



Election Day Professional Development Offerings

Physical Education, Health Education, and other Wellness-Related Programs

Office of School Wellness Programs

November 3, 2015

Wellness Events in Collaboration with Borough Field Support Centers

Review offerings and register for each site and specific sessions via Eventbrite links provided.

- [Manhattan](#)
- [Bronx](#)
- [Brooklyn North](#)
- [Brooklyn South](#)
- [Queens North](#)
- [Queens South](#)
- [Staten Island](#)

Citywide Events

- [Physical Education](#)
- [Health Education](#)
- [CHAMPS \(Middle School Sports and Fitness Program\)](#)

School Wellness Works...For Teachers and Everyone in a School Community

Peruse the Election Day offerings included here for PE teachers, health educators, school staff, and School Wellness Council members, and sign up for those sites and sessions that fit best into your professional learning plan for the year. Whether you are taking a core course in a recommended curriculum, brushing up on coaching skills in a non-traditional activity, using the School Wellness Works portal to organize your wellness plans, or learning about a physical activity or nutrition program to bring to students and families, working towards better instruction and programs for coordinated school wellness is a powerful endorsement for healthy students and higher academic achievement.

If you are registering for sessions at schools affiliated with the borough field support centers, register only once to access all the offerings at that site on Election Day. Also, note that session schedules vary per site, so review times carefully. Citywide trainings are at the end of this catalog and include registration links for each session.

For additional professional learning opportunities offered throughout the school year, see our [2015-16 Professional Development Catalog](#). Dates for these offerings, as well as professional development and other opportunities available from trusted wellness partners, are shared frequently through the *School Wellness Weekly* newsletter. To register, [click here](#).

Manhattan

Districts 1, 2, 3, 4, 5, 6

Location: Urban Assembly School for Media Studies
Martin Luther King, Jr. Campus
122 Amsterdam Avenue
Manhattan 10023

Session I: 8:45 a.m. – 10:15 a.m.
Session II: 10:30 a.m. – 12:00 p.m.
Session III: 1:00 p.m. – 2:30 p.m.

[Register on Eventbrite here](#) for all sessions at this site

Physical Best Specialist Certification Workshop

Target audience: K-12 PE teachers

Physical Education teachers learn the components of health-related fitness education instruction and assessment using the NYCDOE recommended curriculum, Physical Best. Teachers learn about the philosophy of Physical Best which supports students in learning why physical activity is important and how it benefits them today and for a lifetime. Teachers receive a free copy of Physical Best (3rd Edition), learn how to use the lessons to teach students the importance of lifelong fitness and wellness, and discuss instructional strategies for meeting the needs of all students. In addition, teachers explore NYC FITNESSGRAM, the citywide health-related fitness assessment, as a tool to plan instruction.

Gym 1: **FULL-DAY SESSION (8:45 – 2:30)**

* Participants must stay for the duration of the session

Move-to-Improve Train-the-Trainer

Audience: Open to K-5 certified PE teachers from elementary schools with a least ten (10) teachers untrained in MTI

MTI is a free classroom-based physical activity program designed to increase physical activity among students, K-5, in elementary school. MTI as part of a comprehensive Physical Education (PE) program can also supplement PE minutes. Certified or designated PE teachers from district public elementary schools with at least ten (10) untrained teachers can send their PE teacher to this MTI Train-the-Trainer (TTT) session, where they learn to become MTI trainers for their school.

Gym 2: **FULL-DAY SESSION (8:45 – 2:30)**

* Participants must stay for the duration of the session

Tai Chi for Kids

Target audience: K-12 teachers (Grades K-12)

Join Tai Chi for Kids creator Cari Shurman to learn the basic elements of Tai Chi, along with strategies to incorporate movement into other activity programs. PE and classroom teachers are welcome. Health-related fitness activities that build students' self-confidence and focus are demonstrated. Each participant receives a free "Tai Chi Moves for Kids" CD.

Room 478: Sessions I and II

Physical Education Teacher’s Role in Establishing Comprehensive School Physical Activity Programs

Room 473: Sessions I and III

Target audience: K-8 PE teachers

Join K-8 teachers who have developed Comprehensive School Physical Activity Programs for their schools as they discuss strategies for promoting the value of physical education and physical activity to principals and classroom teachers. Explore the value of establishing student, parent and community networks; collaborating to find necessary resources; and, helping teachers and others deliver school-based activity programs.

Active Design Toolkit for Schools

Room 477: Session I

Target audience: K-12 teachers

Join active design experts from the Department of Health and Mental Hygiene and Mount Sinai to learn about the health benefits of physical activity and ideas for how to redesign school spaces to promote physical activity and healthy food and beverage consumption. Explore case studies from other NYC schools in the Active Design Toolkit, discover funding opportunities, and learn how your schools can make improvements for active recreation, green spaces and nature, healthy food and beverages, and getting to and from school.

