

Webinar #1

“Making the Connection: Improving Academic Performance through Healthy Eating and Physical Activity”



Description: This webinar is designed to “set the stage” for the subsequent webinars. Topics include: how school health is currently being funded; healthy eating and physical activity as the priority areas for the School Health funding; the connection to the required Local School Wellness Policy; and relevant results from 2013 South Dakota Youth Risk Behavior Survey (YRBS).

Featured Resources: 2005-2013 SD YRBS Trend Report; Bridging the Gap evidence briefs for *Quality Physical Education and Physical Activity in Schools* and *Creating Supportive Nutrition Environments*; Good & Healthy South Dakota School’s website.

Webinar #2

“South Dakota Standards for K-12 Physical Education: Review, Revise & Rejoice!”



Description: This webinar is provided as an update to the review, revision and adoption of the South Dakota Standards for K-12 Physical Education – all of which took place over the past year. Topics include: the background of the South Dakota Standards for Physical Education; the review and revision committee member selection process and meeting format, an overview of the actual review and revision process; and highlights and features of the new South Dakota Standards and Grade-level Outcomes for K-12 Physical Education.

Featured Resources: South Dakota Standards and Grade-level Outcomes for K-12 Physical Education (*this document was sent to all physical education teachers in December of 2014*); and the Scope and Sequence Chart for the National Physical Education Standards and Grade-level Outcomes for K-12 Physical Education.

Webinar #3

“High Quality Physical Education: How Does Your Program Rate?”



Description: This webinar is provided to show how **SHAPE America** has re-envisioned the essential components that provide the structure for a physical education program and to identify physical education as a key element of a well-rounded education for all students. Topics include: the national recommendation for physical activity; the new national framework for physical education; physical education as the foundation of a Comprehensive School Physical Activity Program; the essential components of physical education; and strengthening physical education programs.

Featured Resources: SHAPE America’s *The Essential Components of Physical Education*; CDC’s *Comprehensive School Physical Activity Programs: A Guide for Schools*; Appropriate Instructional Practices Guidelines-K-12; and the School Physical Education Program Checklist.