

ELEMENTARY HEALTH/PHYSICAL EDUCATION PDP CATALOG 2009 - 2010

The  starburst indicates a course held during the Summer Conference.

Please refer to the Summer Conference Booklet for more information.



VIRGINIA BEACH CITY PUBLIC SCHOOLS

A H E A D O F T H E C U R V E

Elementary

Health & Physical Education

Music, Rhythms and More PDP

This session will provide an opportunity for participants to experience a variety of simple line dances, and rhythmic activities to help your students meet the Virginia Beach objectives and SOLs and set up school dances.

Eligible Audience: All Elementary Health and Physical Education Teachers



P-HEPE-0147-09-001

June 22, 2009

10:00 AM - 12:00 PM

Monday

Landstown MS, Gym

Instructor: Payne, Sherrie B

2 License Renewal Points/2 PDP Hours

P-HEPE-0147-09-002

March 22, 2010

4:00 PM - 6:00 PM

Monday

Creeds ES, TBD

Instructor: Payne, Sherrie B

2 License Renewal Points/2 PDP Hours

Creating Rubrics in Health and Physical Education PDP

Teachers will learn to create rubrics to help assess units of study and enhance student instruction by identifying the characteristics of an exemplary skill or project so that students will have a clear understanding of the requirements of the lesson.

Eligible Audience: Elementary Physical Education Teachers

P-HEPE-0180-09-001

October 19, 2009

4:30 PM - 7:30 PM

Monday

Princess Anne ES, TBD

Instructor: Deck, William E

3 License Renewal Points/3 PDP Hours

P-HEPE-0180-09-002

March 08, 2010

4:30 PM - 7:30 PM

Monday

Princess Anne ES, TBD

Instructor: Deck, William E

3 License Renewal Points/3 PDP Hours

Adapting Yoga Into the Physical Education Class PDP

In this session, teachers will gain knowledge of the benefits of yoga and how to apply what is learned to the classroom. Participants will learn about body awareness, increased concentration, flexibility, relaxing through breathing, reducing stress, coordination, and posture.

Eligible Audience: Elementary Health and Physical Education Teachers

P-HEPE-0187-09-001

November 10, 2009

4:30 PM - 7:30 PM

Tuesday

Tallwood ES, TBD

Instructor: Rymer, Louise M

3 License Renewal Points/3 PDP Hours

P-HEPE-0187-09-002

February 16, 2010

4:30 PM - 7:30 PM

Tuesday

Tallwood ES, TBD

Instructor: Rymer, Louise M

3 License Renewal Points/3 PDP Hours

FitnessGram Review PDP

In this session, participants will review the possible resources that FitnessGram offers the physical education teacher. FitnessGram is a valuable tool for helping young people assess their fitness and activity levels, identify ways to improve fitness and health, and learn to enjoy regular physical activity. FitnessGram evaluates fitness performance by using objective, scientific standards that have been established to represent a level of fitness necessary for health.

Eligible Audience: Elementary and Secondary Health & PE Teachers

P-HEPE-0195-09-001

September 23, 2009

4:30 PM - 7:30 PM

Wednesday

Kempsville HS, Computer Lab

Instructor: Deck, William E

3 License Renewal Points/3 PDP Hours

Brain-Based Learning Activities PDP

Brain research suggests that what makes us move is also what makes us think. Physical activity builds the framework for cognition and proper brain development. This interactive presentation provides a checklist of activities that will give the teachers insight that will help students work at peak performance for learning. It will also demonstrate how the physical education curriculum provides strategies to enhance student performance.

Eligible Audience: Grades K-12 Elementary and Secondary Health and Physical Education Teachers



P-HEPE-0218-09-001

June 23, 2009

1:00 PM - 4:00 PM

Tuesday

Landstown MS, Gym

Instructor: Gooding, Terry

3 License Renewal Points/3 PDP Hours



P-HEPE-0218-09-001

June 23, 2009

1:00 PM - 4:00 PM

Tuesday

Landstown MS, Gym

Instructor: Gooding, Terry

3 License Renewal Points/3 PDP Hours

Combining Fitness and Health in the Gym PDP

In this session, participants will learn how to incorporate health and create a running club that incorporates core subject values in physical education. Teachers will receive nutritional and fitness activities that can be used in the gym.