Best Practices: PE/Adaptive PE Lesson Sharing

Room 471: Sessions I and II

Target audience: K-8 PE and adaptive PE teachers

PE and adaptive PE teachers review lesson plans and explore ideas on how to use Grade Level Learning Outcomes and instructional strategies designed for students with disabilities in an inclusive setting. Presenters share teaching tips, resources, multiple activity ideas, and strategies for modifying activities while implementing *Physical Best*, the recommended curriculum for NYC.

The Fundamentals in Coaching Track & Field

Room 475: Session II

Target audience: 3-12 teachers

Staff from NY Road Runners share the information and skills to structure practices effectively, teach proper stretching and warm-up/cool-down techniques, and develop students’ proper running form.

Dance, Fitness, and Fun in PE

Dance Room (Basement): Session II

Target audience: 6-12 teachers

Participants learn the basics of Zumba-like dance rhythms and how to incorporate elements of dance into PE classes. Appropriate physical activity attire required, and active participation is expected.

**Activate Your Middle and High School Colleagues:
Integrating Physical Activity to Increase Student Learning**

Room 479: Session III

Target audience: 6-12 PE teachers and school staff

A national trainer from *Let's Move! Active Schools* prepares teachers and school staff to share best practices and turn-key resources with colleagues at their schools. Participants learn why physical activity is important for student learning and how to add physical activity breaks to the school day using resources for quick implementation.

Personal Health for You and Your Students (Nutrition, Exercise, Stretching, Lifestyle)

Room 475: Session III

Target audience: K-12 teachers

Join NY Road Runners staff to learn how you can maintain and create healthy habits, from nutrition to a range of exercise and wellness strategies, to share with their students.

Full Dance Workouts in PE

Dance Room (Basement): Session III

Target audience: 6-12 PE teachers and school staff

Participants learn how to incorporate elements of a fitness program that combines great dancing with cardiovascular conditioning and core strengthening, in their PE classes. PE teachers demonstrate step-by-step activities that build to a full dance workout for students.

Bronx

Districts 7, 8, 9, 10, 11, 12

Location: Mott Haven Campus
730 Concourse Village West
Bronx 10451

Session I: 8:45 a.m. – 10:15 a.m.
Session II: 10:30 a.m. – 12:00 p.m.
Session III: 1:00 p.m. – 2:30 p.m.

[Register on Eventbrite here](#) for all sessions at this site

Physical Activity Leaders (PAL)

Target audience: K-12 PE teachers

Join NYC PE teacher and trainer Nancy Guzman, as she introduces The Physical Activity Leader (PAL) Learning System, a professional development resource of the National *Let's Move!* Active Schools initiative. This session is designed to develop and support physical educators to champion efforts in their schools to ensure 60 minutes a day of physical activity for all school-age youth. The PAL Learning System is a dynamic, action-focused training that provides teachers with the tools and skills needed to initiate tailored plans of action for their schools.

Cafeteria 2: **FULL-DAY SESSION (8:45 – 2:30)**

* Participants must stay for the duration of the session

Dance Fusion: Rhythms from Around the World

Target audience: K-12 teachers

Can you Samba? Samba is considered the dance of celebration and joy at Carnival in Rio, Brazil. Join PE teacher Alesh Alexandrino to learn ways that different cultures express themselves through movement based on their music and rhythms. Participants learn steps from traditional dances from around the world, especially from the Latin, Asian, Afro, and Brazilian cultures to create new dance combinations. Even if you have never danced before, you will have fun participating in this workshop.

Room C47: Session I

Active Design Toolkit for Schools

Target audience: K-12 teachers

Join active design experts from Bronx Health Reach and the Institute for Family Health to learn about the health benefits of physical activity and ideas for how to redesign school spaces to promote physical activity and healthy food and beverage consumption. Explore case studies from other NYC schools in the Active Design Toolkit, discover funding opportunities, and learn how your schools can make improvements for active recreation, green spaces and nature, healthy food and beverages, and getting to and from school.

Room 267: Session I

Best Practices: PE/APE Lesson Sharing

Target audience: K-8 PE and adaptive PE teachers

Join PE and adaptive PE teachers to review lesson plans and explore ideas on how to use Grade Level Learning Outcomes and instructional strategies designed for students with disabilities in an inclusive setting. Presenters share teaching tips, resources, multiple activity ideas, and strategies for modifying activities while implementing *Physical Best*, the DOE-recommended curriculum.

Cafeteria I: Session I

South Bronx Physical Fitness Team Program

Target audience: 6-12 PE teachers

Join Assistant Principal Lou Schlanger to learn what it takes to earn nine *National High School Physical Fitness Championships*. PE teachers are invited to learn the fundamentals of health-related fitness concepts and strategies to enhance physical fitness levels to support all physical activity programs. Structure and plan health-related fitness activities that build students' physical activity and fitness knowledge, and develop strategies for implementing student assessments, planning and goal setting, nutrition guidance, and creating a fitness gym through fund raising.

