

PE Central Presenter

Sally Hope, Western Kentucky University

“The Best Activity Ideas I Have Learned From Other Physical Education Teachers”

This audience participation session will feature countless activity ideas that Sally Hope has learned through convention attendance, interaction with other Physical Educators, researching on-line Physical Education sites, etc. including instant activities, health-related fitness development ideas, dances, and skill development. Emphasis will be on the cognitive concepts that will be taught through these activities as well as assessments that could be used with the activities.

“Best Practices... Don’t Kill the Messenger!”

As a university instructor, Sally Hope has had the opportunity to observe many physical education programs and to get feedback from college students regarding their K-12 experiences. Despite our professional organizations’ best efforts, there are still Physical Education programs that do not incorporate appropriate practices in their classes. This PowerPoint/audience interaction/physical activity session can serve as an educational experience for beginning teachers as well as a self assessment for more experienced teachers.

“Assessment: Valid, Standards Based and Painless”

This hands on session will provide participants with a variety of user friendly assessments that can be used to measure student learning in areas of skill development, health related fitness, physical activity, cognitive concepts, and the affective domain.

“Getting Your School Community Moving”

This session will provide resources and ideas to promote physical activity in your physical education classes, in your school and in your school community as you implement your CSPAP. Format of session will be PowerPoint/Audience Interaction/ Brainstorming/Performing Activity Ideas.

“The Basic Steps to Teaching Physical Education”

This workshop is designed for beginning Physical Education teachers. Participants will learn the steps to the following teaching skills: performing transitions, teaching a skill, teaching an activity, teaching a dance, teaching an exercise, teaching movement concepts. Format will be audience participation using application of these steps. Introduction of instructional efficiency/best practices will be included.