

Tom Winiecki Physical Education Presentation Topics and Descriptions

A Culture of Physical Activity

Effective schools create a culture of learning, whereas students are eager to learn and are willing to make mistakes along the way. Teaching physical education successfully has these same characteristics. Our teaching reaches far beyond the borders of our gyms and fields. We work to instill in our students a sense that physical activity means much more than simply having the most points at the end of the class. It means that they can be better students and better people as a result of choosing to be active individuals. We have all had kids ask us why they have to learn something in our classes. Yes, we teach them skills sequentially so that they can be more proficient movers. We also teach them to love just being active; that they actually feel better after moving around. This session show you ways to make physical activity an integral part of your building's culture of learning. They won't be able to function as well without you!

Integrating Physical Activity into the Classroom

We are all in this together. Each of us, no matter the subject has a vital role in education the whole child. Alone, we can do our best to teach our students the knowledge, skills and appreciations that they need to be healthy movers. That doesn't have to be enough. This session will show you ways that you can enlist the help of classroom teachers to incorporate physical activity into their daily routines. Learn to empower them to use movement to both teach their content and to prepare their students to be better learners. You are not asking them to teach Physical Education in the classroom, but you are showing them how use movement to help them be more effective teachers themselves! This will also help your students realize that physical activity is not limited to physical education and recess. It can be used to help them be better learners too!

Making Assessment Easy and Student Centered

Assessing your students does not have to be labor intensive. Streamlining it not only makes it easy for you to keep up with, but it also makes it easy for your students to understand. This session will go into the ways that you can break down what you teach into manageable categories that you can re-visit and reassess throughout the school year. Learn how to share your results with your kids, so they not only know exactly where they stand in your class, but also know how they can use their past efforts to help them improve their own skill and knowledge. Get them to be excited when you pull out your eraser to increase their scores!

Teaching in Common Themes/Not Separate Units

Learn how to better connect all of the units that you teach into more manageable, learner friendly themes. We don't want to put our students in a position to learn one set of skills, stop, then begin to learn a different set of skills and repeat that sequence all year long. By teaching in themes, you can still focus on individual skill development, and connect those skills to others taught throughout the year. Your students will now learn to see connections between skills and use previous knowledge to help

them learn new skills. You can now lead students toward better skill performance by focusing on these common elements individually. When someone was lacking in a certain part of a skill when one unit ends, you can easily continue working with that student on that part of the skill in the next unit when you organize by themes. Your students will now still work on different phases of a skill, even though the equipment may have changed. Whether it is a ball, or puck; a bat or a stick; or shooting at a goal on the floor, or in the air, your students will see the connections between skills and be able to use those connections to learn to be better movers.

Using Pedometers and Heart Rate Monitors with Elementary Students

Getting our students to learn to be aware of how much they move each day is a big part of our jobs. We want them to begin to see not only that being active is good for them, but also that there are ways to keep track of that activity that is both fun, motivating and individualized. This session will cover how you can start to use these technologies to enable your students to get a better understanding of their own activity. Tying into other subjects like Math, Science and Social Studies are easy to do with these tools at your disposal. Using these tools will allow your students to begin to learn how to compare activities and their benefits. Learn how just the simple act of putting on a pedometer, or heart rate monitor will instantly motivate your students to start moving!

Curriculum Mapping

Organizing a K-12 curriculum can be an intimidating project! Often times getting your entire staff on board and moving in the same direction can be difficult. Everyone seems to have their own vision of what your students should be doing at each level. This session will show you how to hold yourself and your program up to a higher authority than you. It will show you how to break this process of organizing your curriculum down into manageable parts that will get everyone pulling in the same direction. It will give you the steps to get each level in your district ready to best prepare your kids for the next level. Learn how to create essential questions for each unit at each level and how to scaffold your entire curriculum at each level and across all grades. You will see how exit outcomes for each level are also prerequisites for learning at the next level. Your students will now leave school each summer with the skills and knowledge they will need to be competent movers right now, and also be well prepared learners when school begins again each fall.