

21st Century Physical Education

A workshop presented by

Dr Ed Thomas

Iowa Department of Education

Recreational Center Court #3

Saturday, November 10

8:00 – 5:00

Sunday, November 11

8:00 - 4:00

One graduate credit hour (GRED 550) is available for participation in this workshop (\$105)

Questions? Please contact Bev Ahern, assistant professor of physical education, Buena Vista University

712-749-2030; ahernb@bvu.edu

Goals:

1. Helping current physical education teachers with professional development in their content area
2. Updates on what the Department of Education is designing for assessments in regards to Chapter 12 and state mandates.
3. Understanding how to help students become ready to learn, mind/ body connections.
4. Clarifying Chapter 12 and Healthy Kids Act.

Course Description

This course will prepare physical educators to reshape their curricula for emerging 21st Century demands and align with State physical education content requirements. Topics will range from an historical overview of the field to practical solutions to declining youth physical literacy.

At the completion of this course, students will meet the following **LEARNING OBJECTIVES**:

1. Describe the chronology and context of significant events in the history of physical education, and be able to relate this information to contemporary physical education issues.
2. Understand how individual and social forces influence the development of our discipline.
3. Translate their knowledge of history of physical education into meaningful curriculum reform.
4. Apply Iowa physical education content requirements to their district curricula.
5. Identify emerging best practice in physical education.
6. Integrate emerging best practice into their teaching environments.

Course Content

1. Large group interactive presentation of content (state requirements and best practice information).
2. Small group work on applying the presented information. These activities will include reviewing current standards, benchmarks and units; revising those materials; and working together to plan specific lessons.
3. Team presentations developed from independent research.
4. Hands-on exploration of selected instructional strategies.
5. Use of video technology to assess, instruct, and motivate.
6. Review of online materials and resources.

Assessment

1. Research/PowerPoint presentation
2. Course material development
3. Teaching demonstration

Grading

Attendance is critical. Absence from any day will cost one grade.

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| 1. Completion of all three assignments | A |
| 2. Two assignments | B |
| 3. One Assignment | C |
| 4. No assignments | F |