



COLUMBUS
CITY SCHOOLS

UNIFIED ARTS
DEPARTMENT

Building PE/Health/Dance Skills

K-12 Physical Education, Health and Dance PD - November 4th, 2025

PDS Course #73551

Register in PDS:

Course #73551

by Nov. 4th

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code



In partnership with:



Schedule at a Glance

8:00-8:15am	Sign-In; PE and Health K-12 (Elem PE @ CSIA, Sec PE, Health @ WLMS, Dance @ Source Embodiment)
8:30-11:30am	Morning Sessions
11:30am-12:30pm	Lunch
12:30-3:15pm	Afternoon Sessions
3:15-3:30pm	Exit Ticket & Sign Out

**Location: CSIA, World Language
Middle School**

**PD Contact: Kristen Schreiber,
PE/Health Coordinator**

Elem PE	Secondary PE	Health	Dance
@ CSIA 8am-11:30am First Tee Golf	@ World Language MS 8am-11:30pm SNAG Gym	@ World Language MS 8am-10:15am NCH Library 	@ Fort Hayes Source Embodiment 8am-11:30am Eve Hermann
Lunch 11:30am-12:30pm	Lunch 11:30am-12:30pm	10:30m-11:30am BirdieLight Library 	Lunch 11:30am-12:30pm
@ World Language MS 12:30pm-2:15pm Sports across Grade bands Gym	@ World Language MS 12:30pm-2:15pm Sports across Grade bands Gym	Lunch 11:30am-12:30pm	@ RenieViola 12:30pm-3:15pm Body Restore Sustain
2:15pm-3:15pm Collaboration Cafeteria 	2:15pm-3:15pm Collaboration Cafeteria 	12:30pm-1:45pm Lifeline of Ohio Library 	
		1:45pm-3:15pm Collaboration Cafeteria 	
3:15-3:30pm Everyone Closing - Cafeteria			

Elementary PE Session Descriptions

First Tee @ Blacklick Golf Course 8am-11:30am

Elementary PE teachers will attend an engaging professional development session centered on the First Tee Golf program. This upcoming training will equip educators with the tools to introduce golf fundamentals in a fun, accessible way while emphasizing character-building through First Tee's core values like honesty, confidence, and sportsmanship.

Sports Across Grade Bands @ World Language MS 12:30-2:15pm

Sports Across Grade Bands is an interactive professional development session designed to equip PE teachers with dynamic strategies for teaching fencing, spikeball, and game invention across all grade levels. Participants will explore how to adapt these activities to suit elementary, middle, and high school students, with a focus on differentiation techniques that promote skill development, inclusion, and engagement. Whether you're introducing foundational movement in younger grades or refining tactical play with older students, this session offers fresh ideas and hands-on experiences to elevate your PE curriculum.

Collaboration Session @ World Language MS 2:15-3:15pm

In an upcoming collaborative professional development session, educators will engage in meaningful dialogue around best lesson share outs, effective Tier 1 instruction, and insights from recent district walkthroughs. This session will provide a platform for teachers to showcase successful strategies, reflect on instructional practices, and align on high-quality, equitable learning experiences for all students. Through peer collaboration and district-level feedback, participants will strengthen their understanding of instructional expectations and foster a shared commitment to continuous improvement.

Secondary PE Session Descriptions

SNAG @ World Language MS 8am-11:30pm (Secondary PE)

The SNAG (Starting New at Golf) program offers secondary PE teachers an innovative approach to introducing golf in a school setting. Designed to be safe, fun, and accessible, SNAG uses modified equipment—such as oversized clubs and tennis-like balls—to help students develop fundamental golf skills in a controlled environment. The program emphasizes skill progression, hand-eye coordination, and inclusive participation, making it ideal for diverse student groups and limited space. SNAG provides a turnkey solution for integrating golf into PE curricula while promoting lifelong physical activity.

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Health Session Descriptions

Healthy Relationships and Consent (NCH) @ WLMS 8:30am-10:30am

Presented by Nationwide Children's Hospital, this professional development session empowers high school health teachers to effectively educate students on healthy relationships and consent. Participants will learn to identify the signs of healthy, unhealthy, and abusive teen relationships, with a focus on emotional, physical, and digital boundaries. The session will also address digital and social media safety, including online consent, cyberbullying, and privacy protection. Educators will explore strategies to support students through inclusive, trauma-informed practices and learn how to connect them with trusted resources.

BirdieLight @ WLMS 10:30am-11:30am

Health educators will soon take part in a compelling professional development session featuring BirdieLight, a program dedicated to substance use prevention and awareness. This session will introduce educators to BirdieLight's innovative approach to teaching students about the risks of fentanyl and counterfeit pills through engaging, age-appropriate content. Participants will explore interactive tools, real-life stories, and classroom strategies designed to foster informed decision-making and empower students with life-saving knowledge.

Lifeline of Ohio @ WLMS 12:45-2:15pm

High school health educators will participate in a powerful professional development session led by Lifeline of Ohio, focusing on organ, eye, and tissue donation education. This session will provide educators with accurate, age-appropriate resources to help students understand the science, ethics, and impact of donation. Through engaging discussions and curriculum-aligned materials, teachers will be equipped to foster informed decision-making and promote awareness of this life-saving topic in their classrooms.

Collaboration Session @ WLMS 2:15-3:15pm

In an upcoming collaborative professional development session, educators will engage in meaningful dialogue around best lesson share outs, effective Tier 1 instruction, and insights from recent district walkthroughs. This session will provide a platform for teachers to showcase successful strategies, reflect on instructional practices, and align on high-quality, equitable learning experiences for all students. Through peer collaboration and district-level feedback, participants will strengthen their understanding of instructional expectations and foster a shared commitment to continuous improvement.

Dance Session Descriptions

Source Embodiment w/ Eve Hermann @ Source Embodiment 8am-11:30am

Dance educators will soon have the opportunity to attend a transformative professional development session at Source Embodiment with Eve Hermann. This immersive experience will explore somatic movement practices, body awareness, and expressive techniques that deepen the connection between mind and movement. Guided by Hermann's expertise, participants will engage in reflective exercises and embodied exploration designed to enrich their teaching and inspire creative growth in their students.

Body Restore Sustain @ Renie Viola 12:30pm-3:30pm

Dance educators will soon participate in a rejuvenating professional development session at Renie Viola focused on the Body Restore Sustain approach. This session will guide teachers through movement practices that emphasize physical restoration, sustainable technique, and holistic well-being. Through experiential learning and reflective exploration, participants will deepen their understanding of how to support longevity in dance training—for themselves and their students—while cultivating mindful, resilient movement habits.