



Large Group Fitness Fun!

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 Moscow Middle School
 Moscow, Idaho



Moscow Middle School's Physical Education **CHAMPS!**
 Creating **H**ealthy, **A**ctive **M**inds for **P**ersonal **S**uccess!

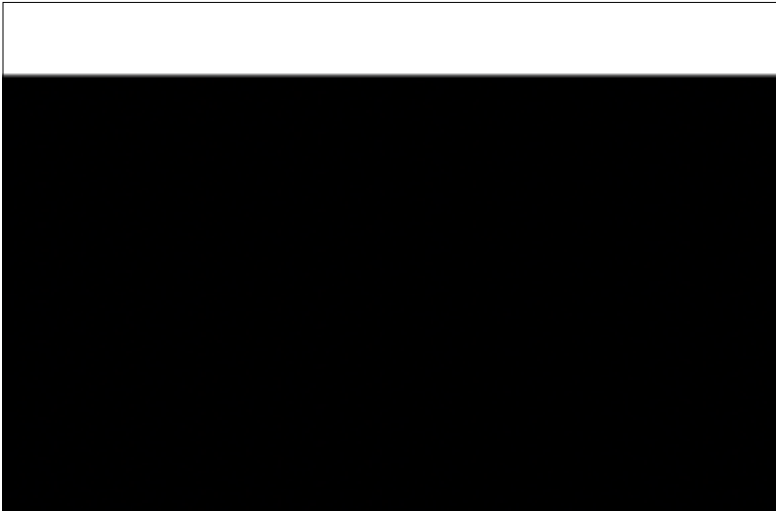
We are CHAMPS!

- True team teaching & collaboration
 - Daily Accountability: **FitStep Pro**
 - 3 teachers
 - 2 Block Days
 - Physical Activity
- Physical Activity Time Goals
 Single-week rotations with
 "Week" at end of 3 wks.
 Teachers teach 7 choice & share students.
 Assessments:
 Student Reflections
 Goals, PYFP, Journal
 Community Access Information

Who we ARE

What we DO

"FLASH": Fitness, Lifetime Activities, Sports & Health



Moscow Middle School Daily Routine



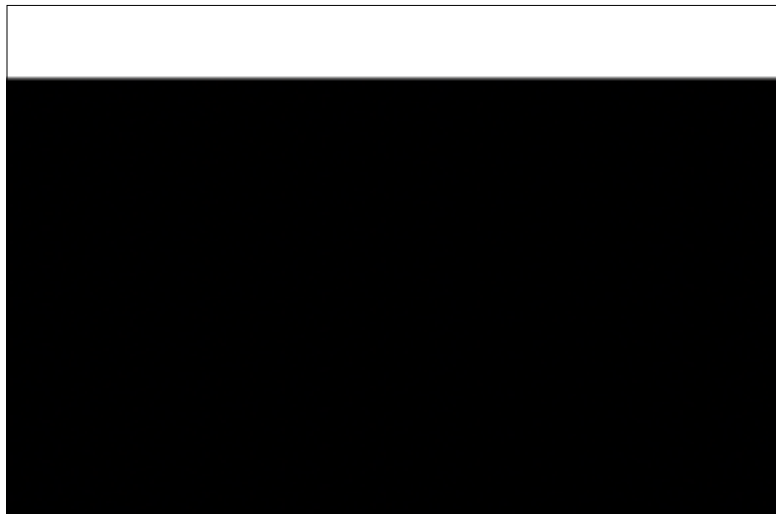
Group Fitness Fun Video

GOPHER Circuit Cards ~ Great Resource!



Gopher FitStep Pro Pedometer

- *Fast. Reliable. Affordable. EASY!*
- *Quality Assessment: Measure Effort*
- *Increase Accountability & Motivation*
- *Personalized Feedback & Reports*
- *Track Progress & Analyze Data*



Parent Night Video

Jessica Shawley

Creating Healthy Active Minds for Personal Success – We are CHAMPS!

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 <http://pechamps.weebly.com>

(for all supporting materials check website)

