

# Pump Up P.E.



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

## 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)

“ 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



## 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](mailto:Sarah.Chusid@iphionline.org)**

*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*

# Training/Technical Assistance Packages

We offer a variety of options to fit your budget and needs!



**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](mailto: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 expert 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 by 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