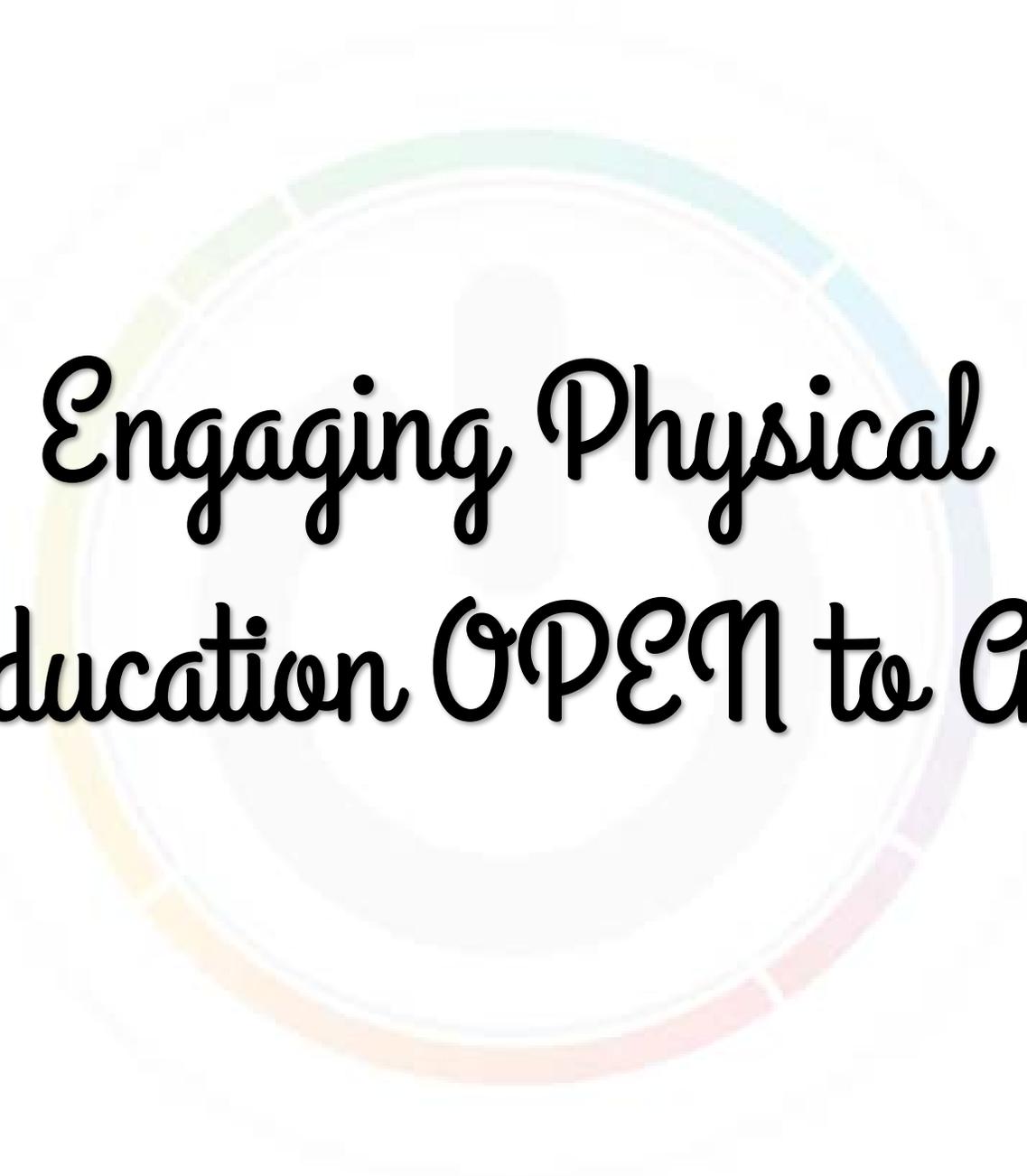


Greeneville, TN



Engaging Physical Education OPEN to All

Nick Kline, NBCT

nkline@usgames.com

@PETop5

Today's Agenda

Instant Activities

Locomotor / Manipulative

Personal & Social Responsibility

Play 60+ Afterschool

Roundnet (aka Spikeball)

