

FLORIDA DEPARTMENT OF EDUCATION



CHARLIE CRIST
Commissioner

SHAN GOFF, CHIEF
BUREAU OF INSTRUCTIONAL SUPPORT
AND COMMUNITY SERVICES

MEMORANDUM# 02-79

TO: Physical Education Coordinators
Health Education Coordinators

FROM: Shan Goff

DATE: August 23, 2002

SUBJECT: Fitness, Fun, Forever Training

The Florida Departments of Education and Health are pleased to announce a training opportunity for after school program directors, classroom teachers, and physical education teachers. The workshop, sponsored by the Coordinated School Health Program, will provide training regarding the curriculum ***Fitness, Fun, Forever: Games and Fitness Activities for Anytime***. This will be an opportunity to learn and practice innovative physical activities that are fun, engaging, and developmentally appropriate. The training will focus on promoting a high level of participation and success for elementary and middle school students. The instructor for the training is Dr. Stuart Ryan, University of West Florida.

Participants will learn activities that address cardiovascular endurance, flexibility, and muscular strength. Activities meet Florida's Sunshine State Standards and reinforce classroom concepts such as teamwork and cooperation.

There are three workshops scheduled. The dates and places for these workshops are:

October 5, 2002	Tallahassee
November 2, 2002	Miami
November 23, 2002	Orlando

Please return the enclosed registration form no later than Monday, September 16, 2002. The first 50 participants to register for each site will be eligible for a \$50 stipend for attending this training.

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We hope you will find this workshop to be an exciting opportunity to supplement your school programs with engaging physical activities that support your existing efforts to develop healthful skills in youth. If you have questions, you may contact Lynda Kinard or Matthew McKibbin, Coordinated School Health Program, at (850) 488-7835 or Suncom 278-7835.

Enclosures

SG/mmb

cc: District Superintendents
After School Directors
Elementary School Principals
Middle School Principals