

# Help Your Students Develop a **GROWTH MINDSET** and Achieve Greater Success in Your **PHYSICAL EDUCATION** Program



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 Grades K-12 Physical Education Teachers,  
Specialists, and Classroom Teachers who teach Physical Education**

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**Proven, GROWTH MINDSET strategies** that will engage all your students in your physical education class to positively increase their confidence and success in PE whether you're working at school or online

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**Effective class-management strategies** to move your students from a FIXED to a **GROWTH MINDSET**

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**Reduce "I can't" language** and self-defeating attitudes of students with fixed mindsets

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Games and cooperative activities to **help ALL students increase their engagement and effort in physical education, both in-person or virtual**

### **Live Online Seminars**

#### **January 13**

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

#### **January 14**

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

#### **January 15**

**9 AM Pacific**, 12 PM Eastern,  
11 AM Central, 10 AM Mountain

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#### **CAN'T ATTEND?**

Order the recorded version and take the seminar online at your convenience (see page 6)

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CEUs and Graduate Credit Available  
See page 6 for details

# Ten Key Benefits of Attending

*'I came to this seminar looking for new, fresh ideas and I left with much, much more. Thank you for the information. Very helpful!'*



## Who Should Attend

Grades K-12 Physical Education Teachers, Specialists, and Classroom Teachers who teach Physical Education

- 1. Practical Strategies to Help All Your Students Develop a Growth Mindset in PHYSICAL EDUCATION Whether In-Person or Online**  
Discover strategies to teach all your PE students the difference between a Fixed and Growth Mindset ... How to encourage and motivate your students to set personal fitness goals and choose a Growth Mindset
- 2. What Every Physical Educator Needs to Know to Increase Students' Perseverance, Engagement and Success in Physical Education**  
Perseverance and effort are deliberately taught, modeled and promoted in our PE classes if we want students to develop these vital skills ... How to use an in-person or online PE environment to help students learn that effort and practice make the difference in PE
- 3. Overcome "I Can't" and Embrace the Journey of "Not Yet" with Students Who Struggle and Dislike PE**  
Discover proven ways to transform students' mistakes and struggles into valuable learning experiences and successes ... Help your students internalize the belief that when they FAIL it is their first attempt at learning
- 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 in any environment
- 5. Brain Research for the PHYSICAL EDUCATION Teacher**  
We know that exercise and movement can greatly increase the brain's readiness for learning ... Discover what happens to the brain with a Fixed Mindset compared to a Growth Mindset ... Learn how to enhance your activities to have a physical, mental and emotional positive impact
- 6. 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 ... Growth Mindset activity ideas that can easily be implemented in your PE classes
- 7. Focus on the Positives of Physical Activity for Reluctant and Unmotivated Students in Your Classroom or Distance Learning Program**  
Focus on getting students moving to increase their activity level and motivation to participate no matter their skills ... Helpful ideas for creating healthy and active PE classes ... Lessons and celebrations you can use!
- 8. Embrace the POWER of MUSIC**  
Create a positive Growth Mindset learning environment with music ... Not only is music motivating, but it utilizes both sides of the brain and promotes more complex thinking ... Learn creative ways to incorporate music in your online or in-person lessons
- 9. Develop an Inclusive PE Program that Increases Success for All Students**  
Innovative, inclusive strategies to help all students have a positive experience in your in-person or virtual PE program, regardless of their skills and abilities ... Make PE the best part of their day!
- 10. Receive an Extensive PHYSICAL EDUCATION Digital Resource Handbook**  
You'll leave with an extensive PE digital resource handbook packed with new, fun, innovative activities you can use to immediately implement Growth Mindset strategies to significantly enhance your PE program, maximize your instructional time and most importantly, help students develop a Growth Mindset attitude about physical fitness!