Fitness

Resources

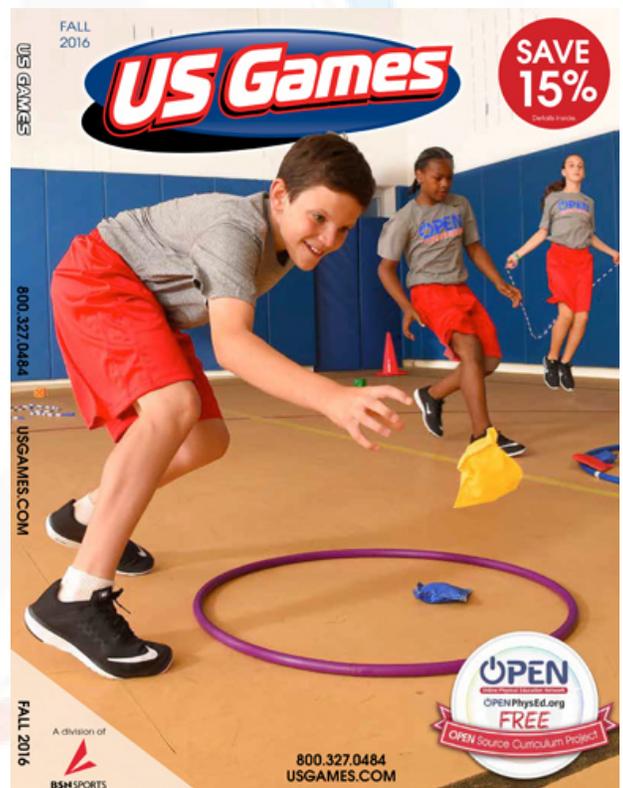
- OPEN
- Twitter
- Plickers
- Darebee

Classroom

- Register for OPEN
- USG Catalog Review

Closure

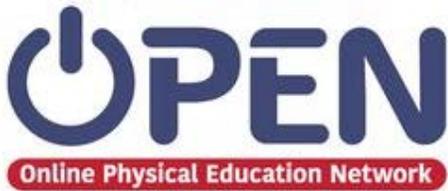
- Final Thoughts
- Questions



US Games invests a portion of each sale into OPEN.

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

What is OPEN?



OPEN GAMES FOR LEARNING LOCOMOTOR & MANIPULATIVE SKILLS MODULE OVERVIEW

OPEN GAMES FOR LEARNING LOCOMOTOR & MANIPULATIVE SKILLS MATERIALS LIST

QTY	NAME	CODE	US Games
1	Basic OPEN Activity Pack (Includes all items below)		Link to a Store
72	Juggling Scarves		Link to a Store
24	Bean Bags		Link to a Store
24	Foam Balls		Link to a Store
24	Hula Hoops		Link to a Store
31	Academic Language Cards		
6	Station Cards		
2	Skill Cue Tush Sheets		
1	Skill Cue Posters		
12	Holistic Rubric		
1	Self Check Assessment		

ACTIVELY ENGAGE (verb)
To participate in an activity while showing genuine interest and a desire for excellence.

Caroline *actively engages* in physical education class in order to get as much physical activity as possible.

OPEN GAMES FOR LEARNING BASKETBALL SKILLS TEACHER SELF-EVALUATION & REFLECTION GUIDE

OPEN TOOLS FOR LEARNING ROUNDNET PASSING PENTATHLON SKILL CARD

LOCOMOTOR MOVES WITH A SCARF

1. Use a scarf to pretend you're a fun animal.
2. Safely gallop, jump, leap, march, hop, slide, and skip in the station area.

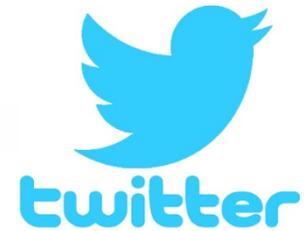
How to Access OPEN

- Step 1:** Visit www.OPENPhysEd.org/register
- Step 2:** Fill in your information
- Step 3:** Login using new username & PW
- 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...

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- @PETop5
- @BrooklynDreamer
- @PhysEdFreak
- @nyaaronhart

#PhysEd #mustfollow

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@CoachPirillo
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@PE4Life_Spencer
@MikeMorrisPE
@PETop5
@El_Fantasma_42
@DeanKriellaars
@PEberingmx
@GarfieldPhyEd
@projectphysed

@osama13
@MrsLieke
@MrAdamPE
@JustyBubPE
@CapnPetesPE
@TheCoach_K
@thepespecialist
@JoeMcCarthy09
@erik_myer
@MrPhysicalEd
@carmelhealth
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@cpola17
@McCordPhysEd
@ImSporticus
@OESPhysEd
@ARMstrongPE
@peguth
@justenoconnor

