



COLUMBUS
CITY SCHOOLS

UNIFIED ARTS
DEPARTMENT

Building PE/Health/Dance Skills

K-12 Physical Education, Health, and Dance PD - October 17th, 2025

PDS Course #73491

Register in PDS:
Course #73491
by October 17th

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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 @ Nationwide Arena, Sec PE @ Chiller Easton, Health & Dance @ South HS)
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: Nationwide Arena,
Chiller Easton, South HS

PD Contact: Kristen Schreiber,
PE/Health Coordinator

Elem PE	Secondary PE	Health	Dance
@ Nationwide Arena 8am-11:30am Power Play Challenge	@ South HS 8am-11:30am Ice Inspired Sports, plus Juggling	@ South HS 8:15am-9:15am Nutrition Room #207 	@ South HS 8:15am-10am Curriculum Writing
		9:15am-10am  Green Flag Campaign	10:30am-11:30am Collaboration
Lunch 11:30am-12:30pm	Lunch 11:30am-12:30pm	10am-1130am EverFi Room #207 	
12:30pm-12:45 Overview Auditorium	12:30-1pm Overview/NCH Intro Auditorium	Lunch 11:30am-12:30pm	Lunch 11:30am-12:30pm
12:45-1:30 Collaboration  Learning Design Lessons	12:45-1:30pm Jumping Jammers Small Gym	12:30-1pm Overview/NCH Auditorium	@ Fort Hayes 12:30pm-3:15pm
1:30pm-2:30pm Browns Flags in Schools Big Gym	Middle School PE 1:30pm-2:30pm Browns Flags in Schools Big Gym High School PE  1:30-2:30pm Collaboration Cafeteria	1pm-2:30pm NCH Room #207 	
2:30pm-3:15pm Jumping Jammers Small Gym	Middle School PE  2:30-3:15pm Collaboration Cafeteria High School PE 2:30-3:15pm Browns Girls Flag Football	2:30-3:15pm Collaboration Cafeteria	
Canvas Support Session - Anyone Room #168  1pm-2:30pm			
3:15-3:30pm  Everyone Closing - Auditorium			

Elementary PE Session Descriptions

CBJ Power Play Challenge @ Nationwide Arena 8am-11:30am

The Columbus Blue Jackets Power Play Challenge PD session equips elementary PE teachers with engaging, hockey-themed fitness activities aligned to Ohio PE standards (1, 2, 3, and 5). It promotes motor skills, teamwork, and lifelong physical activity through fun, standards-based movement challenges.

Collaboration Session @ South HS 12:30-1:30pm

This session provides an opportunity for PE educators to share their most impactful lessons, exchange strategies, and strengthen Tier 1 instruction across classrooms. Teachers will explore ways to ensure lessons are inclusive, standards-aligned, and engaging for all students. The session also includes guidance on preparing instructional spaces for administrative walkthroughs—highlighting how to visibly demonstrate district-approved curriculum, clearly post success criteria, showcase student work, and implement effective monitoring and feedback practices.

Browns Flags in School Program @ South HS 1:30-2:30pm

This professional development session introduces PE teachers to the Cleveland Browns Flags in Schools program, a dynamic flag football initiative designed to promote physical activity, teamwork, and skill development. Teachers will explore how to implement the curriculum, access free resources and equipment, and align lessons with state standards. The program offers an engaging way to build student enthusiasm for movement while fostering inclusivity and sportsmanship in PE classes.

Jumpin Jammers @ South HS 2:30-3:15pm (Elementary PE)

This professional development session introduces PE teachers to the Jumpin Jammers jump rope curriculum, a high-energy program designed to build cardiovascular fitness, coordination, and rhythm. Educators will learn engaging routines, skill progressions, and classroom management strategies that make jump rope accessible and fun for all students. The curriculum supports standards-based instruction while promoting teamwork, perseverance, and lifelong physical activity.

Secondary PE Session Descriptions

Integration of Ice-inspired Sports @ Chiller Easton 8am-11:30pm (Secondary PE)

This engaging professional development session explores ice-inspired sports such as curling, floor hockey, skating, and broomball, offering creative ways to bring winter-themed movement into the gym. Teachers will learn how to adapt these activities for various age groups and facilities, while also discovering cross-curricular connections to STEM concepts like force, motion, friction, and teamwork.

Jumpin Jammers @ South HS 12:30-1:30pm (Secondary PE)

This professional development session introduces PE teachers to the Jumpin Jammers jump rope curriculum, a high-energy program designed to build cardiovascular fitness, coordination, and rhythm. Educators will learn engaging routines, skill progressions, and classroom management strategies that make jump rope accessible and fun for all students. The curriculum supports standards-based instruction while promoting teamwork, perseverance, and lifelong physical activity.

