FREE Professional Development Opportunity:

Pump Up P.E.: Promote Health, Learning & Lifelong Fitness

Date: Tuesday, February 6, 8:30am-3:00pm
Location: Highland Church of Christ
500 W. Highland, Robinson, IL 62454

6 CPDUs available

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!**

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

**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!**
Link: [https://goo.gl/KoSkWF](https://goo.gl/KoSkWF)

Questions?
Call the ROE #12 office at (618)392-4631

*The Pump Up P.E. training program is a program of the Illinois Public Health Institute. It 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. This training was made possible with additional funding from the Illinois Prevention Research Center.*