North Gym 2; Room C35K: Session I

Depth of Knowledge in Physical Education

Target audience: 6-12 PE teachers

Join PE teacher Christian DeJesus to explore how to improve instruction under the current evaluation system, including how to align your PE curriculum to the Common Core Learning Standards, and strategies for achieving a "Highly Effective" rating on the Charlotte Danielson rubric.

Room B60: Session I and III

Google for Health and Physical Education: A Crash Course in Using Technology

Target audience: 6-12 PE teachers

Join PE teacher Robert Warren on how using technology to assess your students' prior knowledge, check for understanding, collaborate on documents, and more through free resources including Google Classroom, Formative, Poll Everywhere, and Kahoot! Explore popular apps, navigate free websites, and review technological resources. Bring your smartphone, tablet, and/or laptop to practice.

Room 266: Session II and III

Wellness in Schools: Recess and Nutrition Programs

Target audience: K-8 teachers

Staff from the nonprofit Wellness in the Schools (WITS) share how the organization reinvents recess with its Coach for Kids program. Learn effective games to help students reach the recommended 60 minutes of daily physical activity, how to manage effective play in small spaces, and activities that teach positive social and problem-solving skills through play. After the recess workshop, join a WITS Chef with the Cook for Kids program for a demonstration of WITS BITS—simple, 20-minute, interactive classroom lessons on basic nutrition concepts that teach students about healthy food by seeing, listening and doing.

South Gym 1, Room C65: Session II

Maximizing the Use of the Outdoors for Physical Education and Fitness**Room B60: Session II****Target audience:** 6-12 PE teachers

Sheldon Sucre, Brooklyn Sports Club

Join Sheldon Sucre from Brooklyn Sports Club on exploring the three domains of outdoor education (self, others, and the natural world), which is simply defined as experiential learning in, for, or about the outdoors. This workshop helps you teach outdoor education in a safe and productive manner. Participants also explore how to overcome common limitations that are faced by inner city schools and discuss solutions to incorporating the "outdoors" into their current PE program.

Core Curriculum Connection Through Dance**Dance Studio, Room C47: Session II****Target audience:** K-12 teachers

Join PE teacher Alesh Alexandrino to create dance combinations based on core curriculum subjects (e.g., Math, Science, and ELA) in a safe, supportive, and fun environment. Participants explore and practice creative problem solving, use basic elements of dance to enhance core curriculum learning, and adapt grade appropriate concepts. No dance experience necessary.

FitDeck for All Abilities: Incorporating Games and Activities into the Physical Education Setting**North Gym 2, Room C35K: Session II****Target audience:** K-12 teachers

George Havranek, PE Teacher

PE teacher George Havranek demonstrates how to implement *FitDeck* exercise playing cards into their daily PE lessons. Teachers learn and practice how to use *FitDeck* games, activities, and exercises; as well as modifying and adapting these activities to meet the needs of students of all abilities.

21st Century Physical Fitness: Implementing Polar Monitors to Assess Cardiovascular Fitness**South Gym 2, Room C65J: Session II****Target audience:** 6-12 PE teachers

Tired of teaching fitness year after year the same way? Join PE teacher Adam Droz to rejuvenate your fitness classes and introduce new ways to incorporate heart rate monitors to assess cardiovascular fitness. Topics include authentic assessment techniques, planning and goal setting, how to apply fitness concepts, and how to integrate more technology in the PE class.

Aligning PE to the Common Core**Room B64: Session II and III****Target audience:** 9-12 PE teachers

The Common Core Learning Standards (CCLS) focus primarily on math and English Language Arts, which extend to all school subjects, including physical education. PE teacher and SWC champion Srecko Mavrek discusses connecting PE to the CCLS. Teachers explore implementing common core standards in physical education through lessons and interdisciplinary projects. Strategies for using math and science in daily PE instruction are discussed.

Jr. NBA Basketball Clinic

Target audience: K-8 teachers

NBA clinicians share strategies for teaching core basketball fundamentals through fun games, including team building basketball activities designed for both large and small groups. Participants learn creative ways for managing student groups and cultivating values of teamwork, sportsmanship, and respect.

North Gym 1, Room C35: Session III

The Fundamentals in Coaching Track & Field

Target audience: 3-12 teachers

Staff from NY Road Runners share the information and skills needed to structure practices effectively, teach proper stretching and warm-up/cool-down techniques, and develop students' proper running form.

South Gym 2, Room C65J: Session III

Tai Chi for Kids

Target audience: K-12 teachers

Join Tai Chi for Kids creator Cari Shurman to learn the basic elements of Tai Chi, along with strategies to incorporate movement into other activity programs. PE and classroom teachers are welcome. Health-related fitness activities that build students' self-confidence and focus are demonstrated. Each participant receives a free "Tai Chi Moves for Kids" CD.

