

# CROSS CURRICULAR PHYSICAL EDUCATION STRATEGIES

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MUSICAL PE PLUS

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# CRISS CROSS CELEBRATION



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# WHO I AM ...

My Brain Break CD

TEACHING GENERAL & ADAPTED PE  
Over 20 YEARS

Physical Education Framework  
for California Public Schools  
Kindergarten Through Grade Twelve

SERVED On CA State Writing Committees

ADAPTED PHYSICAL  
EDUCATION  
GUIDELINES  
IN CALIFORNIA  
SCHOOLS

BER  
BUREAU OF EDUCATION & RESEARCH

NATIONAL PRESENTER  
33 STATES...so FAR

Peaceful  
Playgrounds  
MASTER TRAINER

The Learning Station

CALIFORNIA EXEMPLARY APE PROGRAM AWARD PE SPECIALIST



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# MY TEACHING ENVIRONMENTS

- PUBLIC, PRIVATE & CHARTER Schools
- PRE-SCHOOL and UP
- University Lecturer
- Professional Development Trainer
- Itinerant 6 schools a day
- Teaching Virtually
- Class size 180+





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## TODAY'S OBJECTIVES!

- 

What does the research tell us?
- 

Tips for Successful Collaboration
- 

Themes  
Grade Level Focus
- 

MANY ACTIVITIES & IDEAS

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PHYSICAL ACTIVITY  
 PROMOTES  
 ACTIVE LEARNING

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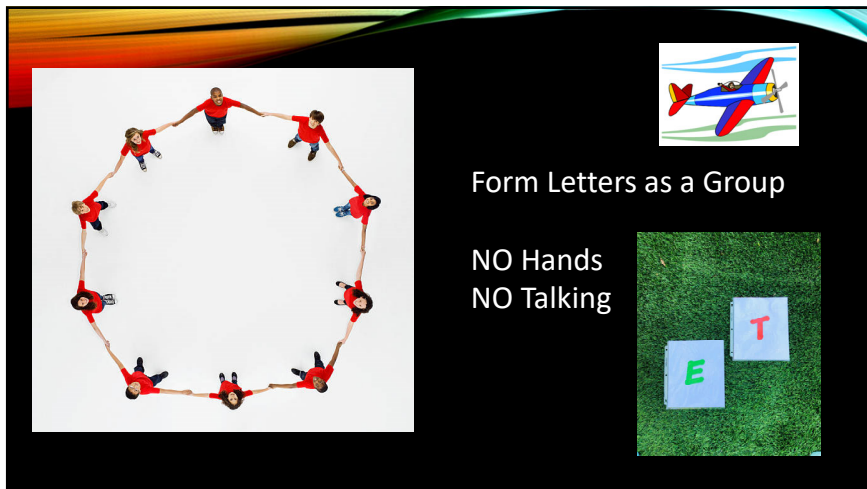




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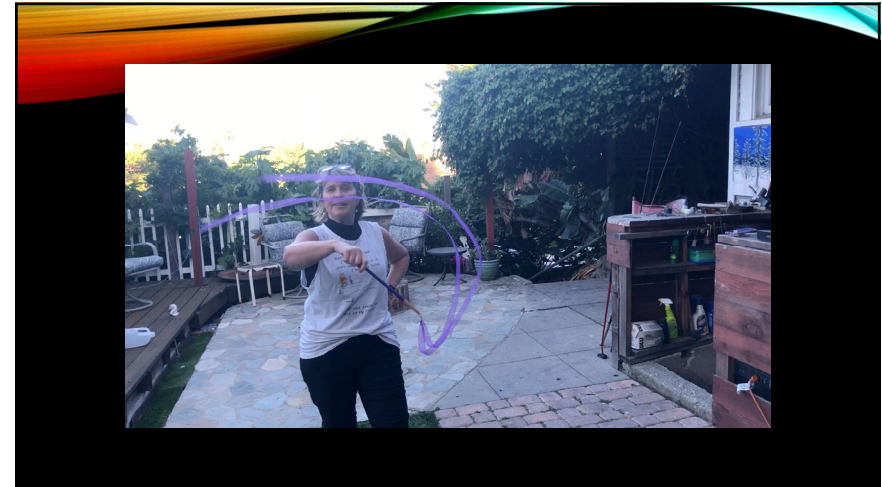


