachers,
Classroom Teachers, and Others Who Work with Young Children**

Discover the best, most practical, and easy-to-implement strategies to enhance your PE program for early learners

Explore ways to increase student participation and manage behavior through movement

Make the most of purposeful play in your physical education program

Receive an extensive digital resource handbook full of strategies and resources to enhance your practice

LIVE ONLINE SEMINARS

November 12

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

November 24

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)

*"This was so good
and helpful."*

— KELLY SPANOS,
PHYSICAL EDUCATION TEACHER

Ten Key Benefits of Attending

"Jeff shared many valuable insights, resources and tools to strength my PE curriculum and teaching methods."

— TARA CHIESA, PHYSICAL
EDUCATION TEACHER



Who Should Attend

PreK-2 Physical Education
Teachers, Classroom
Teachers, and Others Who
Work with Young Children

1. **Best PE Strategies for Young Learners**

Fun and effective ideas to strengthen your PreK-2 physical education program—perfect for large or small groups, and adaptable to various teaching spaces and equipment limitations

2. **Behavior Management Through Movement**

Powerful, developmentally appropriate strategies to reduce off-task behavior using structured movement activities ... A proven way to increase focus and learning

3. **Purposeful Play That Builds Physical and Social Skills**

Explore games and activities that combine movement, cooperation, creativity, and skill development—all while aligning with national PE standards

4. **Co-Teaching and Co-Treating Models That Work**

Gain real-world strategies for building partnerships between PE teachers, classroom teachers, and specialists such as OTs and PTs ... Learn to support each other while delivering meaningful movement experiences

5. **Inclusion Strategies for All Students**

Discover adaptable, inclusive games and teaching strategies that welcome every student—those with disabilities, sensory needs, behavior challenges, and English Language Learners—into PE

6. **Create a Safe and Joyful Environment Where Everyone Belongs**

Set the stage for success by designing your space, routines, and expectations around trust, predictability, and fun

7. **Brain-Boosting Breaks for PE and the Classroom**

Learn how to use quick and effective movement breaks to calm, focus, and re-energize your students ... Easy to implement in any setting

8. **Smart Moves: Link Movement to Learning**

Discover how physical activity enhances learning in reading, math, and more ... Practical integration ideas that classroom teachers and PE teachers can use together

9. **Tools and Tips for Teaching in Any Setting**

Adapt lessons for small classrooms, busy gyms, limited equipment, or outdoor areas ... Solutions for real-world challenges

10. **Receive an Extensive Digital Resource Handbook**

Leave with dozens of engaging resources to take back and use right away ... Countless games, routines, visual tools, and more that you can use tomorrow to strengthen your overall PE program

Outstanding Strategies You Can Use Immediately

What You Will Learn ...

- **Best ready-to-use games** and movement routines tailored to young learners
- **Classroom-friendly activities** for teachers who also teach PE
- **Creative co-teaching strategies** that build strong partnerships between specialists and classroom teachers
- **Adaptations to promote inclusion for students** with sensory sensitivities, autism, physical disabilities, or behavioral needs
- **Positive behavior supports** built into movement routines
- **Purposeful play** that meets PE goals and builds developmental skills
- **Visual tools, routines, and music resources** to increase participation and reduce anxiety
- **Practical solutions** for low-equipment or limited-space settings
- **Ways to make PE time the highlight** of the day for every student



"This was a great seminar, and I learned a lot of new things to implement in the gym for PreK - 2nd Grade PE!"

– JOHN TYER, PE TEACHER & ASSISTANT ATHLETIC DIRECTOR

Practical Ideas and Strategies

Don't miss this **NEW** one-day seminar led by nationally renowned presenter **JEFFREY KEY!**

In this fast-paced and highly practical day of learning, you'll gain fresh ideas, creative solutions, and powerful strategies that make PE time the best part of your students' day. This all-new seminar is packed with movement-rich routines, purposeful play ideas, co-teaching tips, behavior support strategies, and engaging games to get every student participating.

Whether you're teaching in a classroom, on a blacktop, or in a gym, this seminar will show you how to enhance PE programs to better work for young children—no matter their ability level. From managing challenging behaviors with movement to integrating inclusive practices and sensory-sensitive strategies, Jeffrey brings a wealth of experience and a fun, energetic approach that will leave you inspired and ready to implement everything you learn right away.

Walk away with dozens of fresh ideas and the confidence to use them. Perfect for both PE teachers and classroom teachers who teach Grades PreK-2!