South Gym 1, Room C65: Session III

Utilizing Technology to Enhance Physical Activity in the School Environment

Target audience: K-5 teachers

Join PE teacher Chaya Bree Gruber to explore using various forms of technology to enhance physical within the school environment. Time is allotted for participants to share and collaborate with each other about their own use of technology. Strategies for incorporating physical activity into the general curriculum will be discussed as well.

Room 267: Session III

Brooklyn North

Districts 13, 14, 15, 16, 19, 23, 32

Location: Grand Street Campus
850 Grand Street
Brooklyn 11211

Session I: 9:00 a.m. – 10:10 a.m.
Session II: 10:20 a.m. – 11:30 a.m.
Session III: 12:30 p.m. – 3:00 p.m.

[Register on Eventbrite here](#) for all sessions at this site

Special Olympics General Session and Sports-Specific Certification

Target audience: K-12 PE and APE teachers

Recent changes within Special Olympics regulations require that all coaches be re-certified every three years in order to retain certification. During the general training session, APE/PE Teachers can become certified or re-certified as a Special Olympics coach. It includes an overview of the history, mission, and goals of Special Olympics. Additionally, during the sports specific training, teachers are trained in floor hockey and have the opportunity to be certified in the sport. By the end of this session, participants know the rules and regulations pertaining to Special Olympics competition and become certified as a Special Olympics coach. Once certified, participants can begin to train students in Special Olympics activities and progress toward becoming certified in specific Special Olympics sports.

FULL-DAY SESSION (9:00 – 3:00)

Room 250: (9:00 – 11:30); Gym 4 (12:30 – 3:00)

* Participants must stay for the entire day

Round Star Soccer: Soccer Coaching with a Holistic Approach

Target audience: K-12 PE and APE teachers

Experts from the Round Star Foundation's Shine Program explore using soccer as a vehicle to teach life skills to individuals with developmental and intellectual disabilities. This presentation covers theory and practice, and highlights eight key developmental objectives that teachers can incorporate into various teaching styles and techniques.

Gym 1: DOUBLE SESSION (9:00 – 11:30)

Gym 1: Session III

Coaching Track & Field Technique

Target audience: 3-12 PE teachers and coaches

Experts from NY Road Runners provide instruction on "the proper way to run." Participants learn the fundamentals of how to help athletes develop speed and endurance by optimizing efficient technique while minimizing energy expenditure.

Gym 2: DOUBLE SESSION (9:00 – 11:30)

Active Design Toolkit for Schools

Target audience: K-12 teachers

Join active design experts from the Department of Health and Mental Hygiene to learn about the health benefits of physical activity and ideas for how to redesign school spaces to promote physical activity and healthy food and beverage consumption. Explore case studies from other NYC

Room 252: Session I

schools in the Active Design Toolkit, discover funding opportunities, and learn how your schools can make improvements for active recreation, green spaces and nature, healthy food and beverages, and getting to and from school.

Best Practices: PE/APE Lesson Sharing

Target audience: K-8 PE and APE teachers

Join PE and adaptive PE teachers to review lesson plans and explore ideas on how to use Grade Level Learning Outcomes and instructional strategies designed for students with disabilities in an inclusive setting. Presenters share teaching tips, resources, multiple activity ideas, and strategies for modifying activities while implementing *Physical Best*, the DOE-recommended curriculum.

Gym 4: Sessions I

Room 252: Sessions II and III

Jr. NBA Basketball Clinic

Target audience: K-8 teachers

NBA clinicians share strategies for teaching core basketball fundamentals through fun games, including team building basketball activities designed for both large and small groups. Participants will learn creative ways for managing student groups and cultivating values of teamwork, sportsmanship, and respect.

Gym 4: Session II

Coaching Track & Field Technique

Target audience: 3-12 PE teachers and coaches

Experts from NY Road Runners provide instruction on “the proper way to run.” Participants learn the fundamentals of how to help athletes develop speed and endurance by optimizing efficient technique while minimizing energy expenditure.

Gym 2: Session III

Brooklyn South

Districts 17, 18, 20, 21, 22

Location: Clara Barton High School
901 Classon Avenue
Brooklyn 11225

Session I: 9:00 – 11:30

Session II: 12:30 – 3:00

[Register on Eventbrite here](#) for all sessions at this site

Active Design Toolkit for Schools

Target audience: K-12 teachers

Join active design experts from the Department of Health and Mental Hygiene to learn about the health benefits of physical activity and ideas for how to redesign school spaces to promote physical activity and healthy food and beverage consumption. Explore case studies from other NYC schools in the Active Design Toolkit, discover funding opportunities, and learn how your schools can make improvements for active recreation, green spaces and nature, healthy food and beverages, and getting to and from school.

Room 347: Session I

Make It Work: Mastering PE in Creative Spaces

Target audience: K-12 teachers

Physical education (PE) teachers teaching in non-traditional or shared PE spaces learn strategies for providing standards-based instruction. Participants explore the use of music and dance to engage students during fitness and skill development, and strategies for using Common Core Learning Standards to support PE instruction. By the end of this session, participants have several ready-to-use activities and skills to develop a plan for providing effective health-related PE instruction and assessment, regardless of available space.

