

CSZ Mini-Conference



Engaging Physical Education OPEN to All

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@PEtop5

Today's Agenda

Instant Activities

- Heart Tag
- Party Control Patrol

Personal & Social Responsibility

- No More Monkey
- Cooperative Triathalon

Basketball

- Bubble Breakers
- Knuckle Collectors

Badminton

- Volley Challenge
- Racquet Square

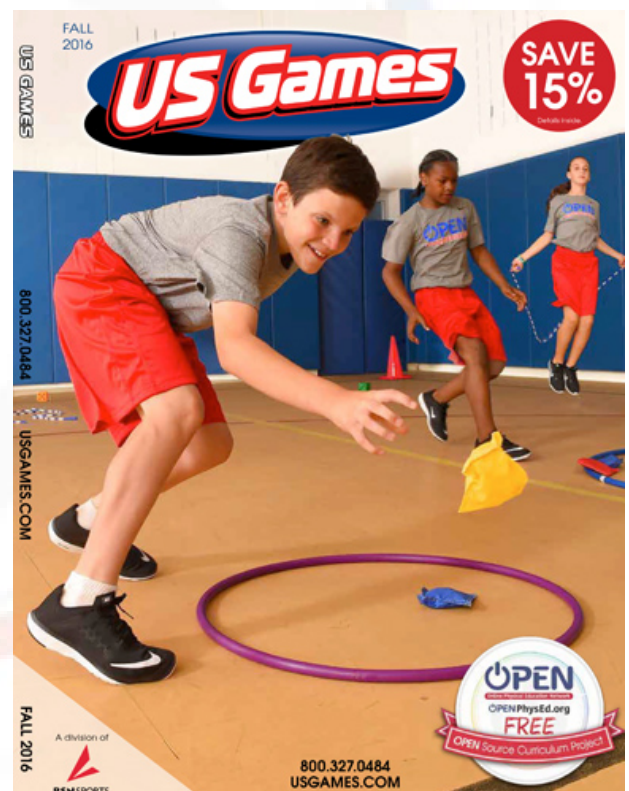
Invasion

- Switch
- 4-Corners

Resources

- Twitter, Plickers, Darebee

Closure



US Games invests a portion of each sale into OPEN.

The next time you need equipment, please contact US Games for a discounted quote.



How to Access OPEN

Step 4: Go to “Curriculum Resources”

Twitter

Why?

- Find resources to support instruction
- Network with teachers around the world
- Learn latest trends in PE



How?

- Create an account (www.Twitter.com)
- Ease into it
- Don't compare yourself

Follow us...

@OPENPhysEd
@PETop5
@nyaaronhart

#PhysEd #mustfollow

created by
@physed

@physedreview
@pe4everykid
@schleiderjustin
@JoeyFeith
@Lovepeme
@LovePhyEd
@JennyWamsley
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@MissHartl
@CoachPirillo
@BullisKari
@lmwppeh
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@mrobPE
@DrAshCasey
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@drstephenharvey
@LynnHefeLe

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@NicholasEndlich
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@MrAdamPE
@JustyBubPE
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@erik_myer
@MrPhysicalEd
@carmelhealth
@MrHorne101
@MrMetcalPE
@PE_Dave1017
@cpola17
@McCordPhysEd
@ImSporticus
@OESPhysEd
@RARmstrongPE
@peguth
@justenoconnor

@pewithmrt
@helenabaert
@youngphysed
@JessicaShawley
@KymmBallard
@DriemeyerPE
@mikedoylempls
@CoachPeebles
@MrCsajko
@fit2Bsmart
@BodePE
@teachpe24
@EB_CoachA
@coachpvg
@ESEPhysEd
@PhyEdJackie
@VGoodyear
@MrPicha_PE
@HarrisHillPE
@J_JonesPE
@deandudley

@andyvasily
@alexobrien
@phys_educator
@RizzutoEd
@PEJimmyWright
@jrately
@paulrosengard
@PaulZientarski
@pecentral
@chapplephysed
@peshoes
@Physed_Pomeroy
@pe2theMax
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@terridr99
@MLSPE
@pilly66
@MQuennerstedt
@ArtieKamiya
@MrMetcalPE
@AaronBeighle

