

Engaging #PhysEd

OPEN to All

Description:

We want students to move and sweat. We also know that we are teaching valuable skills and concepts. In this session, participants will discover fun, easy, and engaging activities that promote best practices and high-quality physical education utilizing OPENphysed.org. Academic rigor is infused within all the content provided on OPEN. No student will be waiting on the sidelines in these outcomes-based activities designed by teachers for teachers. The goal is for participants to leave this session with new ideas to enhance MVPA.

Outcomes:

- Participants will engage in activities that promote physical literacy, while maximizing student participation.
- Participants will understand how academic rigor and MVPA can be achieved simultaneously.
- Participants will be able to find and access a free, high-quality physical education resource aligned with SHAPE America National Standards using the backward design approach.

About the Presenter

Nicholas Kline is advocate for physical education and embraces the importance of remaining active for a lifetime. Nick is a National Board Certified Teacher and taught physical education for 10 years. Currently, he is an adjunct lecturer at SUNY Cortland. Nick is also a consultant under the name [Be the Hype](#), which supports both physical education and physical activity. As an OPEN National Trainer, Nick shares his passion and enthusiasm with others.

