

Sample Agenda

- 10:30-11:30 Welcome by PE staff/administration
Presentation (PEP Action Plan Steps)
Trifit Demonstration
Questions & Answers
- 11:30-12:15 Lunch with NJSD PE staff
- 12:30-3:00 View classes and facilities at NHS, Shattuck Middle School, Horace Mann Middle School, Hoover and Lakeview.

PEP Action Steps

Build your community based PE team

Identify and organize a group of people to pave the way for change in your district's Physical Education program. Identify long and short-term goals.

Develop an advocacy strategy

Prepare yourself with the facts on why quality Physical Education is so important to children's health and lifetime wellness. Cultivate partnerships to help you advocated for change.

Get Equipped

Think about creative ways to use available space; then, determine how you want to build out your space to accommodate new activities. Set priorities and a timeline.

Curriculum

Identify curriculum that needs to be updated or dropped.
Match your entire curriculum to meet the DPI state Physical Education Standards.
Develop sequencing from elementary through high school.
Determine your main focus (Life Fitness).

Physical Education Staff

Media blitz your staff with education of "new PE".
Data collection: Great reflection tool of teaching strategies.
Set up for success: provide only opportunities for success.
Set up guidelines for consistency at each level.

Administration/Staff

Media blitz administration and staff appropriately.
Data collection: share results.
Strive for equality to other core programs.
Involve administration and staff in "Wellness"