

101 Strategies for Strengthening Your PHYSICAL EDUCATION Program (Grades K-8)



A Unique One-Day Live Online Seminar Presented by

Carrie Flint

Outstanding 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

Over 101 practical PHYSICAL EDUCATION strategies to greatly enhance and strengthen your grades K-8 PE program

Numerous fitness activities that students will find fun and motivating – even your reluctant students

Effective class-management strategies and tips unique to the PE environment

Games and cooperative activities promoting **full inclusion and meeting all of your students' needs**

LIVE ONLINE SEMINARS

December 16

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

January 9

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 a wealth of
knowledge and experience."*

– ANN SHIVELY, PE TEACHER

Ten Key Benefits of Attending

*"Carrie is fantastic!
Her passion for
physical education
is contagious!"*

– MARCELLA WASSON,
PE TEACHER



Who Should Attend

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

1. **101 Practical Strategies to Strengthen Your Grades K-8 PHYSICAL EDUCATION Program**

Innovative and proven strategies to engage and excite all your students in physical education ... Over 101 ideas you will be able to adapt to fit the needs of your current PE program

2. **Effective Management Strategies Designed Specifically for the Unique Needs of PE Teachers**

Teaching strategies and class-management ideas for large class sizes, lack of equipment, teaching indoors and outdoors, teaching virtually, creating positive attitudes toward physical activity, and much more ... Creative techniques to make the most of your valuable PE instructional time

3. **Develop an Inclusive PE Program That Increases Success for All Students**

Innovative, inclusive strategies to help all students have a positive experience in your PE program, regardless of their skills and abilities ... Make PE the best part of their day!

4. **Develop 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 ... Assist students in setting personal goals to increase self-confidence

5. **Fitness Fun for the Body and the Brain**

NASPE recommends that physical fitness should be a product of play in order to make it part of daily life ... Gain dozens of quick-and-easy activity ideas, music suggestions and teaching tips that will get your students moving and having fun while they are exercising

6. **Brain Research for the PHYSICAL EDUCATION Teacher**

We know that exercise and movement can greatly increase the brain's readiness for learning ... Discover quick-and-easy, intentional brain breaks that work well to refocus and calm your students

7. **Ideas to Establish and Maintain a Positive and Cooperative PE Environment**

Provide a safe and positive environment where students can participate without fear or dread of their perceived lack of physical abilities ... Ideas that can easily be implemented in your PE classes

8. **Focus on the Positives of Physical Activity for Reluctant and Unmotivated Students**

Focus on getting students moving to increase their activity level and motivation to participate no matter their skills ... Helpful ideas for creating healthy and more active PE classes

9. **Dozens of Ideas for Using Music for More Than Just Background Sound**

How to effectively and creatively use music in new, innovative ways to enhance your lessons ... Create and gain valuable playlists and resources to use music for intentional purposes

10. **Experience New and Innovative Activities That Align With the National PE Standards**

Discover a wide variety of activities to strengthen your current program and meet national physical education standard

Outstanding Strategies You Can Use Immediately

What You Will Learn ...

- **Over 101 practical strategies** to strengthen your grades K-8 physical education program
- **Get all your students moving** in fun and safe ways
- Ideas to **overcome the challenges of little or no PE equipment**
- **Reaching reluctant and unmotivated students** who don't want to participate in PE
- Fitness activities that will **accommodate all abilities and large groups of students**
- **Using music to increase heart rate** – research-based strategies you won't want to miss
- How to **develop a physical fitness growth mindset** to help students embrace their own physical fitness without comparing themselves to others
- Gain numerous, **readily available music playlists** created for specific PE goals
- **Ideas for lesson planning** and yearlong unit planning
- Creative ways to **incorporate nutrition and health concepts** into your PE classes
- **Easy-to-implement brain breaks** specifically for PE classes
- Recommended **teaching tools and low-cost or free resources**
- How to **use music as a motivator and a time-management tool**
- Ideas and tips for **addressing the wide range of skills and needs of all your students** to create an inclusive PE program



"Brilliant seminar. It flowed smoothly from start to end. Very informative, useful, and fun!"

