

SECONDARY 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

Secondary

Health and Physical Education

Heartsaver CPR & AED for Health and Physical Education Teachers PDP

This course is designed to meet the specific needs of health and physical education teachers who are learning Cardio Pulmonary Resuscitation (CPR) to protect students, family members, friends, and co-workers. It will also assist those teachers who instruct students in the didactics of CPR performance. The course includes hands on practice with manikins and will prepare the rescuer to perform CPR and relieve an obstructed airway in responsive and unresponsive adult, infant and child victims. Instruction on the Automatic External Defibrillator (AED) will be included in this course. Participants are evaluated on skills performance. At the conclusion of the course, participants will be proficient in the skills needed to sustain life until emergency medical personnel are on site in a real life scenario. The course is limited to 18 participants.

Eligible Audience: Only 9th grade Health and Physical Education Teachers

P-HEPE-0115-09-001

September 29, 2009

5:00 PM - 9:00 PM

Tuesday

Larkspur MS, Library

Instructor: Hartelius, Anastasia H.

4 License Renewal Points/4 PDP Hours

P-HEPE-0115-09-002

November 12, 2009

6:00 PM - 10:00 PM

Thursday

Larkspur MS, Library

Instructor: Hartelius, Anastasia H.

4 License Renewal Points/4 PDP Hours

P-HEPE-0115-09-003

March 9, 2010

6:00 PM - 10:00 PM

Tuesday

Larkspur MS, Library

Instructor: Hartelius, Anastasia H.

4 License Renewal Points/4 PDP Hours

I Need A Lighthouse Program - Depression and Suicide Prevention PDP

Suicides are a leading cause of death for young people, the third highest cause of death in 15 to 24 year-olds and the sixth leading cause of death for 5 to 14 year-olds (2004 - AACAP). This course is designed to help health teachers recognize symptoms of depression and suicide during social and emotional health units. This course is also designed to give teachers a stronger understanding and knowledge of depression and suicide. Strategies and lesson plans will be shared with the attendees.

Eligible Audience: All Secondary Health and Physical Education Teachers, Guidance Counselors, and Alternative Education Teachers

P-HEPE-0171-09-001

October 20, 2009

4:15 PM - 7:15 PM

Tuesday

First Colonial HS, TBA

Instructor: Wakefield, Kathy

3 License Renewal Points/3 PDP Hours

P-HEPE-0171-09-002

March 16, 2010

4:15 PM - 7:15 PM

Tuesday

First Colonial HS, TBA

Instructor: Wakefield, Kathy

3 License Renewal Points/3 PDP Hours

National Archery in Schools Program (NASP) PDP

This program promotes student education and life-long participation in the sport of archery. This class is designed to teach international style target archery in physical education classes for grades 4 -12. Core content covers archery history, safety, technique, equipment, mental concentration, core strengthening physical fitness and self improvement. Please bring a boxed lunch.

Eligible Audience: Grades 4-12 Health and Physical Education Teachers



P-HEPE-0206-09-001

June 23, 2009

8:00 AM - 5:00 PM

Tuesday

Landstown HS - Gym

Instructor: Holson, Karen

8 License Renewal Points/8 PDP Hours

Reading Strategies for Health and Physical Education - Secondary PDP

Middle and high school health and physical education teachers will examine methods to involve students in reading and writing activities to address Virginia Beach City Public Schools objectives. Teachers will participate in reading and writing activities that they may implement in the classroom to aid students in the health and physical education class setting.

Eligible Audience: Secondary Health and Physical Education Teachers

P-HEPE-0210-09-001

February 03, 2010

4:15 PM - 7:15 PM

Wednesday

Brandon MS

Instructor: Devries, Nicole M

3 License Renewal Points/3 PDP Hours

P-HEPE-0210-09-002

March 11, 2010

4:15 PM - 7:15 PM

Thursday

Brandon MS

Instructor: Devries, Nicole M

3 License Renewal Points/3 PDP Hours

Teaching Self-Defense PDP

This class will give teachers an opportunity to learn hold breaking techniques. Physical education teachers will receive the unit plans, five lesson plans, an information pamphlet, and an assessment rubric.