A Message From Seminar Leader, Jeffrey Key



Uniquely Qualified Instructor

JEFFREY KEY is a passionate, national PE presenter and outstanding teacher. Join him for a full day of practical ideas and strategies to elevate your PreK-Grade 2 physical education program. With over 30 years of experience teaching both general and adapted physical education, Jeff brings unmatched expertise in behavior, inclusion, sensory needs, purposeful play, and co-teaching. You'll leave energized, encouraged, and equipped with strategies you can begin using immediately with your students. You will also receive an extensive digital resource handbook, *Best Strategies for Strengthening Your PreK-Grade 2 PHYSICAL EDUCATION Program*, that Jeff developed specifically for this seminar. You will leave this seminar equipped with many new and innovative strategies you will be able to use immediately for strengthening your program.

Dear Colleague:

As a lifelong physical educator, I know the unique challenges and incredible joys that come with working with our youngest learners. Whether you're teaching PE in a classroom, on a playground, or in a crowded gym, your work matters deeply—especially to students who are just beginning to explore movement and connection.

This seminar is designed to give you the tools, confidence, and ideas to create joyful, inclusive, and effective PE experiences for all your students. You'll learn how to manage behaviors through movement, make co-teaching seamless, use play to build physical and emotional development, and include every student—no matter their ability.

Come ready to laugh, move, and discover practical ways to make your PE program better than ever.

Warmly,

A handwritten signature in black ink, reading "J. Key". The signature is stylized with a large, sweeping "J" and a cursive "Key".

Jeff Key

P.S. You will receive an extensive Grades PreK-2 physical education digital resource handbook written specifically for this seminar including links to demonstration videos!

"This seminar is designed to give you the tools, confidence, and ideas to create joyful, inclusive, and effective PE experiences for all your students."

What Your Colleagues Say About Jeffrey Key

*"Jeff did a **great job presenting** and giving us great ideas to help keep the younger students focused."*

– Shari Stahl, PE/Health Teacher

*"Jeff was amazing! He was **very knowledgeable and offered so much information**. I'm very glad I took this training. Thank you!"*

– Celina Oquendo, PE Teacher

"The adaptive ideas for PreK-2 were very helpful."

– Tiffany Berry, PreK-6th PE Teacher

*"I really **liked how he broke up his presentation with video clips and game footage**. I felt that he was very knowledgeable in this topic."*

– Lisa Carey, PreK-4th PE/Health 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 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



*"I enjoyed it -
came away with
some good things to
implement in classes"*

– LESA BONEE, PHYSICAL
EDUCATION TEACHER/
ATHLETIC DIRECTOR/ADMIN

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:

- Best games and activities tailored for PreK-Grade 2 learners
- Behavior and inclusion strategies using movement
- Visual supports, music playlists, and routines
- Easy-to-follow co-teaching tools
- Low-equipment, high-engagement games
- Printable visuals and schedules for classroom and PE use
- Adaptations for students with special needs

Share Ideas with Other Educators

This seminar provides a wonderful opportunity for participants to share ideas with other educators interested in strengthening their PreK-Grade 2 Physical Education program.

Consultation Available

Jeffrey Key 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



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

Two related On-Demand Video-Based Online Learning courses, *Innovative, New Activities for Strengthening Your Physical Education Program*, for Grades K-8, and *Purposeful Play to Increase Students' Academic Learning and Social-Emotional Growth*, for Grades PK-K, are available for immediate registration. To enroll, visit www.ber.org/online

Best Strategies for Strengthening Your PreK-Grade 2 PHYSICAL EDUCATION Program

Registration (PQK7F1)

- ☐ 1. **November 12, 2026** (Start time: 9 AM Eastern)
- ☐ 2. **November 24, 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: EPQK7F1

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

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/regPQK



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**
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**



PQK7F1

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An outstanding Live Online Seminar

Includes an extensive digital Resource Handbook

**Can't Attend Live? Order the Recorded Version
to access online at your convenience**

Strengthen Your PreK-Grade 2 PHYSICAL EDUCATION Program

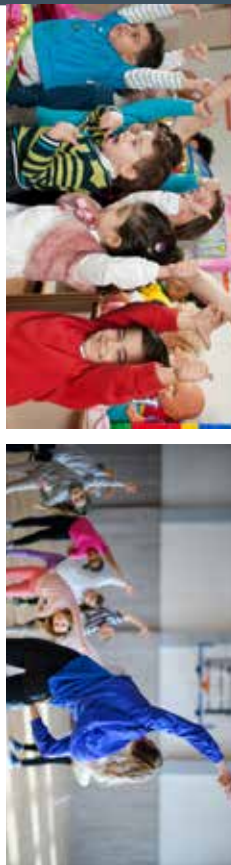
PQK7F1



Bureau of Education & Research

Best Strategies for Strengthening Your PreK-Grade 2 PHYSICAL EDUCATION Program

Live Online Seminar or
Recorded Version



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Or Order the Recorded Version to Access Online at Your Convenience**

Presented by

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Award-Winning PE Specialist and National Presenter

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strategies to enhance your PE program for early learners**

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