

# PE by Design™

## The Classroom Teacher's Physical Education Program

By Matthew Gardner

Engage your students' imaginations; enhance their physical fitness.

Created specifically for the **classroom teacher**, this easy-to-follow manual for **grades K–5** provides step-by-step instructions for complete PE sessions and a variety of structured activities.

### PE by Design features

- A practical introduction to key fitness concepts
- 40 scripted, fun, fitness lessons
- Simple tools for creating a structured class setting
- Dozens of games and activities
- An extensive class-management section
- Hundreds of colorful photographs and illustrations

### Teachers learn to

- Prepare balanced PE sessions, from warm-up to cool-down
- Create a safe, positive class environment
- Foster cooperative skills
- Incorporate key content standards for physical education
- Develop effective PE sessions with minimal equipment

### Requires no formal PE training!

As childhood obesity rates have risen, getting classroom teachers to participate in teaching physical education has never been more important. **PE by Design** will give teachers the confidence to share the benefits—and joys—of physical education with students from kindergarten through grade five.

8.5 by 11 inches, 302 pages

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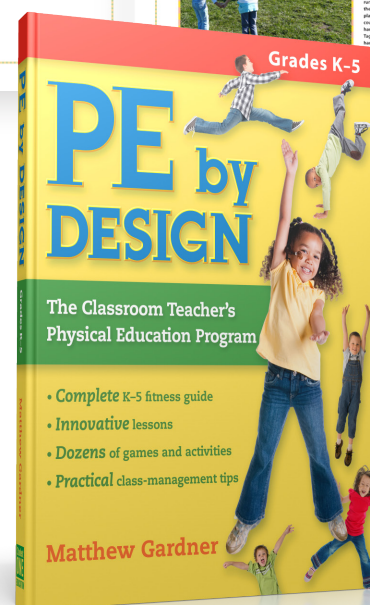
For more information,  
visit [www.PEbyDesign.com](http://www.PEbyDesign.com)  
Student One Education

*"PE by Design is, by far, the best physical education resource for elementary schools that I have ever seen."*

—Rosemarie Michaels, Ed. D., Department Chair, Multiple Subject Teaching Credential Program, Dominican University of California



**\$39.95**



## Student One Education

Presents the

# PE by Design Workshops

"Matthew's presentation was the highlight of our year."

—Susan Artis, Instructor, Dominican University

Teaching Credential Program, San Rafael, California

Student One Education now offers in-service training for elementary school educators with its PE by Design Workshops. The workshops were created specifically to help classroom teachers, grades K–5, implement the activities presented in *PE by Design, The Classroom Teacher's Physical Education Program*. Attendees receive valuable, firsthand insights from the manual's author, Matthew Gardner.

### Each workshop begins in the classroom, where Matthew covers such topics as

- The current state of children's health
- Physical education teaching obligations
- An overview of state and national standards
- Practical tips for implementing physical education activities
- Cross-curricular learning—blending physical education and other subjects
- Using exercise to enhance learning

After the classroom segment, the group heads outside for a hands-on physical education session, where teachers learn as they participate in activities themselves!

### The outdoor segment addresses such topics as

- Creating cohesive lessons
- Selecting effective activities
- Class-management strategies

Student One Education offers workshops of varying lengths, to accommodate school schedules. Classroom content varies, based on the workshop length you choose. We recommend a 2-hour workshop, to allow time for a discussion of all topics.



**Matthew Gardner** is a passionate, creative educator whose enthusiasm led him to write *PE by Design*. He founded Student One Education, in 2013, to share his real-world expertise and passion for creating positive PE experiences for children. Matthew has been an elementary school PE teacher in Northern California since 2002. He also runs a physical education program for preschoolers through his local parks-and-recreation department.