# Outstanding Strategies You Can Use Immediately

## What You Will Learn ...

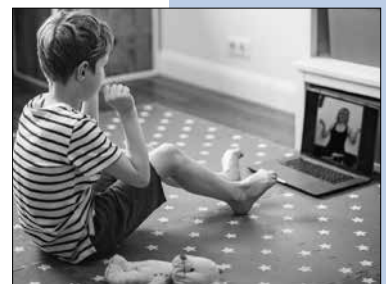
- **Multiple practical strategies** to create, establish and maintain a Growth Mindset learning environment in your online or in-person PE program
- **Easy-to-implement physical education activities** that students will find fun and motivating, increasing their interest, participation and achievement in physical activity – even your reluctant students
- How to **make Growth Mindset a habit** in your physical education classes
- Teach students that **struggling is a part of learning** and in fact, necessary for learning
- How our own Fixed and Growth Mindsets **impact the behavior of students**
- **Get all your students engaged** with enthusiasm in your PE class, whether you are teaching from a school or from a distance
- **Reach your reluctant, unmotivated, non-athletic students** who don't want to participate in PE
- Fitness activities that will **accommodate all abilities and large groups of students**



*'Thank you Carrie for a wonderful webinar experience!  
All new teachers should be required to take your seminar!'*

## Practical Ideas and Strategies

Many of our students walk into PE with the idea that you are either born with athletic talent, coordination, speed, and strength or you are one of those kids that just doesn't have it. If they don't learn the first or second time they try, they give up, especially in your distance learning environment. Unfortunately, the longer they think this way, the harder it becomes for them to see themselves differently. Join outstanding national PE expert, **Carrie Flint**, for this **NEW**, unique and highly practical seminar where you will learn dozens of ideas to implement a Growth Mindset approach in your online or in-person 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 and virtual programs. You will walk away with a better understanding of a Fixed and Growth Mindset approach to physical education and dozens of strategies to make small changes that will have a big impact. **Join Carrie and your PE colleagues for an interactive day filled with new approaches to teaching PE online or in-person that will teach students that practice and perseverance lead to greater results and everyone can experience as much success as they put into it – in other words, build and maintain a Growth Mindset!**



# A Message From Your 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 with a passion for teaching and using a Growth Mindset approach. She has taught all grade levels 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 enthusiasm for physical fitness and helping all students see themselves as winners. She has dozens of ideas for getting students engaged, using low-cost equipment, managing the class and materials, and cooperative activities to promote full inclusion for all students. She is the author of *Help Your Students Develop a GROWTH MINDSET and Achieve Greater Success in Your PHYSICAL EDUCATION Program*, the extensive digital resource handbook you will receive at the seminar 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 to teach and practice a Growth Mindset approach.

Dear Colleague:

The experiences students have in association to physical activity in any environment (PE, recess, recreational) 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 with a fixed mindset about fitness as an adult – and if it is positive, they develop a Growth Mindset attitude and are more likely to be physically active with 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 to create a positive Growth Mindset approach in your physical education 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, whether you are teaching in-person or online. As physical educators, we have the opportunity to help students build confidence and self-esteem starting with physical activity that will carry over into other aspects of their lives. I will share dozens of Growth Mindset strategies using music to motivate and manage students, ideas for adapting lessons to meet the needs of students with special needs, assessment tips promoting a Growth Mindset approach, positive play and cooperative activities to promote full inclusion, 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 an abundance of Growth Mindset strategies and activities you can use immediately in your in-person or virtual physical education program.

