



## Magical MVPA Maximized!

MVPA (Moderate to Vigorous Physical Activity) is an essential component of quality physical education and physical activity programs. This active and FUN workshop will show physical educators how to increase MVPA during PE classes and in other environments.

Activities and techniques in the morning session are presented via 4 themes – Talking Less, Disguising Fitness, Differentiating Instruction, and Modifying Traditional Sports. The strategies showcased represent a compilation of more than 25 years of lessons learned from benchmark studies! The afternoon session takes a deeper dive into assessing MVPA through the eyes of the teacher. First, attendees review and critique examples using simple instructional assessment tools – Levels I and II. Then a complete model lesson is taught and participants assess the teacher/lesson using MVPA recording strategies and a Level III assessment tool.

### **A Special Day at Your School or District:**

*Magical MVPA!* is a full day, on-site workshop hosted at YOUR facility. Attendees will learn researchbased MVPA content, instructional methodologies, assessment strategies, and how what they and how they teach is directly reflected in student MVPA outcomes. When this active day concludes attendees leave ready to increase and assess student MVPA and *themselves* via self and peer check styles. And they receive the tools and resources to begin the very next day!

### **Program Objectives/Outcomes - participants will:**

- Learn why student MVPA is a “magical” outcome for all PE or PA classes/sessions
- Learn how to vet lesson plan content samples
- Practice research-based instructional techniques proven to increase student MVPA
- Use Lesson Quality Assessment tools to record student MVPA and teacher methodologies
- Review examples and acquire the skills to make MVPA promoting suggestions
- Leave with sample student/teacher assessment tools for self and peer evaluation

### **Essentials:**

- Days, and start/stop times are **flexible**; what’s best for your staff and district?
- 6 hours of “hands-on” instruction
- **Maximum of 40** participants for safety and to ensure adequate equipment for all

### **Attendees Receive (FREE):**

- Certificate of Completion (awarded end of day to those present)
- Post workshop consultation via phone and email
- Access to e-Newsletter, monthly webinars, and social media opportunities with other physical educators
- Raffle prizes and/or giveaways

Contact us at [spark@SPARKpe.org](mailto:spark@SPARKpe.org) or 833-73-SPARK to learn more about scheduling a **Magical MVPA Maximized!** presentation for your school or district!

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