



## Announcing Physical Activity Leader trainings in Minnesota!

The Society of Health and Physical Educators ([SHAPE America](#)), The MN Society of Health and Physical Educators ([MNSHAPE](#)), [Active School Minnesota](#), and the State Health Improvement Program ([SHIP](#)) are proud to partner with Let's Move Active Schools ([LMAS](#)) and provide [Physical Activity Leader \(PAL\)](#) trainings.

[PAL](#) trainings provide a professional development opportunity for school and community champions interested in supporting physical education and physical activity both within and outside the school day. Using the [Comprehensive Schools Physical Activity Program \(CSPAP\)](#) model utilized by the [Active Schools MN Moving Matters Toolkit](#). This training provides participants with:

- Personalized steps for implementation of an Active schools Day.
- Data to clearly communicate and make the case for a Comprehensive School Physical Activity Program (CSPAP).
- Leadership skills to foster support for a physical activity initiative (60-A-Day) in the local school/district.
- The ability to demonstrate the effectiveness of the five CSPAP components. The knowledge and know-how to serve as a local champion for Active Schools. The ability to plan and implement efficient lessons; coordinate and organize physical activity events; promote an Active School environment; and evaluate programmatic progress.

Trainings are free and will occur at 4 locations in the state from 9am – 3 pm. To assist with the workshop focus, schools who are attending are asked to go to the [LMAS](#) website and sign up as a LMAS school. Schools already registered on LMAS as well as participants who are community members and higher education student/faculty do not need to take this step. In addition, community members and higher education student/faculty do not need to identify a school partner on the registration form. Simply type in “Does not apply”.

This opportunity is most helpful for school staff (such as but not limited to physical educators, classroom teachers, recess supervisors, before/after school staff, administrators, nurses) and supporting community members (such as, but not limited to Local Public Health SHIP grantees and state/local organizations) interested in implementing strategies and resources helpful in increasing physical activity options both during and outside the school day.

Sites and registration links are below:

- Thursday January 14<sup>th</sup>; 9am – 3pm; Minnesota Department of Education, Conference Room 15-16; 1500 Highway 36, Roseville, MN, 55113. [Directions.](#) [Registration.](#)
- Friday, February 5<sup>th</sup>; 9am – 3pm; Minnesota Department of Education, Conference Room 15-16; 1500 Highway 36, Roseville, MN, 55113. [Directions.](#) [Registration.](#)
- Friday, Feb 26<sup>th</sup>, 9am – 3 pm Bemidji State University, Physical Education Complex; 1500 Birchmont Drive NE, Bemidji, MN 56601. [Directions.](#) [Registration.](#)
- Friday, March 11, 9 am – 3 pm; March 11; Winona State University, Wabasha Recreation Center, 175 West Mark Street; Winona, MN 55987. [Directions.](#) [Registration.](#)

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