



**GOPHER**

# WEBINARS

**Date:** Monday, August 13 from 4:00 – 5:00 p.m., EDT

## **Back-to-School Tips: Lesson Routines, Warm-Ups, and Technology**

- with Jessica Shawley

Developing and implementing quality routines is an essential part of any physical education program. This webinar serves as a pep talk as you head back to school to inspire your daily lesson routines. Topics include: 1) Lesson opening and closing practices, 2) Easy active attendance using pedometers, 3) Warm-up routines and 4) Using music timers and other technology apps. You'll leave with plenty of ideas and templates you can begin using immediately to help kick-start the upcoming school year!

### **About the Presenter:**

Jessica is a SHAPE America National Middle School Teacher of the Year and National Board Certified (NBCT) physical education teacher. She has an M.Ed. in Curriculum and Instruction from the University of Idaho and her undergraduate degree in Health & Fitness was earned while playing collegiate softball at Whitworth University. Jessica is also a nationally recognized educational speaker and professional development trainer in her field. She is well known for her high-energy workshops that are jam-packed with resources to support and inspire professionals.

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