

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



A Unique One-Day In-Person Seminar or 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**

*"Carrie is a wealth of knowledge and experience."*

ANN SHIVELY, PE TEACHER

### Michigan

**Detroit** (Romulus) – February 7

### New Jersey

**Cherry Hill** (Mt. Laurel) – January 18

**Newark** (West Orange) – January 20

### New York

**Long Island** (Holtsville) – January 19

### Ohio

**Cincinnati** – February 8

**Columbus** – February 9

### Pennsylvania

**Harrisburg** (Camp Hill) – February 11

**Pittsburgh** (Coraopolis) – February 10

### Rhode Island

**Providence** (Warwick) – January 21

### LIVE ONLINE SEMINAR

**February 17**

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

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

*"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



*"Carrie is amazing! Her ideas, energy and passion for what she does are much appreciated!"*

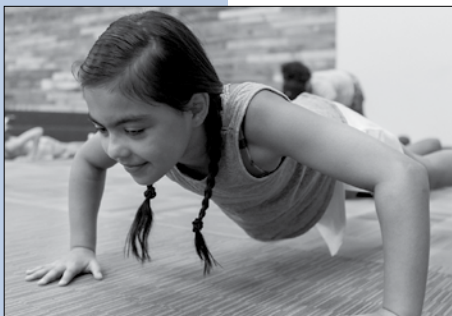
– LIZ POUNDERS, TEACHER

## 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 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, whether they are learning in your classroom or distance learning environment. 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

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**“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

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

– Don Wroblewski, Teacher

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**“Awesome ideas for all levels and experiences!”**

– Jill Newman, PE Teacher

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

– Elizabeth Isaacson, K-8 PE Teacher

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**“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



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**“Excellent presentation!** I would recommend it for everyone!”

– Timothy Evans, K-1 Teacher

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**“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

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

– Ryan Snell, PE Teacher

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**“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



"Carrie was great! She provided so many strategies, ideas and activities!"

— KELLY BURNHAM,  
K-8 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](http://www.ber.org/onsite) or call 877-857-8964 to speak to one of our On-Site Training Consultants.

## Extensive Physical Education 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

**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.**

## Share Ideas with Other Educators

This seminar provides a wonderful opportunity for participants to share ideas with other educators interested in practical strategies for strengthening their grades K-8 PE programs.

## Meet Inservice Requirements / Earn State CEUs

Participants of In-Person Seminars, 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](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 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)

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

## Registration (PSY2W1)

- 1. **Cherry Hill** (Mt. Laurel), NJ – January 18, 2022
- 2. **Cincinnati, OH** – February 8, 2022
- 3. **Columbus, OH** – February 9, 2022
- 4. **Detroit** (Romulus), MI – February 7, 2022
- 5. **Harrisburg** (Camp Hill), PA – February 11, 2022
- 6. **Long Island** (Holtsville), NY – January 19, 2022
- 7. **Newark** (West Orange), NJ – January 20, 2022
- 8. **Pittsburgh** (Coraopolis), PA – February 10, 2022
- 9. **Providence** (Warwick), RI – January 21, 2022
- 10. **LIVE ONLINE:** February 17, 2022 (Start time: 9 AM Eastern)  
— or —
- 11. **I'd like to order the recorded version of this seminar**

FIRST NAME _____	M.I. _____	LAST NAME _____
POSITION, SUBJECT TAUGHT _____		GRADE LEVEL _____
SEMINAR LOCATION 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 (REQUIRED FOR EACH REGISTRANT) _____	
HOME MAILING ADDRESS _____	
CITY & STATE _____	ZIP CODE _____

## IMPORTANT – PRIORITY ID CODE: EPSY2W1





### 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.
- All **Live Online** Seminars are scheduled 9:00 a.m. – 3:30 p.m. 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 \$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, Live Online 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:

- Cherry Hill: Westin – Mt. Laurel, (856) 778-7300
- Cincinnati: Holiday Inn & Suites Eastgate, (513) 752-4400
- Columbus: Crowne Plaza North, (614) 885-1885
- Detroit: Delta by Marriott – Airport, (734) 721-3315
- Harrisburg: Radisson – Camp Hill, (717) 763-7117
- Long Island: Holiday Inn – Holtsville, (631) 758-2900
- Newark: The Wilshire Grand Hotel – West Orange, (973) 731-7007
- Pittsburgh: Sheraton – Airport, (412) 262-2400
- Providence: Radisson – Airport, (401) 739-3000

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.

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Includes an extensive Resource Handbook

Can't Attend? A Recorded Version is available  
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PSY2W1

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In-Person Seminar,  
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Recorded Version



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