

2011 COURSE DESCRIPTIONS

Plyometrics: This course will cover all the areas of speed and explosiveness training, useful for athletes of all levels. This includes testing, evaluation, sports specific exercise selection and implementation. This hands on clinic will provide an active workout for our students.

Tennis: This course is designed for players, Physical Education teachers and coaches. Please join us in combining stroke and game progressions that develop the fundamentals of tennis. Consistency, Depth, Accuracy and Power.

Pedometer Games: Come learn the many different individual, partner, and large group games and activities that you can use with a pedometer. These games and activities are great as rainy day activities, fitness training, and can be used as a unit in itself. The incredible thing is all the games are new and were created by my students. The games are active, fun, and challenging for students at all levels of development. Once you attend this session, you'll want to purchase a class set of pedometers to use with your students.

Surfing: The surfing course will include basic ocean awareness, wave recognition, as well as the skills required to learn how to surf. The course will include how to recognize riptides. It will cover what types of waves are appropriate for learning how to surf, as well as explaining how to get up and surf. The instructor will be in the water to assist anyone who needs help.

Instructional Video Making: Come and share your best lesson which will be video taped. This lesson will be later posted on You Tube. Other attendees can be your demonstrators, or you can simply explain your lesson on a white board. If you don't have a lesson to share, you are welcome to attend and learn from your colleagues.

Hike the Hills: Come experience hiking for physical fitness. Learn potential benefits of hiking, ways to incorporate hiking into your curriculum, and safety concerns.

Pickleball: Pickleball is a paddle and whiffle ball game. The game is played with badminton scoring on a badminton court with a three foot high net. It's an excellent game played in singles or doubles, young or old...drills and play.

Variety of Tag Games: Come learn and participate in various tag games that will engage all your students.

CrossFit Sawmill: This class is a core strength conditioning program that has athletes perform functional movements that are constantly varied and done at high intensities. Crossfit defines functional movements as natural, safe, effective, efficient, multi-joint movements that allow us to **move large loads, long distances, quickly**. Crossfit looks to optimize physical competence in each of 10 fitness domains; they are **endurance, strength, stamina, flexibility, power, speed, coordination, balance accuracy and agility**.

The program will develop an athlete in each of these 10 domains by first focusing work on 9 core lifts. These lifts are the **air squat, front squat and overhead squat, shoulder press, push press and push jerk and the dead lift, sumo dead lift high pull and medicine ball clean**.

Yoga: Vinyasa Flow:

This course will follow a progressive week long practice, pulling from instructional knowledge of classical Iyengar, Ashtanga, and Vinyasa-flow, while celebrating many styles of Yoga. YogaEd and Yogaworks Trained and Certified, the Instructor will include anatomy, philosophy, asana practice, instructional modifications and restoratives, that can be adapted to your physical education program.

Nutrition:

A. Nutrition 101- There are new guidelines put out by the USDA on how American should eat, this topic will discuss these new guidelines, how they differ from previous guidelines and how to adapt them into your classroom. Weight maintenance and caloric guidelines will also be discussed to help understand the obesity epidemic.

B. Importance of fiber- Fiber is a understated nutrient in the American Diet. This nutrient can be given a bad name based on lack of creativity of preparation methods and lack of understanding of how important it is. Soluble versus Insoluble fiber will be discussed, along with some high fiber menus.

C. Basic sports nutrition- Athletes are challenged with different nutrient requirements, but typically have coaches that can help them achieve optimal performance. What about the unprofessional athlete that would like to excel in their personal goals? Electrolytes, hydration, and protein intake for the non-professional athlete will be discussed.

D. Supplementation- Supplementation can often be a very controversial topic with nutritionists, however some supplements can benefit us all for many reasons. The three that will be discussed are D3, Fishoils and Probiotics so attendees can feel more comfortable with taking them or not taking them.

E. Conquering negative thinking and finding balance with eating healthy- When adapting a new lifestyle or new eating habits, often times negative thinking can affect how successful you are or aren't. This session will help participants feel good about their choices to eat healthy and find balance in their healthy lifestyle.

FAvrit Instant Activities: FAvrit Instant Activities require NO EQUIPMENT to facilitate. Each activity should take 1 minute or less to explain and is all inclusive. These activities may focus on social, cognitive, anaerobic and aerobic content of physical education. FAvrit Instant Activities are intended for all grade levels and all abilities.

Dance 101 – The Basics:

A class designed for the Physical Educator who has limited or no knowledge in the concepts of teaching dance. The course will introduce unique teaching styles/techniques, dance step progressions & simple line, couple and group dances that are simple to learn and easy to implement into any physical education class.

Volleyball: This class will cover the 5 basic skills of volleyball: Passing, Serving, Setting, Spiking, and individual Defense providing a blueprint for teaching volleyball at the most basic to the most complex levels. Additionally, drills will be executed in an effort to create game-like repetitions for the beginning to advanced athlete.

Quality Coaching Practices That Enhance Learning Outcomes: Practice plan ideas that will enhance the performance of your athlete. We will discuss the meaningful ways to communicate with your athlete so they can perform. This positive approach to effective communication will have your athlete learning quickly. The use of intrinsic and extrinsic rewards will help at every level.

Health Issues: Come enjoy simulations covering health issues to be used in your classroom this year and learn about the Healthy Hornet Youth Advocate Program for obesity prevention.

Touch Rugby: Lessons plans attached with free web site with PE lesson plans. A modified touch game which introduces non contested scrum and line outs as well as non contact tackle situations.

Session 1

Students are introduced to physical skills and drills. They focus on ball familiarization, passing and receiving while exploring evasion and pursuit. The lesson concludes by playing a modified invasion game.

Session 2

Students are introduced to physical skills, drills and game elements. They focus on ball familiarization, passing and receiving, evasion and pursuit. Walla tag, ball take / tackle and line-out. The lesson concludes by playing a modified invasion game.

Session 3

Students are introduced to physical skills, drills and game elements. They focus on ball familiarization, passing and receiving, evasion and pursuit, Walla tag, ball take, tackle line-out and scrum. The lesson concludes with students playing Walla rugby.

Ultimate Frisbee: Participants will be actively involved as they learn a wide variety of Frisbee activities/games which can be utilized in their PE classes at every level. Each participant will be required to demonstrate proficiency catching and throwing a Frisbee in a variety of ways upon completion of the course.

Over the Line Kickball: Basic warm up and lead up drills for kickball will be conducted in preparation to playing an Over the Line Kickball game. The same basic rules from the official Over the Line game will be used, with a few adaptations.