Eligible Audience: Elementary Health and Physical Education Teachers



P-HEPE-0219-09-001

June 23, 2009

8:00 AM - 10:00 AM

Tuesday

Landstown ES, Gym

Instructor: Jennings, Kelly B

2 License Renewal Points/2 PDP Hours

Creating Successful Unit Plans in Health and Physical Education: Session 1 PDP

During this session, teachers will develop unit plans using backward design as a part of the Understanding by Design (UbD) curriculum frameform and Virginia Beach objectives in elementary and secondary health and physical education. Teachers will create lessons that can be implemented in their classrooms.

Eligible Audience: All Grades K-12 Health and Physical Education Teachers

P-HEPE-0220-09-001

September 29, 2009

4:30 PM - 6:30 PM

Tuesday

Strawbridge ES, TBD

Instructor: Deck, William E

2 License Renewal Points/2 PDP Hours

Creating Successful Unit Plans in Health and Physical Education: Session 2 PDP

During this session, teachers will develop unit plans using backward design as a part of the Understanding by Design (UbD) curriculum frameform and Virginia Beach objectives in elementary and secondary health and physical education. Teachers will create lessons that can be implemented in their classrooms. Participants must have completed session one to attend session two.

Eligible Audience: All Grades K-12 Health and Physical Education Teachers

P-HEPE-0221-09-001

November 17, 2009

4:30 PM - 7:30 PM

Tuesday

Strawbridge ES, TBD

Instructor: Deck, William E

3 License Renewal Points/3 PDP Hours

Creating Successful Unit Plans in Health and Physical Education: Session 3 PDP

During this session, teachers will develop unit plans using backward design as a part of the Understanding by Design (UbD) curriculum frameform and Virginia Beach objectives in elementary and secondary health and physical education. Teachers will create lessons that can be implemented in their classrooms. Teachers will reflect on past differentiated and unit lessons that have been created. Participants must have completed sessions one and two to attend session three.

Eligible Audience: All Grades K-12 Health and Physical Education Teachers

P-HEPE-0222-09-001

February 23, 2010

4:30 PM - 6:30 PM

Tuesday

Strawbridge ES, TBD

Instructor: Deck, William E

2 License Renewal Points/2 PDP Hours

Incorporating Martial Arts into Physical Education PDP

This class will give physical education teachers an opportunity to learn basic martial arts techniques. These techniques will inspire balance, self-confidence, and self-control for students. Physical education teachers will receive training and information on how to incorporate martial arts in the physical education setting.

Eligible Audience: Grades K-12 Physical Education Teachers



P-HEPE-0223-09-001

June 22, 2009

8:00 AM - 10:00 AM

Monday

Landstown MS, Gym

Instructor: Cassidy, Timothy B

2 License Renewal Points/2 PDP Hours

P-HEPE-0223-09-002

October 26, 2009

4:30 PM - 6:30 PM

Monday

Trantwood ES, TBD

Instructor: Cassidy, Timothy B

2 License Renewal Points/2 PDP Hours

P.E. TO THE MAX PDP

This course will give information about large group games and activities that can be found in the book, P.E. to the Max. Equipment used in the presentation can be found in everyday items or purchased with very little money and used in a variety of activities. The instructor will provide lesson plan ideas, safety practices, games, and cooperative activities that boost cardiovascular endurance, teach game concepts, and reinforce cooperation.

Eligible Audience: Elementary Health and Physical Education Teachers



P-HEPE-0224-09-001

June 23, 2009

10:00 AM - 12:00 PM

Tuesday

Landstown ES, TBA

Instructor: Porter, Chris

2 License Renewal Points/2 PDP Hours

Successful Activities for Physical Education

PDP

Elementary teachers will share their successful strategies that keep elementary students moving. During this session, participants will learn to maximize learning, increase activity time, and keep students on task. The session will include instant activities, rope activities, and large group games.

