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Academic Standards

Physical Education Newsletter September 2022

How are you kickstarting your year?

In this issue discover different activities and events to kickstart your year.

Looking for inspiration as you start the new year? Take a look at SHAPE America's *Back to School* website which includes free resources for health, physical education, professors, administrators, parents and even future HPE teachers. [Click here](#) for more information.

What are you doing to celebrate **National Dance Day** in your PE classes?

This groovy day was created to help encourage Americans to enjoy the art of movement, as a creative outlet to promote a healthy lifestyle. Hitting the dance floor is not only an artistic outlet, but helps to improve muscle tone, bone density, balance, flexibility, and strength. Incorporating dance into your classes can be a great opportunity for students to learn about traditional dances from different cultures around the world or even give students a chance to express themselves through dance. If you want to know more about National Dance Day on September 17th, [click here](#).

September is also **National Childhood Obesity Awareness Month**. Typically 1 of every 5 children in the US has obesity and certain groups of children are affected more than others. National Childhood Obesity Awareness Month provides an opportunity for learning about ways to prevent and address this serious health concern. [Click here](#) to find out more.

UPCOMING EVENTS!



The Arizona Assessments Conference will be held September 26 - 28, 2022

Location: Renaissance Phoenix Glendale Hotel and Spa,
9495 W. Coyotes Blvd., Glendale, Arizona 85305

[Register to attend conference](#)

[Exhibitor Information](#)

Want to learn assessment strategies if Physical Education?

Come check out my session "The How and Why" of Assessment in Physical Education: Creating a Culture of Thinking and Learning on Tuesday September 27, 2022, at 2:45pm at the Arizona Assessment Conference.

[Click here to register](#)



Registration is now open for the 2022 Health and Physical Education Convention! Come network, connect and learn something new with Physical Educators and Health teachers presenting new innovative standards-based sessions and fun activities you can bring back to your classes. [Click here to register](#)

Have you checked out the Physical Education Data Project?

The [Physical Education Data Project](#) is an online tool utilized by the Arizona Department of Education that offers insights into physical education course offerings and participation rates in Arizona schools. The Dashboards allow users to explore the state's physical education data, exploring statewide geographic comparisons, county-/district-/school-level reporting, enrollment information, and trends in enrollment over time.

[Click Here for Physical Education Professional Development Opportunities](#)

Is your school looking for some specific Physical Education professional development? Click the link and fill out the form. [District Professional Development](#)

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