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!

To learn more, visit [iphionline.org/Pump_Up_PE](http://iphionline.org/Pump_Up_PE)

**A program with proven results**

An independent evaluation by the Consortium to Lower Obesity in Chicago Children found **statistically significant increases in:**

- Knowledge and capacity of teachers trained through this program
- Physical activity levels in P.E. classes at schools that sent teachers to the training and other professional development opportunities

**Sign up today!**

800 P.E. teachers from over 300 districts across Illinois have attended this one-day training.

**Contact Sarah Chusid, Enhanced P.E. Specialist, for more information and a quote.**

(312) 850-4744 | Sarah.Chusid@iphionline.org

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The Pump Up P.E. training program was developed with funding from the Centers for Disease Control and Prevention through the Health Equity HotSpot initiative led by the Cook County Department of Public Health.
After attending a Pump Up P.E. training/technical assistance sessions, participants will have increased capacity to:

- Increase moderate-to-vigorous physical activity levels in P.E. classes through classroom management & activities
- Align curricula to the revised State Learning Standards on Physical Development & Health
- Administer the required Illinois fitness tests and use the data to improve P.E. programming
- Teach the brain/body connection – getting students to ‘own’ their fitness
- Champion P.E. and wellness efforts in schools, districts and communities

Training/Technical Assistance Packages

To schedule a training or for more information, contact Sarah Chusid, Enhanced P.E. Specialist (312-850-4744, Sarah.Chusid@iphionline.org)

Full-Day Training

This 6-hour training provides in-depth information and hands-on, interactive workshops to help P.E. teachers put enhanced P.E. approaches into practice.

- Most comprehensive version – packed with interactive discussions/peer-to-peer workshops
- Deep dive into mapping lessons to revised State Learning Standards on Physical Development & Health
- Hands-on game modification and fitness testing administration practice with trainer feedback
- Led by two experts trainers, allowing for more individualized attention
- Grade-level specific guidance/examples
- Full set of resources for teachers (resource-packed binder and over 20 handouts)
- All equipment provided
- On-site IPHI staff support
- For the purpose of implementing this program, consent is granted to training participants to share materials and learning with other teachers and administrators within their schools and districts.
- CPDUs are available

Cost:
- $2,870 for trainers/staff
- $24 per person for materials (20 person minimum)
- Transportation of equipment/materials – TBD (ranges from $150-$600 depending on distance and other factors)
- Breaks down to approximately $140 per per training participant – 30 participants maximum

Half-Day Training

This 3-hour training provides teachers with a high-level overview of enhanced P.E. teaching approaches.

- Provides basic information but with less time for discussions/workshops, and no game modification practice
- District provides handouts (four)
- No on-site IPHI staff support
- District provides equipment
- Led be only one expert trainer
- For the purpose of implementing this program, consent is granted to training participants to share materials and learning with other teachers and administrators within their schools and districts.
- CPDUs are available

Cost: $1,400 (Breaks down to approximately $47 per training participant – 30 participants maximum)

Technical Assistance Sessions

Districts can schedule technical assistance sessions with our master trainers to align your P.E./health curriculum with the revised State Learning Standards on Physical Development & Health. Tailored to your needs, budget and schedule, we can help your teachers write a Scope & Sequence, P.E./health curriculum and assessments from scratch or update your current ones. CPDUs are available.

Cost: $90/hour