



Middle & High School Staff Development

Featuring: Fitness Lab Training & Cooperative Sport Units!

A full day of MyStationPE.com Staff Development will engage and expand the thinking of your middle and high school physical education specialists.

FITNESS LAB TRAINING

It all starts with a Fitness Lab Training Session that will introduce your teachers to portable fitness concepts and Team Fitness Racing. Hands-on sessions are active and safe for all ability levels and reinforce critical fitness concepts to be used in any physical education program.

The focus of this section of the training is on NASPE Standards 3 & 4.

MyStationPE.com offers all of the resources used in this session including:

- Fitness, Nutrition and Goal Setting Mini-Lessons
- Station Cards and Video Demonstrations of all Exercises
- Team Fitness Racing Course and Instructions
- Music Downloads to Manage Fitness Interval Training

COOPERATIVE SPORT UNITS

After your teachers are warmed-up and ready for more, they'll experience ways to promote social development and character education through MyStationPE.com's Cooperative Sport Units. Friendly competition encourages all participants to learn together as teams work toward both individual and group goals.

Exciting OMNIKIN products are used in activities and tournaments that include KIN-BALL 4-Square and KIN-BALL Sport. The focus of this section of the training is on NASPE Standards 1, 2, 5 & 6.

MyStationPE.com offers downloadable resources to support teacher success after the training is complete.

The all-inclusive cost of MyStationPE.com Staff Development is \$3,699 per day

(Max 50 Participants) This covers all fees, travel and 1-Year MyStationPE.com Memberships for all Participants.

Contact us today to schedule your workshop.

Email: info@stationpe.com Toll-free: 877-548-8418

Please contact us to schedule your workshop 3 Months in advance.

"This was a great workshop! The Fitness Lab resources are very useful and my students will really benefit from the OMNIKIN Games. Thank you very much!"

High School PE Teacher – Connecticut Technical High School System