

MVPA MAXIMIZED!

June 1 - Pierre - 8:30-4:00 p.m.
OR **Ramkota Hotel & Conference Center**

June 2 - Oacoma - 8:30-4:00 p.m.
Cedar Shores Resort

MVPA (Moderate to Vigorous Physical Activity) is an essential component of quality physical education and physical activity programs. The MVPA Maximized workshop, a product of the SPARK Speakers Bureau, will show K-12 physical educators how to increase MVPA during physical education classes and in other environments.

Participants will:

- Learn why student MVPA is a “magical” outcome for all physical education/ physical activity classes/ sessions
- Learn how to vet lesson plan content samples
- Practice research-based instructional techniques proven to increase student MVPA
- Use Lesson Quality Assessment tools to record student MVPA and teacher methodologies
- Review videotape samples and acquire the skills to make MVPA promoting suggestions
- Leave with sample student/teacher assessment tools for self and peer evaluation

Register by May 25, 2016 at:

<https://apps.sd.gov/Applications/DE49TrnTracker/Secure/AvailableClasses.aspx>

Maximum number of participants is 40 for each location.

For more information contact Karen Keyser, Health and Physical Education Specialist, South Dakota Department of Education at karen.keyser@state.sd.us or (605) 220-6453.

A block of rooms has been reserved at the Ramkota Hotel and Conference Center (605-224-6877) for the evening of May 31, and at Cedar Shores Resort (605-734-6376) for the evening of June 1. Call by May 1, 2016. Participants will be “reimbursed” at state rates for meals, mileage, and lodging (and substitute teacher pay, if needed).

Notice is further given to individuals with disabilities that this training is being held in a physically accessible place. Please notify the South Dakota Department of Education at 605-773-3261 within two weeks of the training if you have special needs for which this agency will need to make arrangements.

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