

# Innovative, NEW Activities for Strengthening Your PHYSICAL EDUCATION Program (Grades K-8 )



A Unique One-Day Live Online Seminar Presented by

## Dennis Stands

Outstanding Physical Education Teacher,  
National Presenter and Author

## Pete Charrette

Award-Winning PE Teachers, PE Teacher Trainer  
and Creator of Cap'n Pete's Power PE Health and PE Resources

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

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**New, innovative games and activities** for enhancing physical education instruction in grades K-8 **including ideas for online and hybrid teaching environments**

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**Create a more inclusive PE program** where all students feel included and successful regardless of skills and experience

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**"Must have" games that build essential PE skills**

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Diagrams, detailed directions, equipment lists, for all the activities in **an extensive digital physical education resource handbook** for grades K-8 physical education teachers

### Live Online Seminars presented by Dennis Stands

#### November 9

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

#### November 10

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

#### November 12

**9 AM Mountain**, 11 PM Eastern,  
10 AM Central, 8 AM Pacific

#### November 13

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

### Live Online Seminars presented by Pete Charrette

#### November 16

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

#### November 19

**9 AM Mountain**, 11 PM Eastern,  
10 AM Central, 8 AM Pacific

#### November 20

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

### 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 enjoyed how interactive and hands-on Pete's seminar is!'*



- 1. Experience a Myriad of NEW and Innovative Activities for Grades K-8 Physical Education**  
Learn a wide variety of new and innovative activities for strengthening your current PE program **including ideas for online and hybrid teaching**
- 2. Utilize Engaging, NEW Warm-up Activities to Use in the First 5-10 Minutes of Your PE Class**  
Learn new quick ways to get heart rates elevated in a fun, safe way ... Designed to get ALL kids moving for the entire time
- 3. Create a More Inclusive Physical Education Program Where All Students Feel Included and Successful**  
Discover practical ways to help all students experience success and positive involvement regardless of their abilities and experience
- 4. Optimize Your PE Instruction and Classroom Management**  
Integrate new, effective strategies into your PE program that will help your lessons fun more smoothly and provide you will tools to handle the unique situations that occur in PE in fair and equitable ways
- 5. Increase Your Repertoire of New and Innovative Activities for Building Teamwork Skills**  
Teamwork is the focus for these type of activities, with groups learning how to work together to accomplish a task
- 6. Incorporate Fun, Heart-Pounding, Activities in Your PE Program**  
Learn a variety of simple activities that are fun, highly active and easy to teach
- 7. Align your PE program with the National Standards for Physical Education and Classroom Academics**  
Learn innovative games and activities aligned with the National PE Standards that can be used to teach almost any academic subject
- 8. Develop Games That Build PE Skills**  
Learn mini-games that challenge the more accomplished athlete and are equally fun for those with lesser skills
- 9. Enhance Student Fitness**  
Discover a wide variety of fitness-based activities that are personally challenging but non-competitive in nature ... Your students will look forward to moving their bodies with non-traditional movement-based fitness activities that are FUN and easy-to-implement
- 10. Receive an Extensive Grades K-8 Physical Education Resource Handbook**  
You'll leave with an extensive physical education digital resource handbook designed specifically for grades K-8 physical education teachers that is packed with new and innovative activities you can use immediately in your own PE program whether in-person or online

## Who Should Attend

Physical Education Teachers  
and Specialists serving  
grades K-8

# Outstanding Strategies You Can Use Immediately

## What You Will Learn ...

- **Innovative and engaging fitness, manipulative skills and locomotor movement activities** for grades K – 8 **that can be used for in-class, online and hybrid teaching**
- **New, high-energy games and activities** that incorporate academics being taught in the classroom
- **New warm-up games** that get all students moving in a fun, safe way
- **Innovative ideas** more effectively managing your PE classes in inclusive ways that eliminate hurt feelings
- **Practical, engaging movement activities** that help create a fun, safe environment and promote the enjoyment of physical education
- **PE skills** that challenge the highly competent while meeting the needs of those with lesser skills
- **Proven ways to elevate the quality of PE skills** using high interest mini-games
- **Ways to help students learn to compete diligently** without the emphasis on winning and losing
- **Classroom-tested lesson plans** that are easy-to-follow and use limited equipment
- **Outstanding games and activities** to use in a limited-space environment
- **Proven methods** to level the playing field for your students with less physical ability
- New **activities and games** that develop and improve PE skills
- **Innovative ways** to make every PE class fun, energetic, fast paced, and enjoyable



*"Dennis is an excellent teacher! He has new material every time I take a seminar by him."*

– LAURA HARLIN, PE TEACHER

## Practical Ideas and Strategies

Whether you are a grades K-8 PE specialist or a classroom teacher responsible for teaching your own PE, you are sure to find many new, engaging and innovative activities to increase student success and the effectiveness of your physical education program. You will have a chance view clips of a wide variety of engaging PE activities presented throughout the day. In this unique seminar you will learn dozens of new and innovative activities designed to encourage maximum participation, regardless of one's skills, or special needs whether you are teaching at school or online.

You will see variety of quick, easy ways to create an environment where no child feels excluded and is able to experience success at his or her own level. Throughout the seminar the emphasis will be on having fun while learning together. Even if you are teaching in a limited space, you will find innovative ways to raise heart rates and maximize participation at the same time. Teamwork will be a component of almost every activity shared throughout this highly active seminar.