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## MATH & \$\$\$\$

- DATA COLLECTION
- GRAPHING
- HEART RATE
- REACTION TIME
- MEASURING

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## HIGH SCHOOL SCIENCE IN PHYSICAL EDUCATION

### Science Practices:

- Questioning/problem solving
- Modeling
- Collecting & Analyzing Data

**Cross Cutting Concepts**

- Patterns.....Juggling
- Energy Flow.....Heart rate, respiration, calories

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## ACTIVE LEARNING IN ACTION

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## JUMPING FROGS

- Why does the frog jump higher than where started?
- What is happening with the energy?
- Does it disprove the conservation of energy?
- How can you make the frog go higher?
- What happens when you force the ball down rather than dropping it?
- Try with other balls ....do you get the same results?


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## ACTIVE LEARNING

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# PREPOSITIONS

ON      OUTSIDE



BESIDE

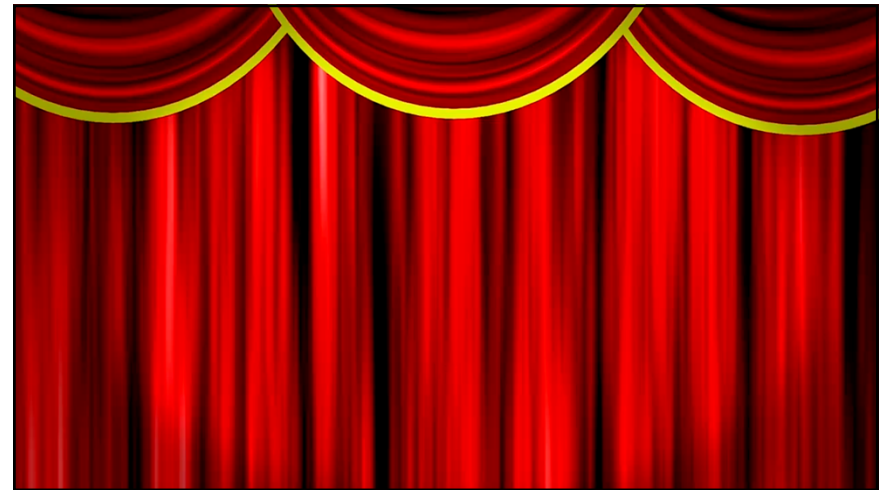
UNDER

BEHIND      OVER

INSIDE

A slide with a black background and a colorful gradient at the top. The word 'PREPOSITIONS' is written in large white letters. Below it, several prepositions are listed in different colors: 'ON' (yellow), 'OUTSIDE' (red), 'BESIDE' (purple), 'UNDER' (blue), 'BEHIND' (pink), 'OVER' (orange), and 'INSIDE' (green). To the left of the text is a cartoon illustration of a girl with brown hair, wearing a black jacket and pants, hula hooping with a pink and white striped hula hoop.

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# SLIDE & GLIDE



A photograph showing a group of people participating in a 'Slide & Glide' activity. They are standing on a patterned carpet in a large room, with some people having their feet on white circular markers. The room has a patterned carpet and a door in the background.

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# JUGGLING JIVE GROUP JUGGLING



A photograph showing a group of people participating in a 'Juggling Jive' activity. They are standing in a circle in a large room, with some people holding juggling balls. The room has a patterned carpet and a door in the background.

