

# Best Fitness and Movement Activities for Strengthening Your **PHYSICAL EDUCATION Program** (Grades K-8)



A Unique One-Day In-Person Seminar Presented by

**Pat Vickroy**

Outstanding Physical Education Teacher,  
Author and International Presenter

**Specifically Designed for Physical Education Teachers and Specialists  
Working with Students in Grades K-8**

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**Powerful fitness and movement activities** for enhancing your physical education program

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**Classroom-proven strategies to develop a more inclusive PE program** where all students feel included and valued

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**Innovative PE lessons** designed to engage the physical as well as the social, emotional needs of your students

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**Interactive, classroom-proven movement activities, music, games, and teaching tips** to increase student success and engagement

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**Receive an extensive physical education resource handbook** with detailed descriptions of all of the activities, lessons and resources presented during the seminar

**California**

**Sacramento – November 10**

**Idaho**

**Boise – November 8**

**Minnesota**

**Minneapolis – November 22**  
(Brooklyn Center)

**North Dakota**

**Fargo – November 23**

**Oregon**

**Portland – November 9**

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)

# Ten Key Benefits of Attending

*'Pat shares many great P.E. ideas and ways of thinking about physical education instruction.'*



- 1. Improve Your Students' Physical Fitness**  
Learn a variety of innovative, fast-paced developmentally appropriate activities that are designed to get your students moving AND having fun
- 2. Increase Student Involvement in Every PE Lesson You Teach**  
Experience an array of instructional techniques that keep your students engaged, moving and achieving
- 3. Motivate Your Students to Achieve Success in Fitness and Movement Activities**  
Learn positive motivational techniques that will increase the success rate and enjoyment of physical activities for all students
- 4. Create a More Inclusive Physical Education Program**  
Discover practical ways to help all students experience success and positive involvement regardless of their abilities and prior experience
- 5. Improve the Fitness Level of Every Student**  
Learn easy-to-implement steps for setting goals as well as developing and implementing action plans to facilitate fitness improvement for every student
- 6. Incorporate Positive Classroom Management Techniques for the Active PE Learning Environment**  
Discover proven tips and techniques for guiding students towards responsible behavior and decision making in PE
- 7. Integrate Social Emotional Learning (SEL) into Your PE Program**  
Utilize trust building and teamwork activities to increase social emotional learning in your PE classes
- 8. Maximize Student Engagement and Success in PE**  
Experience appropriate intentional teaching strategies that will maximize engaging learning opportunities
- 9. Align Your PE Program with the National Standards for Physical Education**  
Learn innovative fitness and movement activities that align with the National Standards for Physical Education
- 10. Receive an Extensive Physical Education Resource Handbook**  
Each participant will receive an extensive handbook filled with sample lessons, fitness and movement oriented activities and teachable moment stories that you can use immediately in your physical education program

## Who Should Attend

Physical Education  
Teachers and Specialists  
Working with Students  
in Grades K-8

# Outstanding Strategies You Can Use Immediately

## What You Will Learn ...

- **Motivational, engaging and fun activities** to increase health and fitness awareness of your students
- **How to help your students develop positive attitudes** in your students toward physical fitness and healthy practices
- **Engaging physical education lessons** that are easy to follow and use little or no equipment
- **Practical and effective strategies** for teaching students leadership skills in the physical education setting
- **How to authentically assess** student learning in the REAL world of physical education using a variety of feedback tools
- **Classroom management techniques for active PE classes** that help maximize student learning time and decrease inappropriate behavior
- **Team building strategies** that will help students understand their role on a team
- **Inclement weather** activities
- **Life lessons** to help students make responsible choices toward healthy lifestyles
- **Dance activities** that will promote caring, passion, creativity and enhance the fitness levels of your students
- **Creative ways to design** motivating PE lessons
- **Fun, effective and appropriate activities** to help you build a trusting learning PE environment
- **Valuable insights** on your own current teaching practices and how they align to developmentally appropriate practices for physical education



*'Very inspirational! A truly great seminar!'*

## Practical Ideas and Strategies

How can we challenge and motivate students to increase their activity level and participation during PE class and at home? How do we enhance the interests of individual students to work productively in teams or independently when they lose interest or appear unmotivated? How can we positively manage active PE classes and decrease inappropriate behaviors and attitudes? How can we create a more active physical education lesson that increases the fitness level of every student?

