



The Ohio Association for Health,  
Physical Education, Recreation, and Dance

## OAHPERD Professional Development

### Ohio's Trusted Leaders in Physical Education & Health Education

With the adoption of new Ohio Physical Education Standards, there has never been a more important time for high-quality, standards-aligned professional development. OAHPERD is uniquely positioned as the premier provider of PE and health professional learning in Ohio—our members were directly involved in partnering with the Ohio Department of Education & Workforce (ODEW) to revise and update these standards.

OAHPERD is proud to support Ohio schools as they transition to and implement the new Physical Education Standards—ensuring every student benefits from high-quality, standards-based instruction. When districts and ESCs work with OAHPERD, they are learning directly from the educators who helped write the standards. OAHPERD workshops provide clear explanation and practical interpretation of the standards, with relevant, classroom-based examples educators can implement immediately.

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### Why Partner with OAHPERD?

- **Standards Experts** – OAHPERD members served on and advised ODEW throughout the standards revision process
- **Practitioner-Led Training** – Sessions are designed and delivered by experienced Ohio PE and health educators
- **Relevant & Practical** – Focused on classroom-ready strategies, assessment, and implementation
- **Flexible Delivery** – In-person, virtual, or hybrid formats available
- **Customizable** – Workshops tailored to district, ESC, or building-specific needs

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### Core Professional Development Offerings

#### Physical Education

##### **Understanding the New Ohio PE Standards**

A deep dive into the structure, intent, and key shifts within the updated Ohio PE Standards. Participants will explore grade-band expectations and instructional implications.

##### **Standards-Based PE Curriculum & Instruction**

Designing lessons and units aligned to the new standards, including skill progression, inclusion, and student engagement.

##### **Assessment in Standards-Based PE**

Practical strategies for formative and summative assessment aligned to the new standards, including performance-based assessment and grading practices.

##### **Implementing the New Standards: From Paper to Practice**

A hands-on session focused on real-world implementation challenges, pacing, and alignment with district initiatives.

## Health Education

### **Standards-Based Health Education**

Aligning health instruction with Ohio's Health Education Standards, emphasizing age-appropriate, evidence-based instruction.

### **Innovative Health Education Lessons**

Engaging, student-centered lesson ideas that address current health topics and promote lifelong wellness.

### **Substance Use & Opioid Abuse Prevention**

Evidence-informed approaches to substance use prevention, aligned with Ohio standards and current student needs.

## Whole Child & Schoolwide Wellness

### **Whole School, Whole Community, Whole Child (WSCC)**

Connecting physical education, health, and wellness to student achievement and school climate.

### **Classroom Physical Activity & Activity Breaks**

Strategies to increase physical activity throughout the school day while supporting academic outcomes.

### **ESSA & Title IV: Leveraging Funding for PE and Health**

Guidance on using federal funding to support PE, health, and wellness initiatives.

### **Social & Emotional Climate & Bullying Prevention**

Supporting positive school environments through movement, connection, and inclusive practices.

## Consulting & Support Services

- Physical Education Program Evaluation
- Curriculum Review & Alignment
- District Implementation Planning for New PE Standards
- Administrative Support for PE & Health Programs

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## Pricing Structure

All workshops include an experienced OAHPERD trainer and workshop materials for up to **40 participants**. *Custom quotes available for multi-day trainings, district-wide initiatives, or ESC collaborations.*

### **In-Person Professional Development**

- Full Day (6 hours): \$1,600
- Half Day (3 hours): \$1,000
- Short Session (1.5–2 hours): \$750

### **Virtual Professional Development**

- Full Day (up to 5 hours): \$1,300
- Half Day (2–3 hours): \$850

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## Scheduling Information

- Workshops should be requested at least 4–6 weeks in advance
- The host (district, ESC, or organization) is responsible for securing and providing the workshop location/venue
- Host provides meeting space, technology, and equipment for in-person sessions
- OAHPERD professional development fees do not include facility or venue costs
- OAHPERD will work with districts and ESCs to tailor content and outcomes

**To schedule professional development or request a custom proposal:**

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