Welcome to No Standing Around in My Gym:
By J.D. Hughes

Author of No Standing Around in My Gym: Creative Lesson Plans, Games, and Teaching Tips for Elementary Physical Education (2002), PE2theMax: Maximize Skills, Participation, Teamwork and Fun (Human Kinetics Publishers, Inc., 2005), PE2theMax II: Stepping up the “Game” in Physical Education (Waymaker Printing, Inc., 2008), The Best of No Standing Around in My Gym, PE2theMax I & II DVD’s (J.D. Hughes and Silver Penguin Productions, 2009), and PE²: Double the Physical + Double the Education = Double the Fun (Waymaker Printing, Inc., 2011).

Ed.S, National Board Certified, and 2004-05 Georgia Elementary Physical Education Teacher of the Year

Keep all students in your physical education program moving, learning, and on their toes—even when you’re teaching very large classes. This ready-to-use guide is packed with 6 units, 70 games, 15 hints, and 39 special game variations for teaching even the largest of classes. If you are looking for fresh ways to teach children ages 4 to 11 basic fitness concepts, movement skills, and games that emphasize creative thinking and cooperation, then attending my No Standing Around in My Gym session is for you. It’s an incredible source of ideas and solutions to help you • increase the time students are active in class, • minimize discipline problems, • develop healthy attitudes that lead to a lifetime of activity, • save valuable lesson preparation time, and • keep students motivated and challenged. The book provides complete descriptions, nearly 200 illustrations, and proven plans to make the units and games easy to teach. It’s the ideal resource for busy teachers with little time in the day to think of new ideas or develop lesson plans from scratch. The author shares a wealth of innovative ways to motivate kids, make classes more enjoyable, create an atmosphere for learning, manage classes, and maximize parental involvement to improve outcomes. Readers also will appreciate the suggestions for communicating with parents, administrators, and the public using brochures, web sites, videos, and newsletters. With this collection of invigorating, fun and gym-tested activities, you’ll be able to motivate, engage, and intrigue students in large or small classes for years to come.
Welcome to *PE2theMax II: Stepping up the “Game” in Physical Education*

By J.D. Hughes


*Ed.S, National Board Certified, and 2004-05 Georgia Elementary Physical Education Teacher of the Year*

It is my privilege and pleasure to welcome and thank you for attending *PE2theMax II: Stepping up the “Game” in Physical Education*. My intent and desire in writing this book is to assist physical educators in “stepping up their game” by introducing games that are more relevant to today’s students.

This stimulating assortment of fun-packed, educational games and ideas not only focuses on participation and involvement for the large class, but will intrigue, engage, and motivate your students for years to come. Today’s presentations provide all inclusive, fun activities, which in turn minimize discipline problems and maximize participation.

Over my 17 year experience as a physical education specialist, I have developed, designed, or modified all of the material presented. The games and activities presented are classroom-tested and have been used successfully with children ages 4 to 14. They maximize participation and ensure that every child is provided with numerous opportunities to succeed while learning basic fitness- and sport-related skills. I have focused special emphasis on many games and activities to include experiences that teach cooperation and encourage teamwork. These values are instilled through motivating and challenging activities that will have all children coming back for more.

May you have greater success in your physical education program and most importantly, the ultimate goal of seeing students getting physically fit and having some fun in the gym. God bless.
Welcome to *PE²: Double the Physical + Double the Education = Double the Fun*

By J.D. Hughes


Ed.S, National Board Certified, and 2004-05 Georgia Elementary Physical Education Teacher of the Year

I’m excited to welcome you to *PE²: Double the Physical + Double the Education = Double the Fun*. My intent and desire in writing this book is to design and implement games and lessons that motivate our students to stop making up lame excuses, to keep their notes excusing them from class, and become anxious about getting active and involved in physical education. Although biased, I believe that physical education is arguably the most important subject in school because it can potentially have the greatest impact on our student’s physical, mental, social, and emotional well-being. Through appropriate lessons, physical educators have the opportunity to impact student’s beliefs behaviors, attitudes, and values, which can determine how they perceive themselves and interact with other students in and out of class. Yet, there are so many serious obstacles that today’s teacher must overcome to succeed in promoting a physically active lifestyle. For example, our students come to class with different backgrounds, beliefs, values, and interests, some with special needs, and many with stresses that were simply not around when I was a child.

The bottom line is this, if students are not having fun in physical education, are not being challenged, or are not given multiple opportunities to succeed, they will eventually choose NOT to participate and/or pursue lifetime fitness!

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