

Suffolk Zone
Elementary/Middle School
Developing Quality Physical Education

Dear Elementary/Middle School Physical Education Professionals,



HAPPY NEW YEAR! I hope you are all off to a great start despite the sweltering heat, torrential rains and voting booths in the gym! I'm really excited about the new year and our upcoming Suffolk Zone Conference. If you will be attending the conference, be sure to check out Jim Deline, the Austin, Texas Teacher of the Year. He is truly a top notch teacher and presenter. Visit our webpage to read my blog about him- ["I'm Done, I'm Done, I'm Done with Level 1"](#)

While we are on the subject of websites, be sure to check the [Suffolk Zone Elementary/Middle School video page](#) periodically throughout the year. As I introduce a new unit in my school, I will be adding new videos to the page. The videos on this page are all under 5 minutes and suitable for teachers, parents, and students.

If you use videos from Youtube in your classroom, you might want to use [Pureview](#). Simply copy the Youtube URL and paste it into the Pureview purify bar and it displays only the video without ads, pop-ups and sidebars.

Are you interested in developing your own website for your students? Take a look at [Weebly.com](#). You can develop a professional looking website for free and all you need to be able to do is drag, cut, and paste!

Some other cool ideas I picked up over the summer:- (Thanks Kevin Tiller and Jorge Rodriguez)

- Create your own stickers for students using Avery business labels. (Example- [Strength Super Power](#))
- Create video assessments using Powerpoint. (Example- [Health Related Fitness](#))
- Create gifs to help students learn motor skill cues. (Example- [Volleyball passing](#)) (How to make a gif website- <http://makeagif.com/>)
- Use Google Classroom to enhance and interact with your students outside of the gym.

Finally, I hope you will check out [SHAPE America's September 29th Webinar, PE Plus!- Ways to Make a Difference Beyond the Gymnasium](#). Margaret Robelee and I will be discussing ways to move and educate students outside of class.

That's all for now! I hope you find this information useful. Keep up the good work and never stop trying to develop your Quality Physical Education program. I'll be in touch. Please feel free to contact me via email, suffolkzone@gmail.com or @lynnhefele on Twitter.

Have a great school year!

Lynn Hefe

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