***Don't miss this unique opportunity to experience the idea -packed seminar that encourages maximum participation in physical education for all students. You will leave with dozens of strategies and activities you can use immediately in your own physical education program.***



# A Message From Your Seminar Leaders, Dennis Stands and Pete Charrette

## Uniquely Qualified Instructors

**DENNIS STANDS** is an experienced physical education teacher, outstanding presenter and author. He brings more than 30 years of teaching experience and for the past 18 years has been conducting PE teacher trainings nationwide.

Dennis is passionate about making PE a fun and successful experience for all students, regardless of their ability level and presents activities designed for maximum participation, involving teamwork, skills and fun as major components. Participants find Dennis' seminars to be fast moving and filled with practical ideas that can be immediately incorporated into physical education programs.

**PETE CHARRETTE**, creator of Cap'n Pete's Power PE, is an award-winning, nationally-board certified physical education teacher with more than 30 years teaching experience. Pete has also served as a national board professional teaching standards trainer. He has developed more than 700 PE and health resources that are currently being used by educators across the world, Pete has presented and keynoted at the district, state and national levels and has designed an award-winning physical education website. He has an impactful online presence that includes a popular PE blog and has presented online for prominent global PE summits and been a guest on PE podcasts.

Dear Colleague:

You are invited for a fast-paced day of sharing many new and innovative games and activities that will "spice up" your current PE program! Your students will thank you for showing them how much fun PE can be while learning and laughing through motivating games and activities that build PE skills.

You will experience a wide variety of activities, proven to bring a fun spark to your PE program. No matter your teaching situation, even if limited by space or equipment, you are sure to find many new and innovative games, always with an emphasis on maximum participation.

All the activities that will be shared with you have been extensively and successfully used with grades K-8 students with a wide variety of PE skills and experience. ***Whether you are teaching in-person, online or in a hybrid teaching environment you will leave with an array of ideas and activities you can use the next day in your own PE classes.***

This will be a packed day of learning to help make your PE program the best it can be.

Sincerely,



Dennis Stands



Pete Charrette

P.S. You will receive **an extensive grades K-8 physical education digital resource handbook** written specifically for this seminar, filled with all the activities you will experience during the seminar.

*"You will experience a wide variety of activities, proven to bring a fun spark to your PE program."*

# What Your Colleagues Say About Dennis Stands and Pete Charrette

*"So excited to have a non-sports based PE program. **This seminar will help me develop a more fitness-based program.**"*

Cheyenne Freeman, Grades 6-8 PE Teacher

*"This is a **great mid-year booster for my PE class** and the games we play."*

Toni Reynolds, PE Teacher

*"Even with 29 years of teaching elementary PE under my belt, **I will start the day tomorrow with great, new ideas!**"*

Kristi Reynier, K-3 PE Teacher

*"**Wonderful!** I came away with lots of good ideas."*

Mike Rodgers, PE Teacher

*"Everything that was shared with us was perfect. **I can take all of it and implement it immediately into my own PE program.** Had a ton of fun and enjoyed the entire seminar. I have been teaching for 32 years and learned a lot today."*

Blake Chong, K-5 PE Teacher



## 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



*'I loved Pete's practical solutions to the challenges I face every day.'*

## 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 Physical Education 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:

- New games, even with limited space that keeps everyone moving for a short period of time
- Cool-down activities, used following an active class, before sending students back to the classroom
- Fun, easy-to-learn activities that build PE skills
- Interesting and fun activities requiring the entire group to work together

## Share Ideas with Other PE Teachers

This seminar provides a wonderful opportunity for participants to share ideas with other educators interested in enhancing their grades K-8 physical education programs.

## Consultation Available

Your instructors 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 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

Both courses 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 in either course, 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)

# Innovative, NEW Activities for Strengthening Your PHYSICAL EDUCATION Program (Grades K-8)

## Registration (PSS1F1) Dennis Stands

- 1. **November 9, 2020** (Start time: 9 AM Eastern)
- 2. **November 10, 2020** (Start time: 9 AM Central)
- 3. **November 12, 2020** (Start time: 9 AM Mountain)
- 4. **November 13, 2020** (Start time: 9 AM Pacific)  
—or—
- 5. **I'd like to order the recorded version of Dennis' seminar**

## Registration (PGC1F1) Pete Charrette

- 6. **November 16, 2020** (Start time: 9 AM Central)
- 7. **November 19, 2020** (Start time: 9 AM Mountain)
- 8. **November 20, 2020** (Start time: 9 AM Eastern)  
—or—
- 9. **I'd like to order the recorded version of Pete's 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: EPSS1F1**


## 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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(Found on back of card)
- \_\_\_\_\_  
/
- 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.



# Innovative, NEW Activities for Strengthening Your PHYSICAL EDUCATION Program (Grades K-8)



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

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Research

## NEW Activities for Enhancing Your PHYSICAL EDUCATION Program (Grades K-8)

***Practical PD, No Travel***

PSS1F1 | PGC1F1



Bureau of Education & Research

## Innovative, NEW Activities for Strengthening Your PHYSICAL EDUCATION Program (Grades K-8)

Live Online Seminar  
or Recorded Version



**A Unique One-Day Live Online Seminar**  
(Also available as a Recorded Online Version  
to Use at Your Convenience)

Presented by

**Dennis Stands**  
**Pete Charrette**

Outstanding Educators and National Presenters

**New, innovative games and activities** for enhancing physical education instruction in grades K-8 **including ideas for online and hybrid teaching environments**

**Create a more inclusive PE program** where all students feel included and successful regardless of skills and experience

**"Must have" games that build essential PE skills**