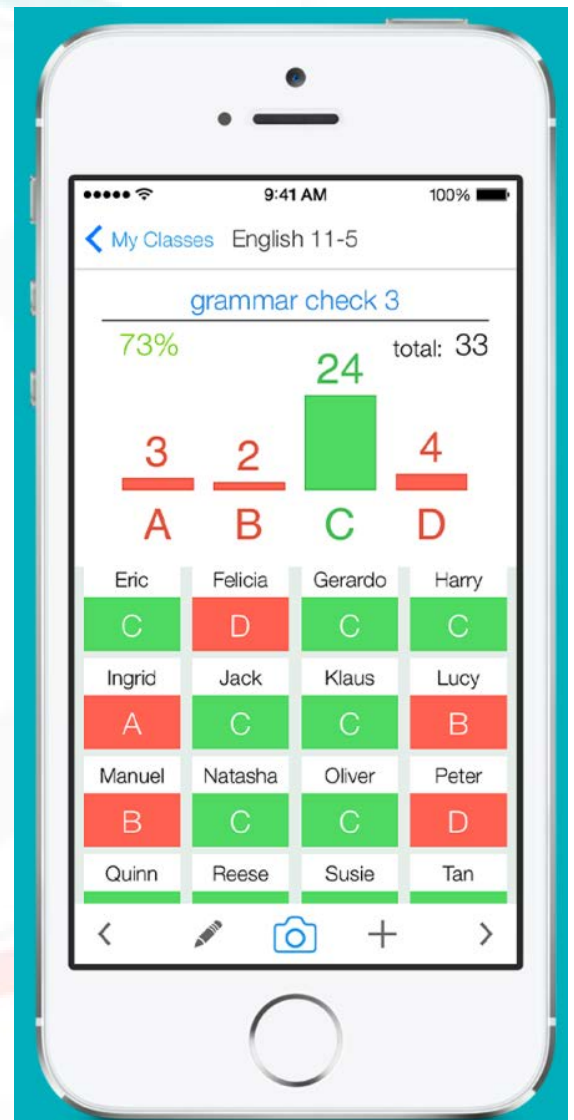
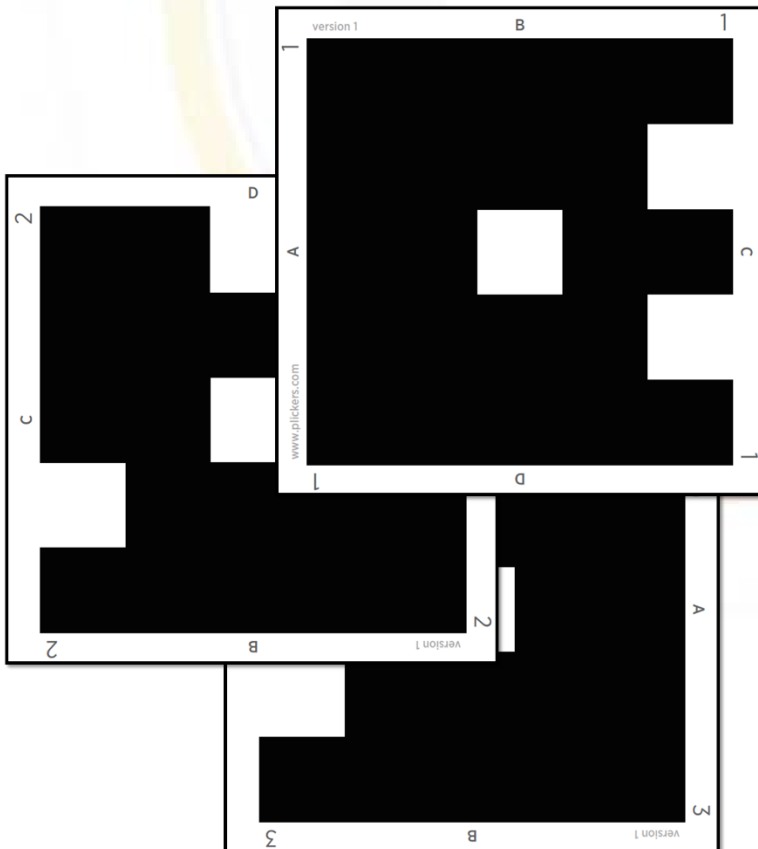
Plickers

Plickers is a powerfully simple tool that lets teacher collect real-time formative assessment data without the need for student devices.

Tailor instruction with instant feedback

Use Plickers for quick checks for understanding to know whether your students are understanding big concepts and mastering key skills.

Download the app, and create a profile at www.Plickers.com.




DAREBEE

DAREBEE (www.darebee.com) is a non-profit, ad-free and product placement-free global fitness resource. All of the information here has been thoroughly researched and tested and provided free of charge.


ABSOLUTION

DAREBEE **HIIT** WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes




15sec jumping lunges



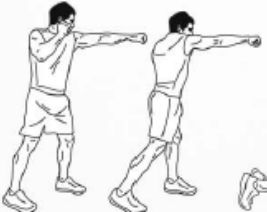
15sec reverse lunges




30sec high knees




15sec push-ups




15sec punches



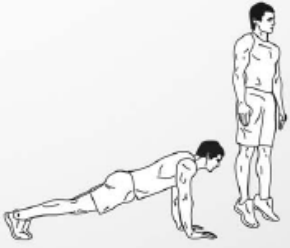
30sec push-up + punches



15sec plank walk-outs



15sec plank hold



30sec basic burpee w/ jump

Customize workouts using these filters! ➡

FILTER **RESET**

TYPE

- ☐ strength / tone 247
- ☐ cardio / high burn 156
- ☐ HIIT / interval training 57
- ☐ combat 60
- ☐ stretching 39
- ☐ yoga 15

FOCUS

- ☐ full body 385
- ☐ upper body 68
- ☐ lower body 101
- ☐ abs 35

EQUIPMENT

- ☐ none 490
- ☐ dumbbells 25
- ☐ bar 23
- ☐ weapons 15
- ☐ other 34


DIFFICULTY

- ☐ light 28
- ☐ easy 61
- ☐ normal 373
- ☐ hard 101
- ☐ advanced 24

ILLUSTRATIONS

- ☐ boys 499
- ☐ girls 82
- ☐ with video 25

RANDOM FROM SELECTED

 **RANDOM WORKOUT**