Browns Flags in School/Girls Flag Football Middle School PE Teachers 1:30-2:30pm High School PE Teachers 2:30-3:15pm

This session introduces PE teachers to the Cleveland Browns Flags in Schools program and the High School Girls Flag Football initiative—both designed to boost physical activity, teamwork, and student engagement. Educators will explore curriculum implementation, access free resources, and learn how to align lessons with standards while promoting inclusivity and sportsmanship.

Collaboration Session @ South HS Middle School PE Teachers 2:30-3:15pm High School PE Teachers 1:30-2:30pm

This session provides an opportunity for PE educators to share their most impactful lessons, exchange strategies, and strengthen Tier 1 instruction across classrooms. Teachers will explore ways to ensure lessons are inclusive, standards-aligned, and engaging for all students. The session also includes guidance on preparing instructional spaces for administrative walkthroughs—highlighting how to visibly demonstrate district-approved curriculum, clearly post success criteria, showcase student work, and implement effective monitoring and feedback practices.

Health Session Descriptions

Nutrition with Lifecare Alliance @ South HS Room #207 8:15am-9:15am

This professional development session equips high school health teachers with tools and strategies to teach nutrition using resources from LifeCare Alliance. Educators will explore engaging, standards-aligned curriculum that promotes healthy eating habits, food literacy, and student wellness. The session emphasizes practical applications, inclusive instruction, and real-world connections to support lifelong nutrition awareness.

Green Flag by Family Safety and Healing @ South HS Room #207 8:15am-9:15am

Join us for an engaging professional development session designed specifically for health educators. The Green Flag campaign from Family Safety and Healing will guide participants through the critical topic of healthy digital boundaries for youth. This session will explore how online behaviors impact emotional well-being, relationships, and safety—and equip teachers with tools to help students navigate the digital world with confidence and care. Learn how to foster conversations around consent, privacy, and respectful communication in virtual spaces.

EverFi @ South HS Room #207 10am-11:30am

This one-time professional development session is designed specifically for health teachers, based on feedback from the August survey. It will provide targeted support and practical solutions to address common barriers to using EverFi's digital curriculum. Teachers will explore key features, implementation tips, and strategies to integrate EverFi effectively into their classrooms. The session aims to be informative, responsive, and empowering—helping educators make the most of this free, standards-aligned resource.

Sex Ed Basics & School Health Resources @ South HS 12:30-2:30pm

This one-time professional development session is designed specifically for health teachers, based on feedback from the August survey. It will provide targeted support and practical solutions to address common barriers to using EverFi's digital curriculum. Teachers will explore key features, implementation tips, and strategies to integrate EverFi effectively into their classrooms. The session aims to be informative, responsive, and empowering—helping educators make the most of this free, standards-aligned resource.

Collaboration Session @ South HS 2:30-3:15pm

This session provides an opportunity for PE educators to share their most impactful lessons, exchange strategies, and strengthen Tier 1 instruction across classrooms. Teachers will explore ways to ensure lessons are inclusive, standards-aligned, and engaging for all students. The session also includes guidance on preparing instructional spaces for administrative walkthroughs—highlighting how to visibly demonstrate district-approved curriculum, clearly post success criteria, showcase student work, and implement effective monitoring and feedback practices.

Dance Session Descriptions

Curriculum Writing @ South HS 8:15am-11:30am

In this professional development session, dance teachers will work together to develop district-wide curriculum aligned to standards and tailored to the needs of Columbus City Schools. The focus will be on creating cohesive, inclusive, and developmentally appropriate content across grade levels, while sharing best practices in technique, creative movement, and performance. This collaborative effort empowers educators to shape meaningful learning experiences and elevate dance education across the district.

Collaboration Session @ South HS

This session provides an opportunity for PE educators to share their most impactful lessons, exchange strategies, and strengthen Tier 1 instruction across classrooms. Teachers will explore ways to ensure lessons are inclusive, standards-aligned, and engaging for all students. The session also includes guidance on preparing instructional spaces for administrative walkthroughs—highlighting how to visibly demonstrate district-approved curriculum, clearly post success criteria, showcase student work, and implement effective monitoring and feedback practices.

@ F.A.M.E.D Dance 12:30-3:15pm

This professional development session, led by F.A.M.E.D Studios, offers dance teachers a dynamic exploration of technique, current dance trends, and inclusive teaching practices. With expertise across multiple genres and pedagogical approaches, instructors will guide participants through creative movement, performance preparation, and strategies to foster confidence, collaboration, and artistic growth among students of all skill levels. The workshop is tailored to meet the diverse needs of Columbus City Schools' dance educators and learners.