Eligible Audience: Secondary Health and Physical Education Teachers



P-HEPE-0213-09-001

June 22, 2009

8:00 AM - 11:00 AM

Tuesday

Landstown MS - TBA

Instructor: O'Connell, Denise T

3 License Renewal Points/3 PDP Hours

P-HEPE-0213-09-002

December 01, 2009

3:30 PM - 6:30 PM

Tuesday

Princess Anne HS, TBA

Instructor: O'Connell, Denise T

3 License Renewal Points/3 PDP Hours

P-HEPE-0213-09-003

February 02, 2010

3:30 PM - 6:30 PM

Tuesday

Princess Anne HS

Instructor: O'Connell, Denise T

3 License Renewal Points/0 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 frame form and Virginia Beach City Public Schools 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-0220-09-002

September 29, 2009

4:30 PM - 6:30 PM

Tuesday

Strawbridge ES, TBA

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 frame form and Virginia Beach City Public Schools 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-0221-09-002

November 17, 2009

4:30 PM - 7:30 PM

Tuesday

Strawbridge ES, TBA

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 frame form and Virginia Beach City Public Schools 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-0222-09-002

February 23, 2010

4:30 PM - 6:30 PM

Tuesday

Strawbridge ES, TBA

Instructor: Deck, William E

2 License Renewal Points/2 PDP Hours

Integrating 21st Century Skills and Themes into the Health Curriculum PDP

Participants will explore how to integrate the 21st Century skills and themes of writing, inquiry, collaboration, and reading (WIC-R) into the health curriculum. Teachers will participate in activities that promote rigorous learning and student engagement, that can be implemented in the classrooms. The session will focus on AVID strategies such as Cornell Notes and Socratic Seminar.

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



P-HEPE-0226-09-001

June 24, 2009

8:00 AM - 10:00 AM

Wednesday

Landstown HS - Room 406

Instructor: Warnock, Katie L

2 License Renewal Points/2 PDP Hours



P-HEPE-0226-09-002

June 24, 2009

1:00 PM - 3:00 PM

Wednesday

Landstown HS - Room 406

Instructor: Warnock, Katie L

2 License Renewal Points/2 PDP Hours



P-HEPE-0226-09-003

June 24, 2009

8:00 AM - 10:00 AM

Wednesday

Landstown HS - Room 407

Instructor: Nicholson, Sharon K

2 License Renewal Points/2 PDP Hours



P-HEPE-0226-09-004

June 24, 2009

1:00 PM - 3:00 PM

Wednesday

Landstown HS - Room 407

Instructor: Nicholson, Sharon K

2 License Renewal Points/2 PDP Hours

P-HEPE-0226-09-005

October 14, 2009

4:00 PM - 6:00 PM

Wednesday

Landstown HS, Health Class

Instructor: Nicholson, Sharon K

2 License Renewal Points/2 PDP Hours

P-HEPE-0226-09-006

February 09, 2010

4:00 PM - 6:00 PM

Tuesday

Salem MS, Health Class

Instructor: Warnock, Katie L

2 License Renewal Points/2 PDP Hours

Integrating 21st Century Skills into the Health and Physical Education (HPE) Curriculum PDP

Participants will explore how to integrate 21st Century skills and themes into the Health and Physical Education curriculum. Instructional strategies will be developed that promote rigorous learning and student engagement in the classroom. Teachers will need to bring a sample curricular unit to allow for the development of activities and lessons in small groups. The course will include the following: Rigorous Learning and 21st Century Skills(implications for the HPE curriculum), Instructional Strategies that Promote Student Engagement and Rigor, and Unit and Lesson Planning.

Eligible Audience: Secondary Health and Physical Education Teachers



P-HEPE-0227-09-001

June 22, 2009

1:00 PM - 4:00 PM

Monday

Landstown HS - Room 410

Instructor: Mazzacane, Tina

3 License Renewal Points/3 PDP Hours

Cancelled

Cancelled

Revisiting Assessments PDP

Participants will review and/or learn the basics of performance-based assessments useful in physical education classes. A variety of formal assessments will be discussed, developed, and shared. Participant will leave with a variety of assessments that can be used in class.

Eligible Audience: Secondary Health and Physical Education Teachers

P-HEPE-0228-09-001

August 12, 2009
8:30 AM - 11:30 AM
Wednesday
Virginia Beach MS, Computer Lab
Instructor: Lottinville, Mark J
3 License Renewal Points/3 PDP Hours

P-HEPE-0228-09-002

October 14, 2009
4:15 PM - 6:15 PM
Wednesday
Virginia Beach MS, TBA
Instructor: Lottinville, Mark J
2 License Renewal Points/2 PDP Hours

Sports Education Model PDP

Participants will discuss Siedentop's Sport Education Model and how to incorporate it into a secondary school environment. An in-depth explanation of the model and active participation in a mini unit will be part of the workshop.

Eligible Audience: Secondary Health & Physical Education Teachers

P-HEPE-0229-09-001

September 23, 2009
4:30 PM - 7:30 PM
Wednesday
Kempsville HS, TBD
Instructor: Knott, Lauren J
3 License Renewal Points/3 PDP Hours

Team Building, Instant Activity, and Use of Technology PDP

This class will give teachers an opportunity to learn hold breaking techniques. Physical education teachers will receive the unit plans, five lesson plans, an information pamphlet, and an assessment rubric.

