FREE Professional Development Opportunity:

Pump Up P.E.

Promote health, learning, and lifelong fitness in your region!

Date: Monday, April 8th, 8:30am-3:00pm
Location: Waukegan Park District Field House
800 Baldwin Ave, Waukegan, IL

5 reasons to attend a Pump Up P.E. training:

1. **See real results in your classroom.** This program is proven to build the capacity of P.E. teachers and increase student physical activity levels.

2. **Strengthen your curriculum.** Bring your P.E./health curricula into alignment with current best practices and new state learning standards.

3. **Meet state P.E. requirements.** Get the tools you need to ensure you are complying with Illinois state requirements around fitness testing and reporting.

4. **Maximize students’ academic achievement.** Evidence shows that regular physical activity is linked to better academic, behavioral, and health outcomes for students.

5. **Support lifelong fitness.** Provide your students with the knowledge, skills, and confidence to enjoy a lifetime of physical activities!

[Click here to register!](http://iphionline.org/4_8_19_Pump_Waukegan/)

6 CDPUs available

**Training Description:**
Pump Up P.E. is a 6-hour training for P.E. teachers on increasing physical activity levels in school-based P.E. classes, aligning curricula to the revised State Learning Standards on Physical Development and Health, and administering the Illinois-required fitness tests.

Register today!

**It was by far one of the very best in-services that I have attended in the past 27 years.**

-Training Participant

I attended this training in advance of sending my P.E. teachers to ensure it was relevant. This is one where I would encourage sending teachers and think that all P.E. teachers would benefit from this opportunity.

-Michelle Augustyniak, P.E. Division Chair, Amos Alonzo Stagg

The Pump Up P.E. training program is a program of the Illinois Public Health Institute.