If you have asked yourself any of these questions, you will want to attend award-winning PE Teacher Pat Vickroy's **NEW** seminar, *Best Fitness and Movement Activities for Strengthening Your PHYSICAL EDUCATION Program (Grades K-8)*. In this outstanding NEW seminar Pat will demonstrate and model innovative lessons and classroom management techniques for developing lifelong movers! **You will leave this seminar with a wide variety of practical strategies that will maximize the success of all students.**



# A Message From Seminar Leader, Pat Vickroy



## Uniquely Qualified Instructor

**Pat Vickroy** is an award-winning PE teacher and outstanding presenter who has been leading seminars that encourage and inspire PE teachers from all over the world for more than 30 years. A sought out presenter at state, national and international physical education and health conferences, Pat is the author of *Best Fitness and Movement Activities for Strengthening Your PHYSICAL EDUCATION Program (Grades K-8)* the extensive resource handbook each participant will receive at the seminar. Participants leave Pat's seminars inspired by the important role PE teachers can have in the lives of their students and equipped with many new and innovative ideas for enhancing their own PE program.

*"You will discover fun, cooperative, fitness-oriented activities that your students will love."*

Dear Colleague:

*"To connect, to engage, and to create unforgettable experiences — these are the three qualities of every great teacher on the planet."*

– Steve Spangler

These words express the very values I strove to embrace in my role as a PE teacher and will be at the core of this seminar. It's been my experience that when we truly understand the immense positive impact we can have on the lives of our students that we have a greater appreciation for our roles as physical educators that extend far beyond the next game or skill we introduce.

During the highly practical seminar I will share dozens of fun, cooperative, fitness oriented activities that your students will love. We will focus on team building, collaboration, rainy day options, objection manipulation, authentic assessment and dance. Also included in my seminar are proven management tips that especially apply to the physical education setting helping to motivate students to do their best and decrease inappropriate behavior.

Please join your colleagues and me for a day full of impactful lessons that can greatly increase your student's engagement and success in physical education!

Sincerely,

Pat Vickroy

P.S. **You'll walk away from this seminar inspired, motivated and prepared** to use these strategies and activities tomorrow!



# What Your Colleagues Say About Pat Vickroy

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*"Pat's passion for teaching and changing lives is really amazing. He is a true inspiration."*

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*"Pat is very knowledgeable in the field of PE."*

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*"Pat is very knowledgeable and inspiring."*

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*"Pat's seminar is a perfect combination of PE activities and social emotional learning."*

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*"Pat presents a great seminar!"*

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*"Pat has great energy and presented fantastic PE activities!"*

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*"Pat is very upbeat and clearly has a lot of experience to share."*



## About BER Seminars

### **Outstanding Instructors**

All programs are led by outstanding, top-rated BER national trainers

### **Extensive Resource Handbook**

You'll receive an extensive digital Resource Handbook full of practical strategies and resources. (For in-person seminars, registrants will also receive a printed copy of the resource handbook as long as their registration is received in the BER office at least 15 calendar days before the event.)

### **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 44 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



*"Mr. Vickroy presents lots of motivational activities and stories which I will definitely use in my PE classes."*

## 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 Resource Handbook

Each participant will receive an extensive digital resource handbook giving you access to countless strategies before, during and after the seminar. The handbook includes:

- Highly effective teaching techniques to maximize participation
- Team building and leadership development strategies
- Quotations, stories and resources that will help your PE lessons come alive
- Engaging strategies and tools to support the goals and objectives of the National Standards for Physical Education
- Physical education lesson plans that focus on student success

**For in-person seminars, registrants will also receive a printed copy of the resource handbook as long as their registration is received in the BER office at least 15 calendar days before the event.**

## Consultation Available

Pat Vickroy will be available to answer your specific questions and the unique needs of your own PE program.

## Meet Inservice Requirements / Earn State CEUs

Participants of In-Person 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 for direct enrollment with Brandman University, part of the Chapman University system, will be available at this program.