Room 319: Sessions I and II

Best Practices: PE/APE Lesson Sharing

Target audience: K-8 PE and APE teachers

Join PE and adaptive PE teachers to review lesson plans and explore ideas on how to use Grade Level Learning Outcomes and instructional strategies designed for students with disabilities in an inclusive setting. Presenters share teaching tips, resources, multiple activity ideas, and strategies for modifying activities while implementing *Physical Best*, the DOE-recommended curriculum.

Room 143: Sessions I and II

PBIS: Prerequisite to Therapeutic Crisis Intervention Certification

Target audience: K-12 teachers, classroom aides, social workers, administrators

Join Jermaine Jackson from the Office of Safety on exploring Cornell University's Therapeutic Crisis Intervention for Schools (TCIS) training. Meant to reduce or eliminate the need for physical intervention with students, TCIS also provides school personnel (teachers, classroom aides, social workers, administrators, etc.) with the skills and knowledge to become a catalyst for change in students' old habits, destructive responses,

Room 405: Sessions I and II

and maladaptive behavior patterns. This overview introduces school staff to methods to prevent crisis through an understanding of how the environment and staff interactions affect students in school. Helping students develop new responses to their environment enables them to achieve a higher level of social and emotional maturity.

Coaching Track & Field Technique

Main Gym, 4th Floor

Target audience: 3-12 PE teachers and coaches

Experts from New York Road Runners provide instruction on the proper way to run. Participants learn the fundamentals of how to help athletes develop speed and endurance by optimizing efficient technique while minimizing energy expenditure.

Queens North

Districts 24, 25, 26, 30

Location: Information Technology High School
21-16 44th Road
Long Island City 11101

Session I: 8:45 a.m. – 10:15 a.m.
Session II: 10:30 a.m. – 12:00 p.m.
Session III: 1:00 p.m. – 2:30 p.m.

[Register on Eventbrite here](#) for all sessions at this site

Jr. NBA Basketball Clinic

Target audience: K-8 teachers

NBA clinicians share strategies for teaching core basketball fundamentals through fun games, including team building basketball activities designed for both large and small groups. Participants learn creative ways for managing student groups and cultivating values of teamwork, sportsmanship, and respect.

4th Floor Gym: Session I

Activate Your Middle and High School Colleagues: Integrating Physical Activity to Increase Student Learning

Target audience: 6-12 PE teachers and school staff

This workshop, taught by a national trainer from *Let's Move!* Active Schools, prepares teachers and school staff to add physical activity breaks to the school day for middle and high school students using resources for quick implementation. Participants also learn the benefits of physical activity throughout the school day to enhance academic achievement.

Room 217: Sessions I and II

Active Design Toolkit for Schools

Target audience: K-12 teachers

Join active design experts from the Department of Health and Mental Hygiene to learn about the health benefits of physical activity and ideas for how to redesign school spaces to promote physical activity and healthy food and beverage consumption. Explore case studies from other NYC schools in the Active Design Toolkit, discover funding opportunities, and learn how your schools can make improvements for active recreation, green spaces and nature, healthy food and beverages, and getting to and from school.

Room 434: Session I

Best Practices: PE/Adaptive PE Lesson Sharing

Target audience: K-8 PE and adaptive PE teachers

PE and adaptive PE teachers review lesson plans and explore ideas on how to use Grade Level Learning Outcomes and instructional strategies designed for students with disabilities in an inclusive setting. Presenters share teaching tips, resources, multiple activity ideas, and strategies for modifying activities while implementing *Physical Best*, the recommended curriculum for NYC.

Room 432: Sessions I and III

Writing Goals for Adaptive Physical Education Students**Room 440: Sessions I , II, III****Target audience:** K-12 APE teachers

Join a representative from District 75 to share best practices for writing Present Level of Performance and SMART Annual Goals for a student's IEP in SESIS. By the end of this session teachers should be able to write functional goals based upon assessments as well as an individual Present Level of Performance.

Weekly-Themed Workouts to Enhance a Health-related Fitness PE Course**Room 432: Session II****Target audience:** K-12 teachers

Learn strategies to simplify planning and organizing a comprehensive health-related fitness physical education course. This session focuses on implementing well-organized weekly-themed workouts that are differentiated for all student fitness levels, and progressively increase through the duration of the course.

PE Games and Activities with New York Road Runners**Gym: Sessions II and III****Target audience:** K-8 teachers

Representatives from New York Road Runners (NYRR) present a variety of running and fitness games to incorporate into the physical education curriculum. Teachers also discuss NYRR's programs and free online resources, which are integral to NYRR's mission to establish and support running-based physical education programs for children.

Positive Psychology for Mental and Emotional Health**Room 434: Sessions II and III****Target audience:** 9-12 teachers

Students are often stressed about homework, grades, standardized tests and college applications. Join Health Education teacher Cristopher Gagstetter on how to support students who experience stress to help them change their perspective on happiness by using positive psychology.