– TRISTAN LEWIS, PE TEACHER

Practical Ideas and Strategies

Join outstanding PE teacher and national presenter **CARRIE FLINT** for an innovative seminar filled with 101 practical PE strategies perfect for all K-8 physical education teachers. In this unique and highly practical seminar, you will learn dozens of ideas to strengthen your PE instruction while creating a positive attitude in all your students – even those who have little or no confidence in their own physical abilities. Carrie has taken what she has found works in her own PE programs and packed it into a day filled with strategies, creative lessons, management tips, assessment ideas, recommended equipment and homemade options, and adaptations of activities to accommodate the wide range of student abilities you have in your own classes. Carrie's focus is on "doable solutions" rather than "bells and whistles" for developing and increasing students' physical fitness and for adapting any teaching environment no matter what obstacles you face. 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 *101 Strategies for Strengthening Your PHYSICAL EDUCATION Program (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:

The experiences students have in association to physical activity in any environment can stay with them for the rest of their lives. Research has shown that if it is a negative experience, it is more likely that the student will live an inactive lifestyle as an adult – and if it is positive, they will develop active and healthy, lifelong habits. I believe that we, as PE teachers, can make the positive difference for students – even those who have already developed a fixed mindset about their own physical abilities. Let's start together in this one-day, highly practical seminar that will inspire you with 101 strategies to make the most of your PE program.

I developed this seminar for all PE teachers who are looking for innovative ways to create inclusive programs where students are actively participating at their own skill levels and are working together in fun and engaging ways. I will share dozens of lessons using music to motivate and manage students, ideas for adapting lessons to meet the needs of students with special needs, assessment tips, time and classroom management strategies, low-cost or free resources you won't want to miss, positive play and cooperative activities to promote full inclusion, tips for teaching foundational gross motor skills, and much, much more!

Don't miss this unique opportunity to participate in a high-energy seminar that encourages maximum participation in physical education for all students. You will leave with 101 strategies and activities you can use immediately in your physical education program.

Sincerely,

Carrie Flint

P.S. This is a “practical, doable solutions and strategies” seminar to help you make the most of your PE time with students.

"I developed this seminar for all PE teachers who are looking for innovative ways to create inclusive programs where students are actively participating at their own skill levels and are working together in fun and engaging ways."

What Your Colleagues Say About Carrie Flint

***"Great information and activities!"** I thoroughly enjoyed Carrie's enthusiasm and passion for PE. I gained many new ideas and activities to use with my students!"*

– Maggie Carpenter, K-8 PE Teacher

*"Thank you! This seminar really hit home for me! **A wealth of information that I can use immediately!"***

– Don Wroblewski, Teacher

"Awesome ideas for all levels and experiences!"

– Jill Newman, PE Teacher

*"Thank you for all the **great ideas and activities!** Loved it all!"*

– Elizabeth Isaacson, K-8 PE Teacher

*"Wonderful ideas! **Carrie is a great presenter and extremely personable.** I will bring many ideas back to my school for myself and classroom teachers."*

– Melissa Thompson, PE Teacher



***"Excellent presentation!"** I would recommend it for everyone!"*

– Timothy Evans, K-1 Teacher

***"Very well done!"** Carrie was well prepared, informative and kept our attention throughout the day. She presented many ready-to-use, practical ideas."*

– Todd Rentschler, K-8 PE Teacher

***"Awesome content!"** Can't wait to get back and use the information in my classes. Thank you!"*

– Ryan Snell, PE Teacher

*"Best seminar I have ever attended! **Carrie was very informative and passionate.** I can't wait to utilize the ideas with my students!"*

– Jennifer Morris, K-1 PE Teacher

Special Benefits of Attending



"Amazing energy and information that will be definitely be helpful. Highly recommend for any level PE teacher."

— ROB ISOM, HEALTH/PE TEACHER

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 Physical Education Digital Resource Handbook

Each participant will receive an extensive digital resource handbook giving you access to countless strategies. The handbook includes:

- Helpful tips and strategies to improve your physical education program
- Fun fitness activities and playlists matching music to each activity
- Brain break activity ideas, music recommendations and tips for successful implementation
- Positive play and cooperative activities promoting full inclusion and meeting all of your students' needs
- Helpful tips on teaching foundational gross motor skills
- Recommendations on creating healthy and active classrooms, lessons and celebrations
- Lists and links to helpful resources available for teachers

Consultation Available

Carrie Flint will be available to answer your specific questions about the unique needs of your own physical education 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

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

101 Strategies for Strengthening Your PHYSICAL EDUCATION Program (Grades K-8)

Registration (PSY6F2)

- ☐ 1. **December 16, 2025** (Start time: 9 AM Eastern)
- ☐ 2. **January 9, 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 (<u>REQUIRED</u> FOR EACH REGISTRANT)	
HOME MAILING ADDRESS	
CITY & STATE	ZIP CODE

IMPORTANT – PRIORITY ID CODE: EPSY6F2

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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FIVE EASY WAYS TO REGISTER:

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at.ber.org/regPSY



@ **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
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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**



PSY6F2

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Includes an extensive digital Resource Handbook

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Recorded Version



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