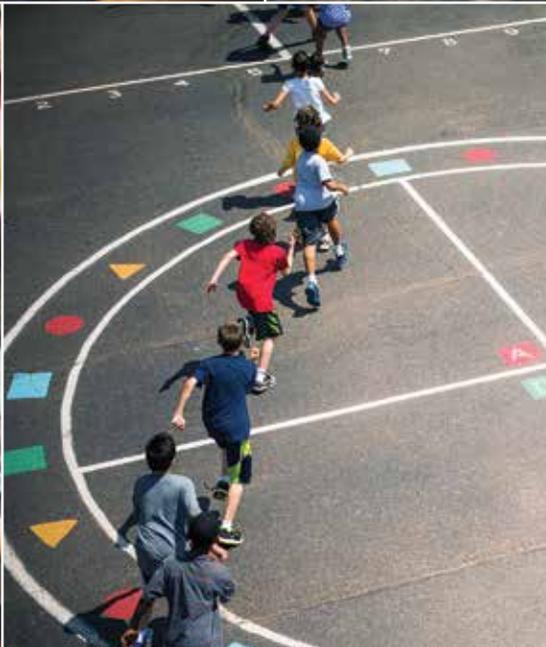


**Let's Active
Move Schools**



**Professional
Development**

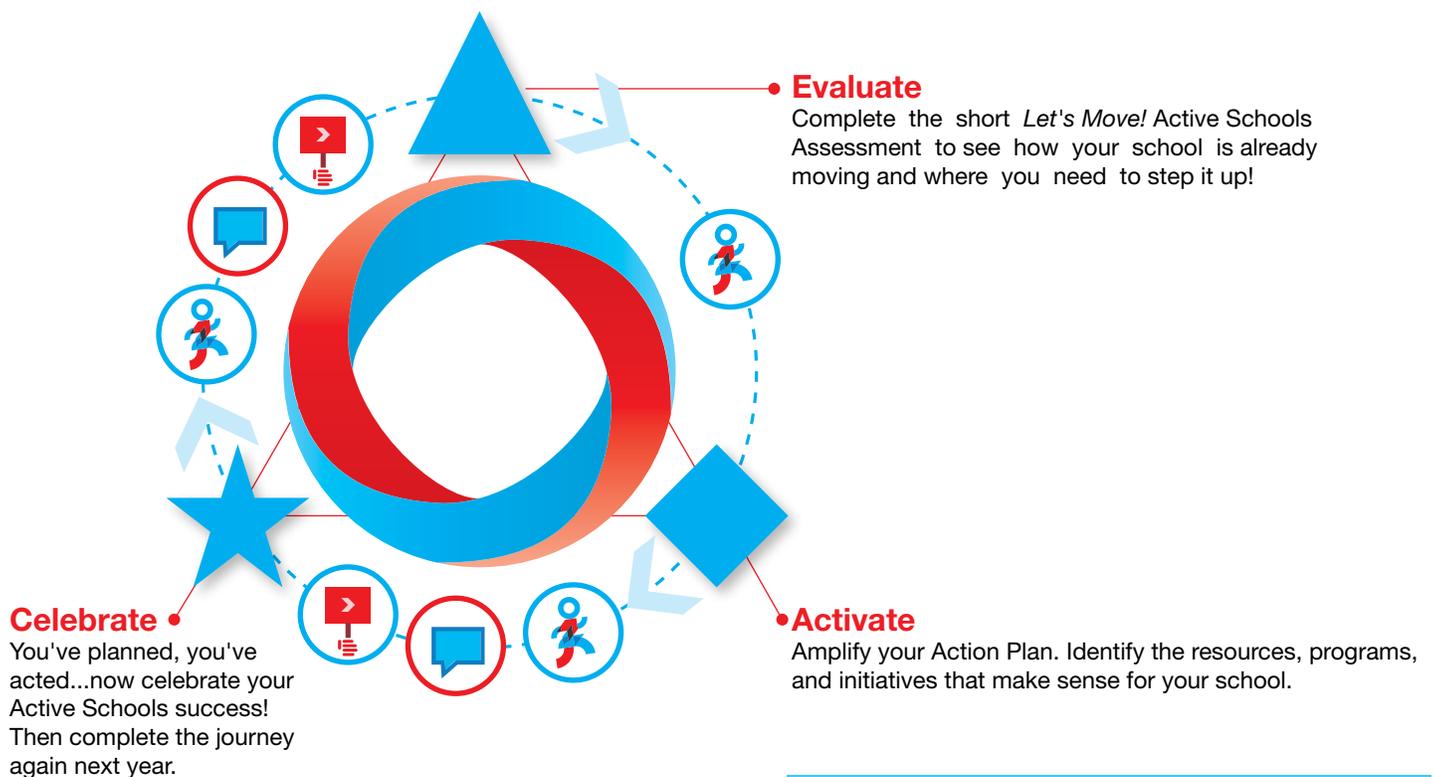
Learn more at
help@letsmoveschools.org

Professional Development for Every Step in the *Let's Move!* Active Schools Journey

Calling all Movers, Shakers and Active School Makers! Discover how to harness the power of physical activity and physical education in your school or district with game-changing *Let's Move!* Active Schools professional development. Our robust menu will propel you through different stages of the *Let's Move!* Active Schools journey and is valuable for any school or district.

Three types of professional development are offered – all at no cost to you! The Physical Activity Leader (PAL) Learning System is an overarching, comprehensive program for champions during all points in the process, while Customized Professional Development and Online Trainings address identified areas in your *Let's Move!* Active Schools Action Plan.

You can engage in all the offerings or whichever fits your current needs best. See key below for suggestions on when to take advantage of each professional development opportunity.



Key

-  –Physical Activity Leader (PAL) Learning System
-  –Customized Professional Development
-  –Online Trainings



Physical Activity Leader (PAL) Learning System

Format: Blended (In-person and online)

Who should attend: School leaders, physical educators, classroom teachers, parents or community leaders who want to champion active learning environments for school-aged youth

Cost: FREE

How do I sign up: Email PAL@shapeamerica.org to learn more about hosting a training or to sign up for a workshop in your area.