@pewithmrt
@helenabaert
@youngphysed
@JessicaShawley
@KymmBallard
@DriemeyerPE
@mikedoylempls
@CoachPeebles
@MrCsajko
@fit2Bsmart
@BodePE
@teachpe24
@EB_CoachA
@coachpvg
@ESEPhysEd
@PhyEdJackie
@VGoodyear
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@andyvasily
@alexobrien
@phys_educator
@RizzutoEd
@PEJimmyWright
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@pecentral
@chapplephysed
@peshoes
@Physed_Pomeroy
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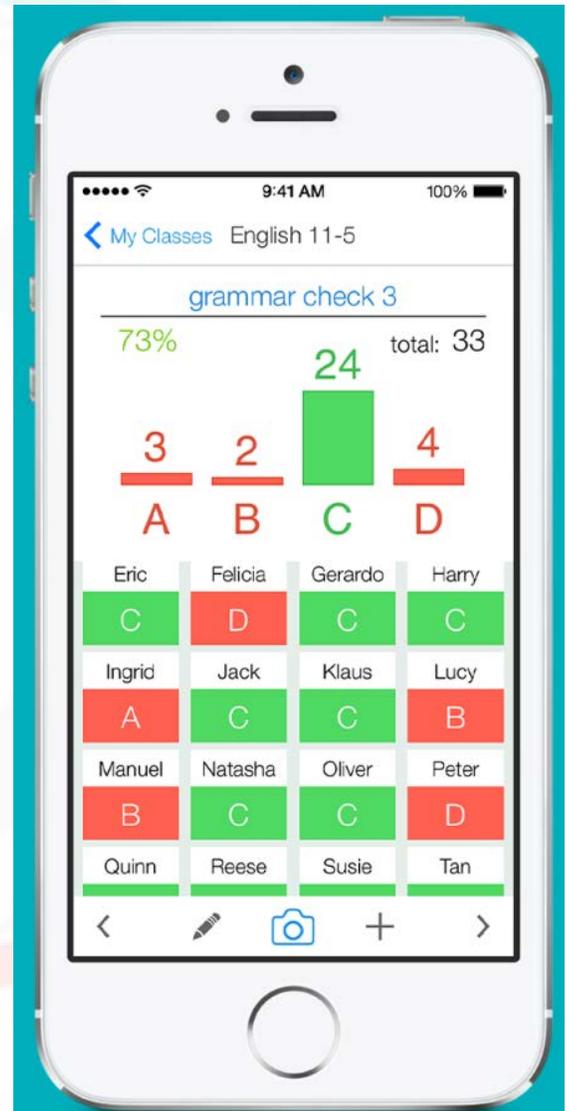
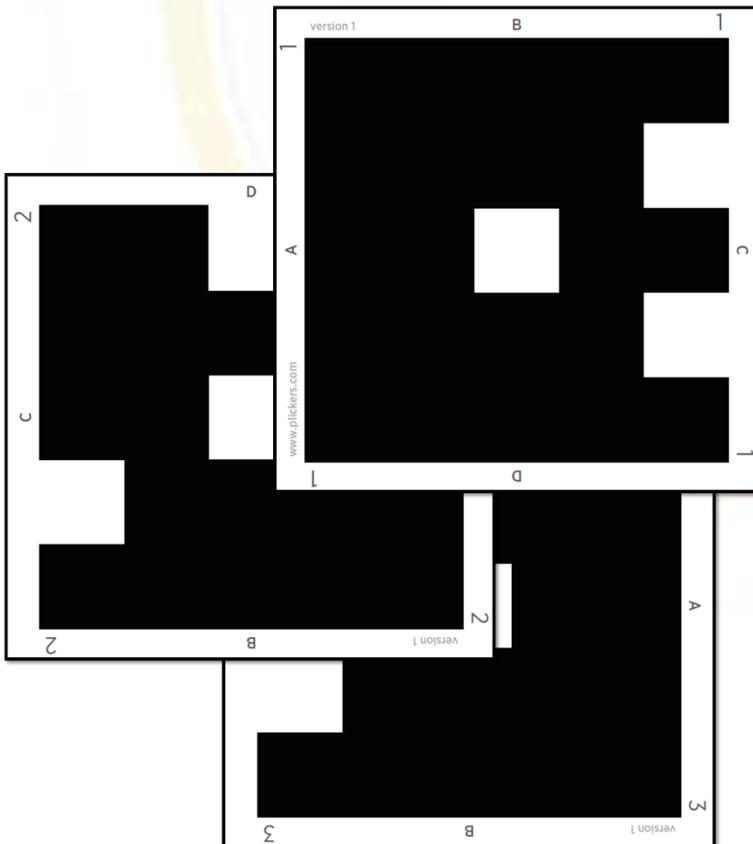
Plickers

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.

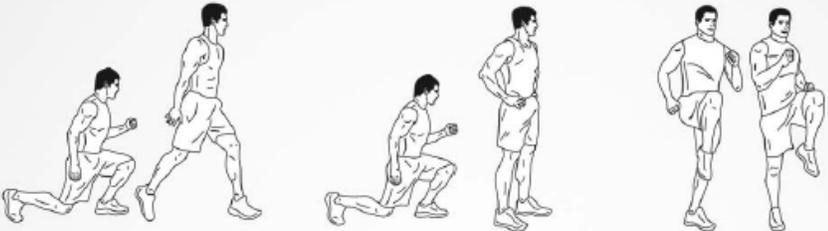


DAREBEE

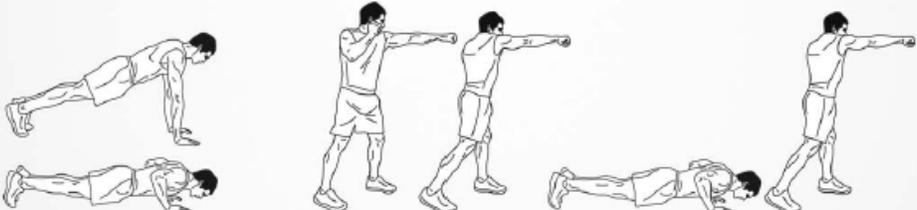
DAREBEE (www.darebee.com) is a non-profit, ad-free and product placement-free global fitness resource. All of the information here has been thoroughly researched and tested and provided free of charge.

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

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

Customize workouts using these filters! 