

Allyson Reeds
Coordinator, Health & Physical Education
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[OCDE - Physical Education](#)
Summary of Services/Programs 2022-2023

School Culture

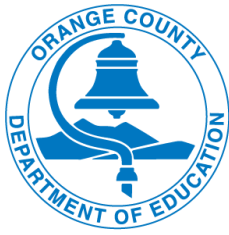
Title: Creating a Culture of Wellness: Utilizing Physical Education for Wellness in K-12 Schools
Description: Quality physical education that intentionally incorporates inclusive Social Emotional Learning and mental health has the potential to create a comprehensive culture of school wellness. Participants will identify ways to utilize physical activity to increase engagement and school connectedness. Participants will learn how to integrate SEL Core Competencies into physical education. Participants will develop a plan to implement physical activity opportunities that improve the physical, mental, and social emotional health of students.
Cost: This is a no-cost program support

Mindfulness & SEL Practices

Title: Mindful Moving in Physical Education: Incorporating integrated mindfulness, yoga movement and explicit self-guided social-emotional learning in secondary physical education programs
Description: This curriculum allows students an experience of not only moving the body, but to also further their ability to use Mind Fitness (engage, regulate breathing to help reduce stress, manage emotions, while improving the healthy components of fitness). Bringing awareness to the physical body and power of the mind together through mindful moving is another layer of developing our students to physical literacy while helping to regulate SEL behavior.
Cost: \$175/participant (15-20 teachers)

Staff Wellness

Title: Mini-Wellness Workshop Professional Development
Description: This workshop series will provide educators with the tools to build a classroom culture of wellness; practice daily gratitude; engage in physical activity; promote mindfulness & yoga practices; and take time to reflect, refocus and recharge to increase student engagement and teacher educational impact.
Cost: multiple 30 minute sessions @ \$150/hour



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Physical Education Curriculum & Teaching Strategies

Title: Making Physical Education Fun & Engaging for All Students
Description: Explore strategies to engage all students by creating an inclusive PE classroom; incorporating music and game play, with an intentional focus on social and emotional learning. Sessions will include a slide presentation, music, movement and light activity participation. A classroom setting, with access to an outdoor/indoor PE area is recommended. Participants are encouraged to participate at their own comfort levels and dress for light activity.
Cost: This is a no-cost support program

Title: Promoting Autonomy in PE: The Power of Choice to Increase Engagement in Physical Education
Description: This session includes ways to actively engage students by promoting a culture of autonomy in physical education to set individual fitness goals; bond with other students; and promote lifelong healthy habits. Sessions will include a slide presentation, music, movement and light activity participation. A classroom setting, with access to an outdoor/indoor PE area is recommended. Participants are encouraged to participate at their own comfort levels and dress for light activity.
Cost: This is a no-cost support program

After School Sports/Active Youth Program Support

Title: Promoting Physical Activity through After School Programming
Description: Customizable workshop for K-12 classroom teachers, physical educators, and leadership that includes how to successfully create after school sports programs on campus, training program guides and sample workouts, and promoting a positive team culture & lifelong athletes.
Cost: This is a no-cost support program for initial presentation. Costs may vary, depending on duration of service support.

*Do you have unique needs for your district?
Email Allyson Reeds at areeds@ocde.us to explore available services.*