What is the PAL Learning System?



The Physical Activity Leader (PAL) Learning System is a dynamic, action-focused professional development resource within the *Let's Move! Active Schools* framework.

This unique opportunity is designed to fuel sustainable change and continued leadership development. This is not a "one-and-done" training. Instead, the PAL Learning System is a 12-month journey that prepares you to be the best possible advocate for physical education and physical activity in your community.

PALs are equipped with:

- A personalized implementation plan.
- ◆ Data to clearly communicate and make the case for a Comprehensive School Physical Activity Program (CSPAP).
- ★ Leadership skills to foster support for a physical activity initiative (60-A-Day) in the local school/district.
- The ability to demonstrate the effectiveness of the five CSPAP components.
- ↗ The knowledge and know-how to serve as a local champion for Active Schools.
- ▶ The ability to plan and implement efficient lessons; coordinate and organize physical activity events; promote an Active School environment; and evaluate programmatic progress.

The PAL Learning System evolves with industry trends and advances, and prepares PALs to impact the health and fitness of future generations.

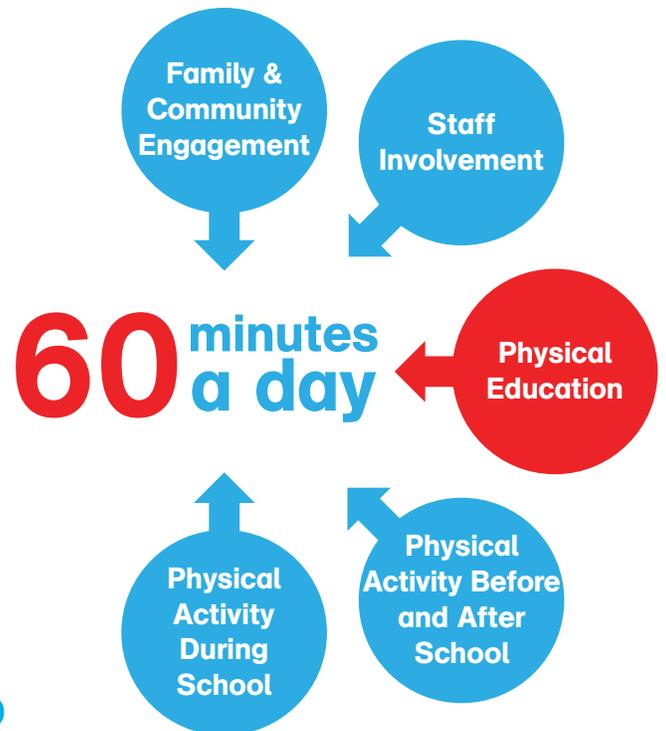
PAL Learning System Workshop

The PAL Learning System begins with a one-day, in-person leadership workshop. PAL trainers, materials, communications and logistical support are provided at no cost to ensure a successful day of development and learning for groups of 30-50 PALs.