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# THEMES

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# SCHOOLWIDE COLLABORATION

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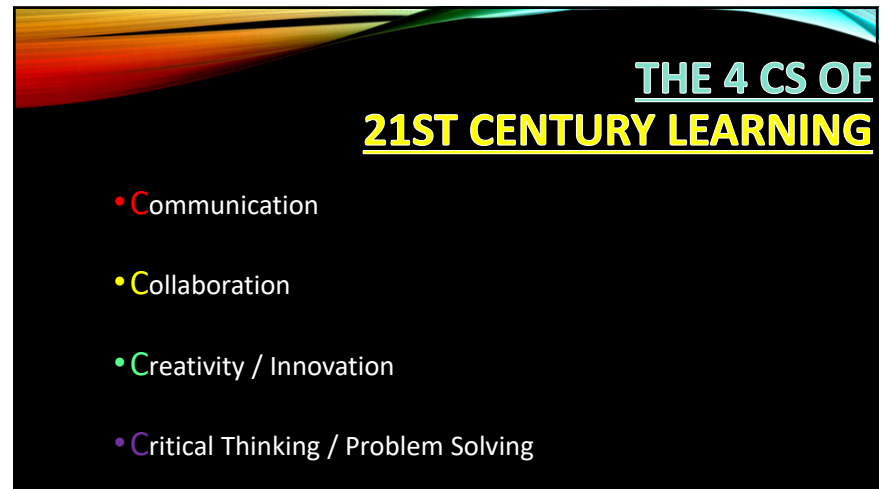
# STATE HISTORY

# EL CAMINO REAL MISSION RUN

GRADE LEVEL CURRICULUM TOPICS



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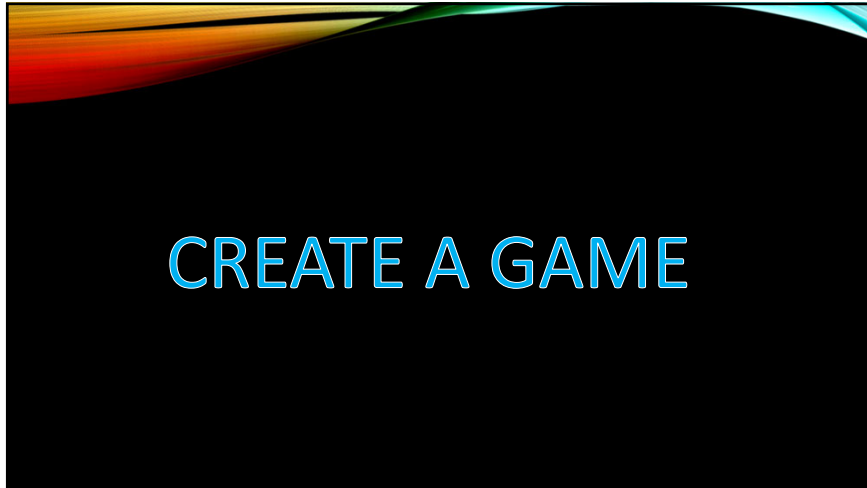


# THE 4 CS OF 21ST CENTURY LEARNING

- Communication
- Collaboration
- Creativity / Innovation
- Critical Thinking / Problem Solving

