

Physical Education Activity Kaleidoscope



In the 10th year of PEAK (Physical Education Activity Kaleidoscope), we are putting emphasis on improving physical activity of students through assessment. Brought to you by Central Washington University, WAHPERD, pelinks4u and Ellensburg School District. This year, sessions are provided by a number of professionals who will be sharing their ideas for health, nutrition, and physical education in both classroom sessions and activity sessions

OSPI will also be hosting a CBA workshop at CWU on April 24.

APRIL 25, 2009

Brought to you by

WAHPERD

Pelinks4u

CWU

Ellensburg High School

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www.peakworkshop.org

- . **Geofitness**
- . **PEMetrix**
- . **Heart Rate Monitors**
- . **Pedometers**
- . **Rhythmical Movements for Special Needs Students**
- . **Dance in Schools**
- . **The Spectacle of Sport Education**
- . **Strength Training (BFS)**
- . **Interdisciplinary Concepts**
- . **Hands on opportunities with technological assessment tools**
- . **Incorporating Lifetime Sports**
- . **Numerous other innovative ideas**

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