



**PE Central Professional Development**  
<http://ssww.teachable.com>

**Course Name:** Locomotor Skills Unit with Lesson Plans: Aligning Content Standards, Assessment, Goals, Objectives and Instructional Strategies

**Course Dates:** Ongoing

**Cost:** \$49.00

**Credit:** 3 hours

**Instructor:** Renae Buss, Elementary PE teacher, 31 years experience

**Assignments:**

- Review a Locomotor Skills Unit with Content Standards (30 minutes)
- "Revise" or "Add" to instructional strategies for ONE locomotor skill lesson plan (60 minutes)
- Share an example of a locomotor skill assessment (30 minutes)
- Comment on two peer postings (30 minutes)

**Who Should Take:** Elementary physical education teachers.

**Course Purpose/Description:**

The purpose of this course is to align key sections of a physical education unit of study and collaborate with those teaching in the physical education classroom.

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**Benefits:**

- Flexibility - Complete assignments at your own pace and schedule
- Feedback - Our instructor will review all of your assignments
- Grade free - Complete your assignments and wait for mentor to check as P/F

**What you will get out of the course:**

- 3 hours of Professional Development credit
- 3 FREE lesson plans in addition to the one that you will create as a student
- Certificate of completion

**What you need to take the course:**

- Access to the Internet using a computer (a tablet will not work at this time)

**To Learn More Contact Mark Manross at PE Central**

678-764-2536 (cell), 540-953-1043 (office)

Web: <http://ssww.teachable.com> Email: [ecourses@pecentral.org](mailto:ecourses@pecentral.org)