



*ACAHPERD is proud to present:
"Functional Physical Education"*

Are you in need of some new activities and ideas for your PE class this year? Would you like to increase your PE budget? Then this PE conference is for you!

When: *Friday, March 26th 2010*

Where: *North Allegheny Intermediate School
350 Cumberland Road
Pittsburgh, PA 15237*

Cost: *Registration Fee - \$20*

Free ACAHPERD T-Shirt

Light Panera Breakfast and coffee served

Schedule:

8:00-8:30 Registration & Welcome

8:30-10:30 Innovative Muscular Fitness

Suspension Training- A form of resistance training that allows students to use their own body weight for resistance. Learn not only the basics of Suspension Training, but how to teach others in a group fitness class. You will have a workout in your back pocket ready to teach and be able to create your own classes to suit your teaching style. If you're ready to discover a new way to make them sweat, this is for you. Visit this link for a quick video: <http://www.youtube.com/watch?v=SxzQjbJLLJk>

The Patch- Inspired by physical training from the last century and the various obstacle courses used by the United States Military. For over 16 years, the outdoor Patch Obstacle Course has been the training ground for professional, elite and amateur athletes from around the world. This world famous workout and training program can now be used in your PE class. Learn about the benefits and excitement your students will gain from this exciting method of fitness. Visit this link for a quick video: <http://cbs4denver.com/local/lynch.patch.workout.2.747961.html>

10:30 -11:30 How to Win a Highmark Grant

The Highmark Healthy High 5 School Challenge grant program is designed to support schools in introducing programs that will foster healthier, more successful students. Through the School Challenge grant program, Highmark Healthy High 5 invites schools and school districts to submit innovative grant proposals within the topic areas of nutrition, physical activity, self-esteem and bullying prevention. Have you ever wondered what it took to prepare and administer a successful Highmark Healthy High 5 grant? During this presentation a representative from Highmark will explain what it takes to prepare a successful grant as well as what is required of you once your grant has been funded.

11:30 - 1:00 Lunch on Your Own (plenty of restaurants nearby)

1:00 - 3:00 Instant Activities

Lisa Morell of the Hopewell School District will share innovative activity ideas that will motivate and inspire your students to challenge themselves. Lisa is a National Board Certified teacher, PEP and Highmark grant recipient and also the Children's chair for the Pittsburgh Triathlon Club. You will come away with lesson ready ideas that can be utilized in your next PE class. This like most of the other presentations will be active in nature so come dressed to move. A question and answer session will conclude our time together.

Receive 4 Act 48 Credits

Registration Deadline is: March 17th

To register please send your check made out to ACAHPERD to:

*Deborah Heal
South Fayette School District
3640 Old Oakdale Road
McDonald, PA 15057*

Any questions please contact Deborah Heal at:

heal@southfayette.org

Or

412-221-4542 Ext.8544

ACAHPERD Workshop

Name: _____

School: _____

T-Shirt Size: s m l xl

Grade Level: _____

Email address: _____

Phone#: _____