## Can't Attend?

### Other Professional Development Options:



#### Recorded Version of the Seminar

A video recorded version of this seminar will be available to take online at your convenience. You'll have access to the entire course and to the extensive digital resource handbook. Optional CEUs and graduate credit available.

To enroll, see registration form on page 7.



#### 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)

*For purchases in WA State on Recorded Seminars and On-Demand courses, please add 10.1% sales tax to the total amount.*

# Best Fitness and Movement Activities for Strengthening Your PHYSICAL EDUCATION Program (Grades K-8)

## Registration (PFY2F1)

- 1. **Boise, ID** – November 8, 2021
- 2. **Fargo, ND** – November 23, 2021
- 3. **Minneapolis (Brooklyn Center), MN** – November 22, 2021
- 4. **Portland, OR** – November 9, 2021
- 5. **Sacramento, CA** – November 10, 2021  
— or —
- 6. **I'd like to order the recorded version of this seminar**  
*For purchases in WA State on Recorded Seminars, please add 10.1% sales tax to the total amount.*

FIRST NAME	M.I.	LAST NAME
<hr/>		
POSITION, SUBJECT TAUGHT	GRADE LEVEL	
<hr/>		
SEMINAR LOCATION NUMBER: _____ (Please see list above)		

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

SCHOOL NAME	
<hr/>	
SCHOOL MAILING ADDRESS	
<hr/>	
CITY & STATE	ZIP CODE
<hr/>	
SCHOOL PHONE NUMBER	HOME PHONE NUMBER
(     )	(     )

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

E-MAIL ADDRESS (REQUIRED FOR EACH REGISTRANT)	
<hr/>	
HOME MAILING ADDRESS	
<hr/>	
CITY & STATE	ZIP CODE
<hr/>	

**IMPORTANT – PRIORITY ID CODE: EPFY1F1**

## METHOD OF PAYMENT – Team Discount Available

The registration fee is \$279 per person, for teams of three or more registering at the same time, the fee is \$259 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:

-  **REGISTER ONLINE** at: [www.ber.org](http://www.ber.org)
-  **EMAIL this form to:** [register@ber.org](mailto:register@ber.org)
-  **PHONE toll-free:** **1-800-735-3503**  
(Weekdays 5:30 am - 5:30 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 **In-Person** Seminars are scheduled 8:30 a.m. – 3:15 p.m.  
Check-in is 8:00 a.m. – 8:30 a.m.

## Fee

The registration fee is \$279 per person, \$259 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 In-Person Seminars or Recorded Seminars.

**For in-person seminars, registrants will also receive a printed copy of the resource handbook as long as their registration is received in the BER office at least 15 calendar days before the event.**

## Meeting Sites and Hotel Accommodations

Seminars will be held at the following sites:

- Boise: Hampton Inn & Suites – Boise/Spectrum, (208) 323-2500
- Fargo: Hilton Garden Inn, (701) 499-6000
- Minneapolis: Earle Brown Heritage Center – Brooklyn Center, (763) 569-6300; hotel accommodations available at Embassy Suites – Brooklyn Center, (763) 560-2700
- Portland: Crowne Plaza Convention Center, (503) 233-2401
- Sacramento: Holiday Inn Express – NE Cal Expo, (916) 923-1100

If needed, please make your own hotel reservations by calling the appropriate hotel listed above.

## 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](http://www.ber.org)



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 Research

## Best Fitness and Movement Activities for Strengthening Your PHYSICAL EDUCATION Program (Grades K-8)



An outstanding one-day In-Person Seminar

Includes an extensive Resource Handbook

Can't Attend? A Recorded Version is available  
 to use online at your convenience

## Strengthen Your PE Program (Grades K-8)

PFY2F1

## Best Fitness and Movement Activities for Strengthening Your PHYSICAL EDUCATION Program (Grades K-8)



Bureau of Education & Research

In-Person Seminar  
 or Recorded Version



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Presented by

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Powerful fitness and movement activities for enhancing your  
 physical education program

Classroom-proven strategies to develop a more inclusive PE  
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Innovative PE lessons designed to engage the physical as well as  
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Interactive, classroom-proven movement activities, music,  
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