

Share the Wealth 2020

Fitness Running

Stephanie Dickson stephanie.dickson@kckps.org
@kckfitschools #STW20

Sam Elliott sam.elliott@polar.com
@SamElliott_HRM

Michele Throm RSM US Games Southeast
mthrom@usgames.com



OPENPhysEd.org

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US Games

BSN SPORTS™
PHYSICAL EDUCATION

ACTIVELY ENGAGE

(verb)

To participate in an activity while showing genuine interest and a desire for excellence.

The OPEN National Training Team is actively engaged in the physical education community and strives to set an example of excellence and enthusiasm.



A PUBLIC SERVICE OF



Fitness Running

Rising New York Road Runners is the flagship youth program from New York Road Runners. Its mix of fun fitness activities and running is designed to teach kids of all abilities the necessary skills to learn to love physical activity. Everything is free and application for enrollment is open to schools PreK through 12th grade across the US. New York Road Runners serves nearly 600,000 runners of all ages and abilities annually through hundreds of races, community open runs, walks, training sessions, and other running-related programming, with nearly 250,000 youth participating in free fitness programs and events nationally through Rising New York Road Runners.



Fitness Running HS

[RPS Victory Lap \(warm-up\)](#)

[Casino Royale](#)

[Renegade Outlaws](#)

[Vocab Scavenger Hunt](#)

[Walk/Talk Cooldown](#)

[Fitness Running Portfolio](#)



Building Physical Literacy

Physical literacy is the ABILITY, CONFIDENCE, and DESIRE to be physically active for life.

Ability = Basic Movement Competency

Confidence = Knowledge and Attitudes

Desire = Intrinsic Enthusiasm

From The Aspen Institute: Project Play

TOOLS FOR AN ACTIVE LIFE

If you can...

RUN



BALANCE



You can enjoy...

Playing tag
Soccer
Basketball
Lacrosse
Ultimate Frisbee
Triathlon
Tennis

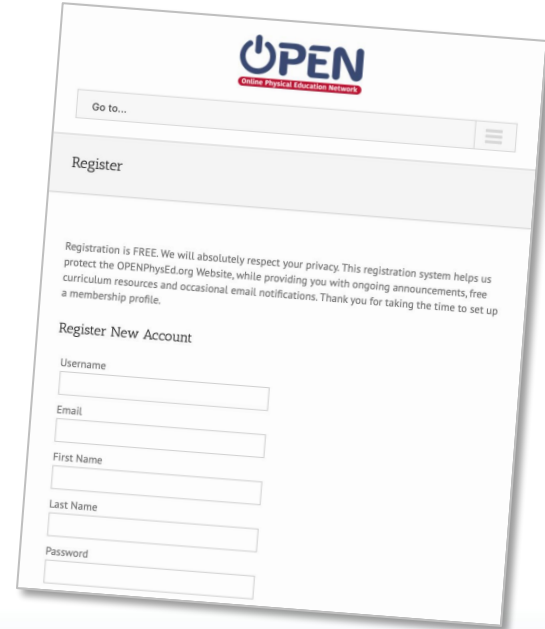


Gymnastics
Biking
Softball
Football
Snowboarding
Zumba
Yoga

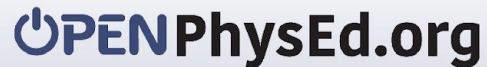


Sign Up for OPEN

- **Step 1:** Visit www.OPENPhysEd.org
- **Step 2:** Select “Register for Free”
- **Step 3:** Complete the Form
- **Step 4:** Click “Register”



The screenshot shows the registration page for OPEN PhysEd.org. At the top, the OPEN logo is displayed with the tagline "Online Physical Education Network". Below the logo is a search bar labeled "Go to...". The main heading is "Register". A paragraph of text states: "Registration is FREE. We will absolutely respect your privacy. This registration system helps us protect the OPENPhysEd.org Website, while providing you with ongoing announcements, free curriculum resources and occasional email notifications. Thank you for taking the time to set up a membership profile." Below this text is the section "Register New Account" which contains five input fields: "Username", "Email", "First Name", "Last Name", and "Password".



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