



Presenter: Brian Mosier  
Descriptions of Presentations

Introducing Gymnastics into Your Elementary Curriculum (K-5<sup>th</sup> grade)

- Educational gymnastics should be an integral part of each elementary physical education program. Not only is educational gymnastics included in state and national standards, but it is a great way to assist all children (regardless of ability) to improve their gymnastics skills, so they might become more able to control their bodies. In this participatory session, you will experience parts of many different lessons in an effort to help you feel more confident in including educational gymnastics into your elementary physical education curriculum.

Tips for Administering FITNESSGRAM: A Question and Answer Session (4<sup>th</sup> grade through 12<sup>th</sup> grade)

- The FITNESSGRAM evaluation must be conducted for each Georgia student under the supervision of a physical education teacher in grades (4-12). The time it takes to evaluate each student can have a negative impact your physical education program. In this session, participants will be provided with practical tips for efficient administration of the FITNESSGRAM evaluation. All protocols for each test will be reviewed as well. Time will be devoted for a question and answer discussion related to the FITNESSGRAM.

### Communicating Presidential Youth Fitness Program (PYFP) to Key Stakeholders (all participants)

- Did you know Georgia is considered the only PYFP state in the nation? Understanding the value of communication with key stakeholders is a critical piece of the Presidential Youth Fitness Program. This session will help you identify key stakeholders, articulate what information should be shared, and identify data and resources to promote your program.

### Fitness Games for Elementary Physical Education (K-5<sup>th</sup> grade)

Integrating fitness games into your existing curriculum is a great way to increase the amount of time your students spend in moderate-to-vigorous physical activity (MVPA). Considering you may only see your students for short periods of time throughout the school year, it is important to make sure they are moving when they are with you! This action-packed session will give you fun, easy-to-explain games to include into your program.