Food Fight Teacher Wellness Program**Room 217: Session III****Target audience:** K-12 teachers

Food Fight educators share information about their Teacher Wellness Program especially designed to empower teachers, administrators, and school staff with the knowledge and tools necessary to transform their own health and wellbeing, serve as healthful role models for their students, and become agents of change in their school communities.

Queens South

Districts 27, 28, 29

Location: John Adams High School
101-01 Rockaway Blvd.
South Ozone Park, 11417

Session I: 8:45 a.m. – 10:15 a.m.
Session II: 10:30 a.m. – 12:00 p.m.
Session III: 1:00 p.m. – 2:30 p.m.

[Register on Eventbrite here](#) for all sessions at this site

Google Apps for PE Lessons, Attendance and Communicating with PE Teachers

Target audience: K-12 teachers

Join Adaptive PE teacher Christopher Beihoff to explore how to use Google applications to enhance physical education programs. Increase efficiency, collaboration, and engagement through Google's Cloud-based technology. Participants are required to have basic computer skills and must bring a laptop with wireless internet connectivity. Smart phones and ipads are also welcome.

Teachers' Cafeteria (Basement)

Sessions I and III

Best Practices: PE/Adaptive PE Lesson Sharing

Target audience: K-8 PE and APE teachers

PE and adaptive PE teachers review lesson plans and explore ideas on how to use Grade Level Learning Outcomes and instructional strategies designed for students with disabilities in an inclusive setting. Presenters share teaching tips, resources, multiple activity ideas, and strategies for modifying activities while implementing *Physical Best*, the recommended curriculum for NYC.

Gym C (first floor): Session I

Questioning in PE: Connections to Depth of Knowledge & Danielson

Target audience: K-5 teachers

Led by PE teacher Joseph Gerloven, review and share questioning techniques in PE that encourage open-ended responses and challenge students to extend their thinking without minimizing active time in PE class. Participants also review Depth of Knowledge and the Danielson rubric, and practice using techniques that promote the development of critical thinkers and physically literate individuals.

Room 248: Session I

Sport Education Model

Target audience: 6-12 teachers

Kristin Ciccone, PE/HE Teacher

Explore instructing team sports using the Sport Education Model with PE and Health Education teacher Kristin Ciccone to empower middle and high school students. Participants review components of the model, which promote full participation by all students through assuming roles like coach, assistant coach, trainer, reporter, statistician, official and more.

Room 246: Session I

PE in Small Spaces

Target audience: 6-12 teachers

Join facilitator Megan Claire, a PE teacher, as she engage participants in dance, yoga and circuit training progressions that can be implemented in any space. Participants are shown instructional strategies to focus on developing skills and increasing activity time, regardless of space size. Safety in small spaces and increasing student directed instruction are also addressed.

Dance Studio (Basement)

Session I

Fun Fitness Circuits Using Body Weight

Target audience: 6-12 teachers

John PE teacher Brendan Walsh as he demonstrates several circuit training routines using little to no equipment. The fun-filled routines are designed to motivate students and teach them how to use their body weight for strength training. Participants create and share their own circuit training routines to expand the fitness circuit training library of the group.

Gym B (1st Floor): Session I

Active Design Toolkit for Schools

Target audience: K-12 teachers

Join active design experts from the Department of Health and Mental Hygiene and Mount Sinai to learn about the health benefits of physical activity and ideas for how to redesign school spaces to promote physical activity and healthy food and beverage consumption. Explore case studies from other NYC schools in the Active Design Toolkit, discover funding opportunities, and learn how your schools can make improvements for active recreation, green spaces and nature, healthy food and beverages, and getting to and from school.

Room 246: Session II

Teaching Motor Skills and Movement Patterns Using SHAPE Scope & Sequence

Target audience: K-12 teachers

Team PE teachers (and sisters) Rose Newman and Rosetta Nairne share how they use SHAPE's K-3 Scope and Sequence to teach and assess each skill. Participants execute motor skills and movement patterns and use rubrics to assess each other. Presenters also share verbal cues, interactive word walls, and PE environments that reinforce rigorous PE instruction.

Gym B (First Floor): Session II

Lacrosse for Beginners

Target audience: 6-12 teachers

Facilitated by PE teacher and Lacrosse Coach Malory Palmieri along with student lacrosse players, this session features basic lacrosse skills that can be introduced to students of different grades. Participants join in drill-and-skill progressions and receive safety and instructional resources. Participants are encouraged to dress for participation indoors or outdoors.

Gym C (First Floor): Session II

Alcohol and Teen Safety

Target audience: 9-12 teachers

Join PE and Health Education teacher Robert Bloom to discuss how he teaches students about teen safety and the potential dangers of alcohol through the lens of a fatal car accident involving students from 27Q480. The safety lessons include components of the *HealthSmart* curriculum and cover topics including driving while drinking alcohol and driving while distracted. Participants review lessons and instructional strategies that empower students, including journal articles on the danger of alcohol consumption and data on alcohol-related incidents.

