



About PE4life

PE4life, based in Kansas City, Missouri, is a regional non-profit organization with a national reach. PE4life advocates for a paradigm shift in physical education from a traditional sports model to a more comprehensive model that includes a variety of lifetime activities and is student centered and fitness based. We encourage this shift by introducing schools / districts to the PE4life Core Principles and providing support through a variety of resources during the change process. Our grassroots, team-based strategy is designed to assist schools who are working to create long term systemic changes in their programs. We deliver these concepts and strategies through workshops, in-service presentations and conferences.

With these tools, a team can develop or enhance their program based upon their situation; therefore each PE4life "program" is unique. There is no specific equipment, curriculum, budget or staffing requirements. PE4life can connect you to the appropriate resources through our established vendor and program partnerships.

PE4life Tools

www.PE4life.org

We strive to make the PE4life website a valuable resource for those seeking tools to enhance their program. Find news, research, advocacy tips, and fundraising/grant information. Stay up-to-date with the physical education world with our quarterly newsletter, blog, Facebook, and Twitter feeds!

Resource Conference

PE4life hosts an annual two-day conference in October where leaders in the profession share cutting-edge ideas and techniques through roundtable discussions, think-tank opportunities and breakout sessions. This event is designed to inform, educate and inspire regardless of where you are in your program and you will take away applicable, hands on information that you can begin implementing immediately!

PE4life Services

PE4life Introductory Workshop (for a team of 8-12 participants)

Attending a two-day workshop at a PE4life Model Site is a great way for Physical Educators and key decision makers in a community to observe and experience programs that demonstrate PE4life Core Principles and learn the benefits they can provide. The training focuses on the development of a common vision and the formulation of specific goals to build or enhance your program. Get introduced to the action plan process and begin moving from the current state to the desired state through a team approach that goes beyond the physical education department.

PE4life Half Day Seminar (for up to 50 participants)

This in-service presentation introduces an audience to the PE4life Core Principles and an action plan process for integration. This 3 - 3.5 hour seminar is conducted at your location or at a central site. Participants include school personnel who cannot attend a PE4life Introductory Workshop at a model site or school personnel within a region who are interested in PE4life.

Professional Development In-Services and Workshops (call for details)

Interested in a program that meets your curriculum and assessment needs and provides implementation support? Would you like to improve your program by learning more about the role physical activity plays in the learning process? Do you need training on integrating adventure-based experiential programming to provide cooperative learning opportunities and enhance social and personal responsibility? Our outstanding program partners, **SPARK, Action Based Learning and Project Adventure** can meet your professional development needs.

Advocacy Presentation: "How PE benefits the entire school/community."

(must be scheduled in conjunction with minimum of ½ day in-service)

This one hour presentation is designed to introduce school personnel/community groups to the concept of PE4life and the benefits that quality physical education can have throughout your school/community.

BUILDING HEALTHY STUDENT BODIES - ONE AT A TIME™

PE4life's Core Principles

Building Healthy Student Bodies-One Student at a Time

We believe a quality physical education program should:

- Offer a variety of fitness, sport, leisure, and adventure activities to all students
- Implement a K-12 standards-based curriculum
- Provide a safe and encouraging learning environment
- Utilize individual assessments
- Incorporate current technology
- Extend PE beyond the walls of the gymnasium
- Ideally, be offered to every child every day

CHANGING BEHAVIOR THROUGH QUALITY PROGRAMMING

PE4life