Online Community

After completing the in-person workshop, PALs unlock access to a collaborative online community. All members of the community join in knowledge sharing, success stories, discussion boards and innovative problem-solving approaches. As well, PAL trainers and thought leaders are available to help initiate personalized implementation plans and provide guidance.

The PAL Learning System is founded on a federal model with support from the Centers for Disease Control and Prevention, SHAPE America and the U.S. Department of Education.





Customized Professional Development

Format: In-person or virtually

Who should attend: Physical educators, classroom teachers, administrators and/or other school staff

Cost: FREE

How do I sign up: Email help@letsmoveschools.org to schedule a training.

What is Customized Professional Development?

Let's Move! Active Schools is all about individualized solutions and personalizing its training to meet your district's or school's needs. To help address physical activity and physical education topics that are important in your respective learning environment, *Let's Move!* Active Schools brings a National Physical Activity/Physical Education Expert to you!

Customized Professional Development can accelerate your teaching methods, instructional strategies and best practices on your way to achieving Active Schools success. Depending on your schedule and preference, this offering can be facilitated in-person or virtually.

Training Topics

Title	Description	Key Learning Outcomes	Audience
Improve Physical Education Instruction and Increase Moderate to Vigorous Physical Activity (MVPA)	Utilizing strategies to manage equipment, students and transition times to increase MVPA in physical education.	Participants will learn why MVPA is important to student health, and how to apply research based strategies and modify existing activities to increase MVPA.	Physical Education Teachers
Follow the Map: Using the Standards for Better Instruction	Developing the essential components of physical education starts with daily, weekly, unit and yearly plans aligned with state/ national standards and a focus on providing students with the knowledge/skills to be physically active for a lifetime. Help your students meet learning outcomes with a physical education roadmap.	Participants will learn to identify and implement standards based instruction in physical education and be able to incorporate standards into lessons.	Physical Education Teachers
Best Practices in Physical Education	Developing the essential components of a physical education program is a process based upon utilization of best practices and proven implementation strategies.	Participants will gain an understanding of the strategies, activities and approaches required to develop a physical education program.	Physical Education Teachers
Activate Your Colleagues	Increasing physical activity throughout the school day can be difficult for teachers unfamiliar with moving students. This training prepares participants to go back to their school with best practices and turn-key resources to share with colleagues.	Participants will learn how physical activity positively impacts academic achievement, how to share implementation techniques with colleagues, and how to identify resources for quick activation.	Physical Education Teachers, Classroom Teachers, Administrators, and Other School Staff
Learn to Move, Move to Learn	Learn to activate your students with management strategies, start/stop signals, music and engaging resources, and to deliver successful physical activity opportunities throughout the school day.	Participants will learn why physical activity is important, and identify resources and strategies for integrating movement into their classrooms.	All School Staff



Online Trainings

Format: Online

Who should participate: All *Let's Move!* Active Schools champions

Cost: FREE

How do I access: Visit the 'Tools and Resources' section of your *Let's Move!* Active Schools Dashboard.

Let's Move! Active Schools offers on-demand trainings and webinars designed to fit into your busy schedule. Start, pause, and finish these at a pace that works for you.

These online training modules enable you to ensure 60 minutes of physical activity a day is the norm at your school:

- *Let's Move!* Active Schools 101
- ◆ Making Sense of Assessment in Physical Education
- ★ Meeting the Mark with Presidential Youth Fitness
- Moderate to Vigorous Physical Activity I: Spelling it Out
- ↩ Moderate to Vigorous Physical Activity II: Making it Happen
- ▶ Moderate to Vigorous Physical Activity III: Disguising Fitness
- ⚡ Promoting Your Physical Education Program
- 🔪 Best Practices in Physical Education

Modules will continue to be updated and expanded, so check back often. If you have questions or need additional help along your Active Schools journey, contact our Customer Support Center at 1-855-972-0876 or help@letsmoveschools.org.



Let's Move! **Active Schools**

Sign up at letsmoveschools.org

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