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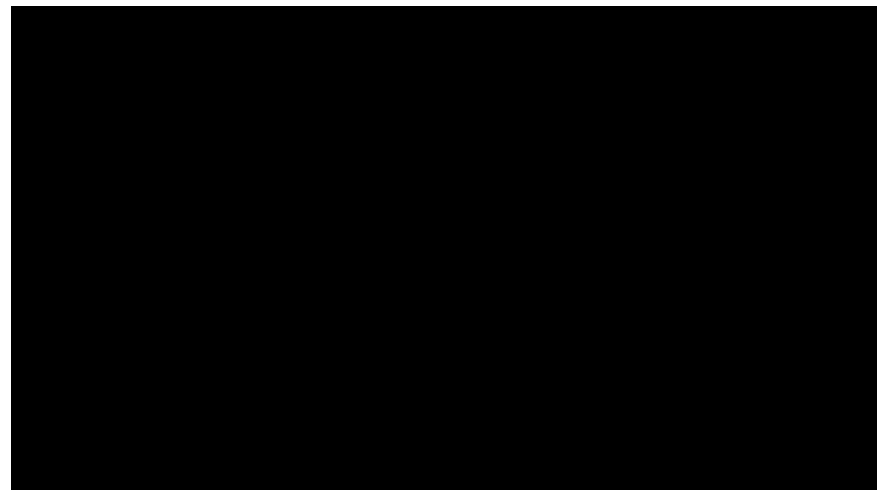
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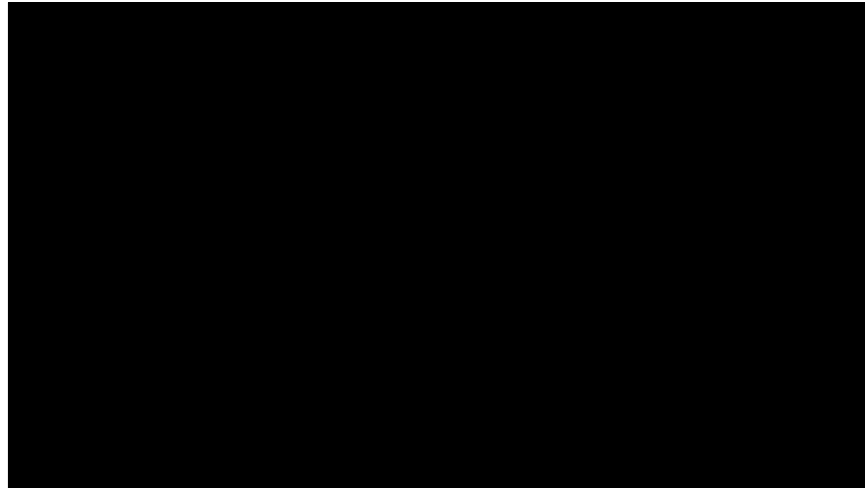
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## TEAMWORK

- WHAT DOES IT **SOUND LIKE?**
- WHAT DOES IT **FEEL LIKE?**
- WHAT DOES IT **LOOK LIKE?**

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## TEAMS

- **TEAM RESPONSIBILITIES**
- **TEAM NAME**
- **TEAM CHEER**
- **TEAM HANDSHAKE**
- **FULL VALUE CONTRACT**

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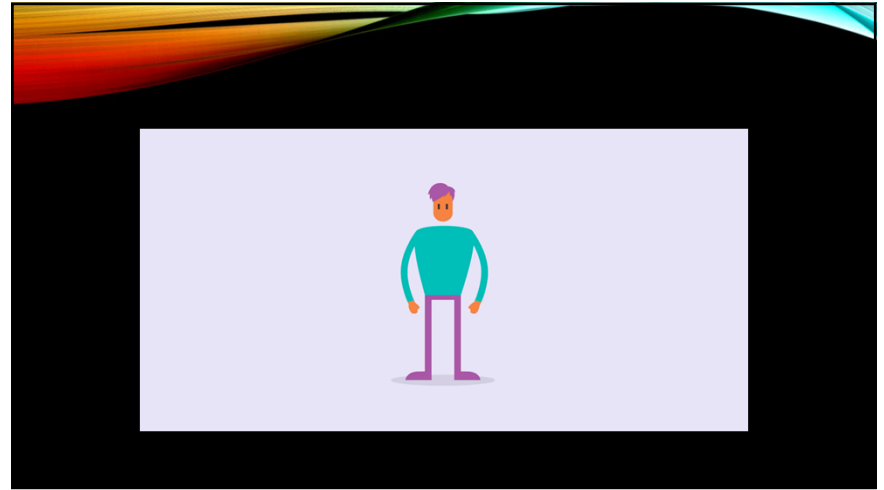
## FULL VALUE CONTRACT

1. The group is committed to the group goals and any individual goals that have been shared.
2. Group members agree to keep things safe – both physically and emotionally.
3. No put-downs of others or ourselves.
4. The group members agree to speak up if they feel that another person did something that got in the way of the goals of the group or an individual.

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