Eligible Audience: Secondary Health and Physical Education Teachers



P-HEPE-0230-09-001

June 23, 2009
8:00 AM - 11:30 AM
Tuesday
Landstown MS - Gym
Instructor: Gooding, Terry
3 License Renewal Points/3 PDP Hours

Using Media Resources Effectively to Support Learning in the Secondary Health Classroom PDP

Participants will:

- Learn what the research says about the impact of visual media on learning;
- Learn best practices regarding integrating media into lessons;
- Learn what visual literacy means;
- Learn where to look for quality media;
- Participate in an interactive lesson illustrating the use of video clips, internet resources and interaction by participants.

Eligible Audience: Secondary Health and Physical Education Teachers

P-HEPE-0231-09-001

September 16, 2009
4:15 PM - 5:15 PM
Wednesday
Instructional Resource Center, Training Rm.
Instructor: Richard, Susan
1 License Renewal Point/1 PDP Hour

P-HEPE-0231-09-002

October 1, 2009
4:15 PM - 5:15 PM
Thursday

Instructional Resource Center, Training Rm.

Instructor: Richard, Susan
1 License Renewal Point/1 PDP Hour



P-HEPE-0231-09-003

June 22, 2009
11:00 AM - 12:00 PM
Monday

Landstown HS, Room 409
Instructor: Richard, Susan
1 License Renewal Point/1 PDP Hour

P-HEPE-0231-09-004

February 2, 2010
4:15 PM - 5:15 PM
Tuesday

Instructional Resource Center, Training Rm.

Instructor: Richard, Susan
1 License Renewal Point/1 PDP Hour

P-HEPE-0231-09-005

March 8, 2010
4:15 PM - 5:15 PM
Monday

Instructional Resource Center, Training Rm.

Instructor: Richard, Susan
1 License Renewal Point/1 PDP Hour

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

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

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 and Physical Education 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

Adaptive Adventure PDP

This workshop is designed for middle school and high school health and physical education teachers and special education teachers who work with TMR/MR students receiving adaptive physical education services.

Teachers will participate in activities that provide students with opportunities to engage in activities specifically designed to stretch their comfort level in physical, cognitive and emotional challenges. This course also works for students who may have limited experience engaging in outdoor, adventure experiences.

Eligible Audience: Secondary Health & Physical Education Teachers

P-HEPE-0200-09-001

June 24, 2009

8:00 AM - 12:00 PM

Wednesday

VB Central Academy, Ropes Course

Instructor: Geroux, Kema

4 License Renewal Points/4 PDP Hours

P-HEPE-0200-09-002

June 24, 2009

12:30 PM - 4:30 PM

Wednesday

VB Central Academy, Ropes Course

Instructor: Geroux, Kema

4 License Renewal Points/4 PDP Hours

GeoFitness - Integrated Learning through Meaningful Movement (MANDATORY) PDP

Research clearly links positive brain development with the exposure of any age group to music, rhythm, and physical movement. *GeoFitness* makes this connection in a fun and participatory way for all participants. Utilizing the three major learning domains and seven learning styles, the bridge is crossed between physical activity and the classroom priorities to enhance the learning of math, reading, and science.

Cancelled

Cancelled

Eligible Audience: Mandatory for Middle and High School Health & Physical Education Teachers (2 from each school)

P-HEPE-0232-09-001

October 19, 2009

4:30 PM - 6:30 PM

Monday

Larkspur MS, Gymnasium

Instructor: CONSULTANT(S)

2 License Renewal Points/2 PDP Hours

P-HEPE-0232-09-002

October 20, 2009

4:30 PM - 6:30 PM

Tuesday

Larkspur MS, Gymnasium

Instructor: CONSULTANT(S)

2 License Renewal Points/2 PDP Hours

P-HEPE-0232-09-003

October 21, 2009

4:30 PM - 6:15 PM

Wednesday

Larkspur MS, Gymnasium

Instructor: CONSULTANT(S)

2 License Renewal Points/2 PDP Hours

P-HEPE-0232-09-004

October 21, 2009

6:30 PM - 8:30 PM

Wednesday

Larkspur MS, Gymnasium

Instructor: CONSULTANT(S)

2 License Renewal Points/2 PDP Hours

SECONDARY 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 our teachers 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 (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.

SECONDARY HEPE PRE-APPROVED NON-DIVISION SPONSORED PDP

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

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

This annual district 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 AM - 1:00 PM
(1 Credit Hour College Course)**

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.

VADETS Annual Conference (15 PDP Hours)

Dates and Information 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.

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.