Teachers' Cafeteria (Basement)

Session II

Intimate Partner Violence and Healthy Relationships

Target audience: 6-12 teachers

Day One is the only organization in New York City solely devoted to the issue of teen dating violence. Working alongside youth, Day One educates, organizes and advocates on behalf of young people at risk of or experiencing intimate partner violence. Join Community Educator Sara Gonzalez in a discussion of authentic scenarios experienced by teens, and receive teaching tools and resources to support students toward educating them about dating violence.

Room 248: Sessions II and III

The Fundamentals in Coaching Track & Field

Target audience: 3-12 teachers

Staff from New York Road Runners share the information and skills to structure practices effectively, teach proper stretching and warm-up/cool-down techniques, and develop students' proper running form.

Gym/1st floor: Session III

Using Anchor Charts to Improve Performance Outcomes of NYC FITNESSGRAM Assessments

Gym B (1st Floor): Session III

Target audience: K-8 PE teachers

Join PE teacher Orlando Cordero as he uses Anchor Charts, the checklist, and rubrics to teach students to analyze their own performance of the five NYC FITNESSGRAM Assessments: "Back Saver Sit-and-Reach", "Curl-Up", "Trunk Lift", "Push-Ups" and "P.A.C.E.R."

Incorporating Technology in PE

Target audience: K-12 teachers

Are you looking for ways to motivate your students to actively engage in PE? Join PE teacher Mallory Palmieri as she uses technology to pose activity challenges with students. The activity challenges address health related fitness components and encourage student collaboration to complete challenges.

Dance Studio (Basement): Session III

Staten Island

District 31

Location: The Michael J. Petrides School
715 Ocean Terrace
Staten Island, 10301

Session I: 9:00 a.m. – 11:30 a.m.

Session II: 12:30 p.m. – 3:00 p.m.

[Register on Eventbrite here](#) for all sessions at this site

Round Star Soccer: Soccer Coaching with a Holistic Approach

Target audience: K-12 PE and APE teachers

Experts from the Round Star Foundation's Shine Program explore using soccer as a vehicle to teach life skills to individuals with developmental and intellectual disabilities. This presentation covers theory and practice, and highlights eight key developmental objectives that teachers can incorporate into various teaching styles and techniques.

Gym 1: Sessions I and II

Best Practices: PE/APE Lesson Sharing

Target audience: K-8 PE and adaptive PE teachers

PE and adaptive PE teachers review lesson plans and explore ideas on how to use Grade Level Learning Outcomes and instructional strategies designed for students with disabilities in an inclusive setting. Presenters share teaching tips, resources, multiple activity ideas, and strategies for modifying activities while implementing *Physical Best*, the recommended curriculum for NYC.

Room C134: Sessions I and II

Effective Physical Education Program for Students with Autism in the Inclusive Setting

Target audience: K-12 PE and adaptive PE teachers

Adaptive PE teachers provide educators with tips and strategies for teaching students with ASD in the inclusive physical education setting. Topics include how to communicate with the autistic child, task analysis, and modified Physical Best activities. By the end of the session, participants can adapt and implement an effective physical education program for a student with autism in an inclusive setting.

Gym 2: Sessions I and II

Active Design Toolkit for Schools (with Creative Warm-Ups for Students)

Health Room D12: Session I

Target audience: K-12 teachers

Join active design experts from the Department of Health and Mental Hygiene to learn about the health benefits of physical activity and ideas for how to redesign school spaces to promote physical activity and healthy food and beverage consumption. Explore case studies from other NYC schools in the Active Design Toolkit, discover funding opportunities, and learn how your schools can make improvements for active recreation, green spaces and nature, healthy food and beverages, and getting to and from school. This session is followed by **Creative Warm-ups for Students**, a workshop that guides teachers through creative warm-ups to use with students in PE class. During this workshop, teachers learn how to incorporate elements of movement to music using various fitness components while having fun.

Personal Health for You and Your Students (Nutrition, Exercise, Stretching, Lifestyle)

Room D102: Session II

Target audience: K-12 teachers

Join New York Road Runners staff to learn how teachers can maintain and create healthy habits, from nutrition to a range of exercise and wellness strategies, to share with students.

Citywide Events

Physical Education

Location: NIKE Headquarters (Google building)
111 – 8th Avenue
New York 10011

Part I: 9:15 a.m. – 11:45 a.m.
Part II: 1:00 p.m. – 3:00 p.m.

Physical Activity Leader (PAL) Training

Target audience: K-12 PE teachers

The Physical Activity Leader (PAL) Learning System is the professional development resource of the National *Let's Move!* Active Schools initiative. School wellness experts from Chicago Public Schools and the DOE's Office of School Wellness Programs facilitate this session, designed to develop and support physical educators who will champion an effort in their schools to ensure 60 minutes a day of physical activity for all school-age youth. The PAL Learning System is a dynamic, action-focused training that provides teachers with the tools and skills needed to initiate tailored plans of action for their schools. [Register on Eventbrite here](#) for this site.

