**Joe McCarthy, M.Ed.** 

Purposeful Physical Education

MNSHAPE Elementary Physical Education Teacher of the Year

Meadowview Elementary School (Farmington, MN)

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**#Physed Favorites**

Each activity in this collection focuses on one standard and one strand of outcomes, typically fitness knowledge with an emphasis on physical literacy. The activity plan has been simplified to keep instruction concise yet effective, planting seeds of awareness that will grow throughout the entire school year.

In this session, you will learn how to play my students favorite activities!

**My student’s favorite activities you will play and learn from!**

1. Tremendous 2 – Developing overhand throwing/receiving, strategy & fitness
2. Table Ball – Developing movement concepts, knowledge and team work
3. Skee Ball – Developing underhand accuracy, endurance & enjoyment
4. Catch 3 – Developing motor skills, tactics & positive behavior

Thank you for attending my session!

Joe McCarthy

MNSHAPE Board Member

SHAPE America Central District Leadership Council