Sincerely,

Carrie Flint

**P.S.** This is not a “bells and whistles” seminar, but rather a “practical, doable solutions and strategies” seminar to **strengthen your PE program using a Growth Mindset approach!**

*“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, whether you are teaching in-person or online.”*

# What Your Colleagues Say About Carrie Flint

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***“Very useful information for beginning teachers as well as seasoned professionals!***  
*Excellent use of a variety of teaching techniques and tools that will surely increase the quality of physical education programs and enjoyment of movement for children.”*

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***“Very practical.*** *Lots of activities to promote real physical education and skill development, not just sports.”*

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***“Carrie is down-to-earth, enthusiastic and fun.*** *I loved participating in the activities (and laughing while learning)!”*

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***“Thanks for the wealth of information you provided.*** *It was the perfect seminar as I am looking to change things up after teaching PE for over 20 years. I love the use of music and visuals.”*

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***“Carrie’s energy is contagious.*** *I am leaving today excited to try all of the activities.”*



## About BER Live Online Seminars

**With the current health challenges, all BER in-person PD events are currently being presented in a Live Online format:**

**Outstanding Instructors**

All programs are led by outstanding BER national trainers

**Extensive Resource Handbooks**

You'll have access to an extensive digital Resource Handbook before, during and after your seminar

**Highly Interactive**

You'll be able to ask questions in real time and interact with the instructor and other participants

**Program Guarantee**

As we have for 43 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



*'Awesome seminar!  
Carrie is very  
informative and  
enthusiastic, which  
kept the day fun.  
I truly enjoyed  
myself and  
gained a lot of  
great ideas.'*

## 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:

- Helpful tips and strategies to create a positive Growth Mindset physical education program
- Clarification of a Fixed Mindset approach to teaching compared to a Growth Mindset approach and ideas that will work in your distance learning program
- Class management strategies to create a Growth Mindset learning environment
- Fun fitness activities that students of all abilities will enjoy
- Positive play and cooperative activities promoting full inclusion and meeting all of your students' needs
- Lists and links to helpful resources available for teachers to develop a Growth Mindset approach whether working at school or online

## Share Ideas with Other Educators

This seminar provides a wonderful opportunity for participants to share ideas with other educators interested in enhancing their in-person or online PE program.

## Consultation Available

Carrie Flint will be available at the seminar for consultation regarding your questions and the unique needs of your own PE program.

## Meet Inservice Requirements / Earn State CEUs

Participants of both the Live Online Seminar and those completing the Recorded Version online can receive a certificate of participation that may be used to verify five continuing education hours. In addition, state CEUs are available for both versions of the course. For details, 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

This course will be video recorded and 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 Course

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)

# Help Your Students Develop a GROWTH MINDSET and Achieve Greater Success in Your PHYSICAL EDUCATION Program

## Registration (PLF1W1)

1. **January 13, 2021** (Start time: 9 AM Eastern)
2. **January 14, 2021** (Start time: 9 AM Central)
3. **January 15, 2021** (Start time: 9 AM Pacific)
- or —
4. **I'd like to order the recorded version of this seminar**

FIRST NAME	M.I.	LAST NAME
<hr/>		
POSITION, SUBJECT TAUGHT	GRADE LEVEL	
<hr/>		
SEMINAR 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: EPLF1W1**

## 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
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- \_\_\_\_\_  
Please print name as it appears on card                      Signature (required for credit card purchases)

## FOUR EASY WAYS TO REGISTER:

 REGISTER ONLINE at: [www.ber.org](http://www.ber.org)

 FAX this form to: 1-425-453-1134

 PHONE toll-free: 1-800-735-3503  
(Weekdays 5:30 am - 4 pm Pacific Time)

 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 start times are described on the cover
- Check-in 15 minutes prior to the seminar
- Live Online seminars are five hours in length plus breaks
- Registrants will receive login information by email four days before their Live Online seminar

## 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 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](http://www.ber.org). The Bureau is North America's leading presenter of PD training for professional educators. Programs are based on sound research, are highly practical in content and consistently receive excellent evaluations.



PLF1W1

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## Help Your Students Develop a GROWTH MINDSET and Achieve Greater Success in Your PHYSICAL EDUCATION Program



An outstanding one-day Live Online Seminar

Includes an extensive Resource Handbook

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

## GROWTH MINDSET Strategies for Your PE Program

*Practical PD, No Travel*

PLF1W1



Bureau of Education & Research

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Live Online Seminar  
 or Recorded Version



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Presented by

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