Location: Asphalt Green
555 East 90th Street
New York 10128

12:00 p.m. – 2:30 p.m.

Asphalt Green Recess Enhancement Program

Target audience: K-5 teachers

In this interactive and dynamic session taught by Asphalt Green Play Coaches, learn how to organize outdoor and indoor play spaces, create recess routines and improve transitions, create a S.A.F.E recess by identifying and preventing bullying and aggressive behavior, and implement activities and games for indoor recess. Participants will receive a certificate of completion. Athletic shoes and clothes are highly recommended. **Register at** www.asphaltgreen.org/rep or email rep@asphaltgreen.org.

**Location: Madison Square Garden
4 Pennsylvania Plaza
New York 10001**

9:00 a.m. – 11:30 a.m.

New York Rangers Hockey Scholar Program

Target audience: K-5 PE teachers

Learn more about a new educational initiative from the online education platform [EverFi](#) and the New York Rangers, *Future Goals - Hockey Scholar™*. This no-cost, online program uses hockey and immersive simulations as a learning vehicle to help students in grades 5-8 to explore the real-world applications of fundamental math, science, and engineering concepts. Upon completion of the 12 modules, students win a virtual Stanley Cup with the Rangers. Participants should bring a laptop or tablet to see the program in action. **Register online [here](#).**

Health Education

**Location: Middle College High School
45-35 Van Dam Street
Queens 11101**

8:30 a.m. – 3:00 p.m.

Condom Availability Program (CAP) Training

Target audience: High school health teachers, guidance counselors, social workers, school aides, SAPIS counselors and other staff
This workshop builds participants' skills for implementing or enhancing a Condom Availability Program (CAP) that provides students with quality health information, health referrals, condoms, and information on correct condom usage. Participants learn about the CAP mandate and requirements, including the parental opt-out letter, scheduling, and program promotion. They receive tips for promoting safe and supportive environments, discuss what active consent between sexual partners means, and practice the skill of handling challenging questions. Participants receive free materials and action-planning tools to help them start or sustain their CAP. This newly revised training is recommended for school staff who will coordinate and support a CAP for the first time. Individuals who have not been trained in CAP since 2012 are also encouraged to enroll to receive updated information and materials. [Register on Eventbrite here](#) for this site **(AT CAPACITY)**.

CHAMPS

Location: Nathaniel Hawthorne Middle School 74
61-15 Oceania Street
Bayside 11364

Gymnasium: 8:30 a.m – 12:00 p.m.

CHAMPS Enriching Your Track & Field Programs (new training)

Target audience: Grades 6-8 CHAMPS cross country and track & field coaches

CHAMPS coaches learn to integrate running techniques to enhance the students' developmental skills. Coaches also discuss New York Road Runners' (NYRR) programs and free online resources, which can help establish and support running-based physical education programs for children. By the end of this session, participants should be able to incorporate running and fitness activities into their instruction. Attendees should wear appropriate attire for participation. [Register on Eventbrite here for this site.](#)

Location: Mott Haven Campus
730 Concourse Village West
Bronx 10451

Field or Gymnasium: 9:00 a.m. – 12:00 p.m.

CHAMPS Flag Football Fundamentals

Target audience: Grades 6-8 CHAMPS flag football coaches

CHAMPS coaches learn basic flag football skills, rules, and regulations, as well as how to teach flag football fundamentals to students at a developmentally appropriate level. Participants receive access to USA Football online tools and certifications. Attendees should wear appropriate attire for participation. [Register on Eventbrite here for this site.](#)

Location: P.S. 51 The Elias Howe School
525 West 44th Street
Manhattan 10036

Gymnasium: 9:00 a.m. – 12:00 p.m.

CHAMPS Introduction to Flag Rugby

Target audience: Grades 6-8 CHAMPS coaches

CHAMPS coaches learn the rules, regulations, and strategies of running a successful flag rugby program so they can introduce students to a fast-paced, unique, and competitive game that is played around the world. Attendees should wear appropriate attire for participation. Coaches are compensated at training rate for this session with the exception of the training held on Election Day. [Register on Eventbrite here for this site.](#)

**Location: I.S. 201 The Dyker Heights School
8010 - 12th Ave.
Brooklyn 11228**

Gymnasium: 9:00 a.m. – 12:00 p.m.

CHAMPS Introduction to Netball

Target audience: Grades 6-8 coaches

CHAMPS coaches learn the rules, regulations, and strategies of running a successful netball program so that they can introduce students to a fast-paced, unique and competitive game that is played around the world. Attendees should wear appropriate attire for participation. Coaches are compensated at training rate for this session with the exception of the training held on Election Day. [Register on Eventbrite here](#) for this site.