

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

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

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

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

“Must-have” lead-up games and skills for a variety of sports

Diagrams, detailed directions, equipment lists, and video links for all the activities in **a physical education digital resource handbook** for grades K-8 physical education teachers

Live Online Seminars

March 24

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

March 25

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

March 26

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

CAN'T ATTEND?

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

CEUs and Graduate Credit Available
See page 6 for details

Ten Key Benefits of Attending

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

– LAURA HARLIN,
PE TEACHER



Who Should Attend

Physical Education Teachers
and Specialists serving
grades K-8

- 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 ... All activities meet the National Physical Education Standards ... **Proven ideas for in-class, online and hybrid learning environments**
- 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. Implement Proven Management Strategies for Grouping Classes in Fast and Fair Ways**
Learn how to quickly make teams or groups for any activity – saving valuable time ... Methods that help all students feel included within a group
- 5. Increase Your Repertoire of New and Innovative Cooperative 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, Rhythm Activities in Your PE Program**
Rhythm is an important aspect of any physical education program ... Learn simple rhythmic activities that are fun 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 Lead-up Games and Skills for a Variety of Sports**
Learn mini-games and drills that challenge the more accomplished athlete and are equally fun for those with lesser skills
- 9. Discover NEW and Unique Ways to Calm Students After an Active PE Class**
Learn how to calm down students before they return to their classrooms
- 10. Receive an Extensive Grades K-8 Physical Education Digital 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 including ideas for distance learning environments

Outstanding Strategies You Can Use Immediately

What You Will Learn ...

- **New and innovative activities** for enhancing physical education instruction in grades K-8 **including ideas for online and hybrid learning environments**
- **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** to form teams in fast, all-inclusive ways that eliminate hurt feelings
- **Practical, engaging movement activities** that help create a fun, safe environment and promote the enjoyment of physical education
- **Sport 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 sports skills
- **Innovative ways** to make every PE class fun, energetic, fast paced, and enjoyable



"Dennis is the best! This seminar is packed full of innovative and creative ways to keep PE fun!"

— NEILL TWIGG, ELEMENTARY PE TEACHER

Practical 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 to observe a wide variety of engaging PE activities presented throughout the day.

In this unique seminar, outstanding physical education teacher and PE teacher trainer, **Dennis Stands**, will share dozens of new and innovative activities designed to encourage maximum participation, regardless of one's skills, or special needs.

Dennis will share a variety of quick, easy ways to make teams where no child feels excluded and is able to experience success at his or her own level. 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 participate in this high-energy 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 whether your instruction is in-person, online or in a hybrid learning environment.



A Message From Seminar Leader, Dennis Stands



Uniquely Qualified Instructor

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 17 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. Dennis is the author of *Innovative, NEW Activities for Strengthening Your PHYSICAL EDUCATION Program (Grades K-8)*, the comprehensive physical education digital resource handbook each participant will receive at the seminar. Additional authorship credits include *Fitness, Fun and Skills in Physical Education*, *Teaching High Level Skills in Physical Education*, *Building Confidence in Physical Education Skills*, and *Incorporating Teamwork and Skills in Physical Education*. Participants find Dennis' seminars to be fast moving and filled with practical ideas that can be immediately incorporated into physical education programs.

Dear Colleague:

I invite you to join me for a day of sharing many new and innovative games and activities that I guarantee 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.

My goal for this highly practical seminar is for you to 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 I will share in this seminar have been extensively and successfully used with grades K-8 students with a wide variety of skills and experience. My goal is to give you an array of ideas and activities you can use the next day in your own PE classes.

I hope you will join me in this fun, day of learning to help make your PE program the best it can be. ***Whether you are teaching in-person or in a remote learning environment, you'll leave with ideas you can use immediately.***

I look forward to meeting you at the seminar.

Sincerely,

Dennis Stands

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 also receive a video link to each activity for use whenever needed.

"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."

What Your Colleagues Say About Dennis Stands

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

– Laura Harlin, PE Teacher

*"Dennis has **great energy and information!**"*

– Raymond Brandon Hellstrom, PE Teacher

*"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 **an extremely useful seminar.** We are able to participate in the activities along with bringing the book of activities back with us. Dennis is very knowledgeable in physical education and knows how to differ the instruction for all ages."*

– Sandra Graves, 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



'Dennis is a great instructor and model for PE.'

– ROB HILL,
MIDDLE SCHOOL 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 physical education digital resource handbook specifically designed for this seminar. The handbook includes:

- New warm-up games, even with limited space that keeps everyone moving for a short period of time whether you are teaching in-person or online
- Cool-down activities, used following an active class, before sending students back to the classroom
- Fun, easy-to-learn rhythmic activities, using music available through iTunes
- Interesting and fun cooperative 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 PE teachers interested in enhancing their grades K-8 physical education programs.

Consultation Available

Dennis Stands will be available for consultation regarding your questions and the unique needs of your own PE programs.

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

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 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

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

Registration (PSS1S1)

1. **March 24, 2021** (Start time: 9 AM Mountain)
2. **March 25, 2021** (Start time: 9 AM Eastern)
3. **March 26, 2021** (Start time: 9 AM Central)
— or —
4. **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 _____
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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: EPSS1S1

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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MO/YR
- Billing Zip Code: _____ 3 Digit CVV Code: _____
(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

 **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. 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.



PSS1S1

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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

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

Practical PD, No Travel

PSS151

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

Outstanding Educator and National Presenter

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

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

"Must-have" lead-up games and skills for a variety of sports

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