Eligible Audience: Elementary Physical Education Teachers



P-HEPE-0225-09-001

June 22, 2009

1:00 PM - 5:00 PM

Monday

Landstown MS, TBD

Instructor: Carmack, Mark B

4 License Renewal Points/4 PDP Hours

ELEMENTARY HEALTH AND PHYSICAL EDUCATION
2009-2010 PRE-APPROVED NON-DIVISION SPONSORED
PROFESSIONAL DEVELOPMENT PROGRAM (PDP) ACTIVITIES

The following events are sponsored by organizations other than Virginia Beach City Public Schools; however, they are approved as acceptable Professional Development Program (PDP) activities. Teachers wishing to participate in these events should contact directly the sponsoring agency or institution to apply or register. All costs associated with the activity are the responsibility of the teacher and/or the school. **To acquire PDP credit for any of the activities listed below, the activity must relate to the participant's primary teaching assignment and attendance must be during off-contract hours.** Professional reasons leave may not be used to fulfill PDP hours. All PDP hours must be obtained beyond contractual hours. If any of the events listed below occur during contract hours, personal reasons leave may be used provided documentation is submitted verifying personal reasons leave was used to attend the approved alternative activity. **Evidence of participation and a completed Professional Development Program Non-Division Sponsored Verification Form for Pre-Approved Activities must be reported to Joanne Lucas, Organizational Development.**

PLEASE NOTE: "In general the school board subscribes to the principle that no employee of the board shall be paid twice for the same work period," according to Virginia Beach City Public Schools School Board Policy 2-57. If pay is offered for participation in the pre-approved activity, then the PDP participant must decide whether pay or PDP is desired. Both cannot be earned for a single pre-approved activity. If pay is decided, then it is not necessary to complete the Pre-Approved Non-Division Sponsored Verification Form.

School and Health Education Partnership, July 2009 (15 PDP Hours)
Longwood University, Farmville, VA, July 12-15, 2009

This institute will provide training and current information that school health educators can use to enhance student achievement. The institute is residential and will provide a minimum of 40 contact hours with various health topics being available.

Registration - <http://www.pubapps.vcu.edu/soe/csc/shep.asp>

Evidence of participation and a completed Professional Development Program Non Division Sponsored Verification Form for Pre-Approved Activities must be reported to Joanne Lucas, Organizational Development.

Health and Physical Activity Institute, July 2009 (15 PDP Hours)
James Madison University, Harrisonburg, VA, July 20-23, 2009

This institute will provide "first-hand" information regarding the implementation of the new Health and Physical Education Resource Guide being developed by the Department of Education. Sessions will cover health topics, dance activities, cooperative games, fitness and numerous sports activities.

Registration - <http://www.jmu.edu/kinesiology/hpainstitute/>

Evidence of participation and a completed Professional Development Program Non Division Sponsored Verification Form for Pre-Approved Activities must be reported to Joanne Lucas, Organizational Development.

ELEMENTARY HEPE PRE-APPROVED NON-DIVISION SPONSORED PDP

Virginia Association of HPER & D Conference, November 2009 (15 PDP Hours)

Founders Inn, Virginia Beach, VA, November 5-7, 2009

This annual state conference provides numerous workshops and general sessions pertinent to teaching health and physical education. Registration - TBD

Evidence of participation and a completed Professional Development Program Non Division Sponsored Verification Form for Pre-Approved Activities must be reported to Joanne Lucas, Organizational Development.

ESPR 695: Developing A Master Teacher, July 2009 (15 PDP Hours)

Old Dominion University Monday - Thursday, July 6, 7, 8, and 9, 2009, 9:00 - 12:00

1 Credit hour College Course

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This course explores the process of becoming a National Board Certified physical education teacher, as well as the process of becoming a master teacher.

Evidence of participation and a completed Professional Development Program Non Division Sponsored Verification Form for Pre-Approved Activities must be reported to Joanne Lucas, Organizational Development.

ADDITIONAL NON-DIVISION SPONSORED PDP ACTIVITIES

Additional non-division sponsored events that can be used to fulfill the PDP requirement may be made available throughout the year. Information on these opportunities will be made available through the coordinators, grade level/department chairs, lead teachers, or specialists.

PDP ALTERNATIVES

Activities and/or events not included in this catalog may qualify for up to fifteen (15) PDP hours per school year. Teachers seeking approval for an alternative request must submit a Professional Development Program Alternative Request Application to the appropriate director prior to the event or no later than two weeks following the event. Upon completion of the activity, the signed form must be submitted to the Office of Organizational Development with appropriate documentation verifying attendance and completion of the activity. See the *PDP Information Booklet* for more information and the appropriate form.