

Continuing Professional Education Certificate of Attendance

Reach Touchdown from "A to Z" SHAPE America and Dairy MAX Webinar

Participant Name and Date



Signature of Program Chair

Ellen Abbadessa, M.Ed. SHAPE America Trainer



Reach Touchdown from "A to Z" Essential Training Objectives

Provide program advisors with standards-based healthy eating and physical activity learning experiences promoting physical literacy and health literacy

Provide program advisors with a vision and strategies for creating a year long Fuel Up to Play 60 program.

Provide program advisors with essential nutrition education and physical education questions to enhance cognitive understanding of the concepts taught through Fuel Up to Play 60 Nutrition and Physical Activity Plays and MyPlate.

Time:

60 Minute Recorded Webinar

Learning Activities:

Trainer will break down the nutrition focused and physical activity lessons. Teachers will be provided copies of the curriculum and handouts upon completion of the webinar. Trainer will use real life examples to demonstrate the activities throughout the lessons.

Activities to be demonstrated during curriculum portion:

- Kick Off Activity- "Cupid Shuffle...NFL Flag Style"
- Letter A- Aerobic Fitness w/NFL Flag (Lesson 1 Elem NFL Flag Curriculum)
- Letter B- Balance the Food and the Fun - Breakfast for everyone
- Letter D- Dairy does the Body Good
- Letter E- Exercise and Eat Wise
- Letter N- Nutrition Plays
- Letter P- Physical Activity Plays and Protein
- Letter S- Safety First - Be Sun Wise and Strive for 35
- Letter T- Teamwork to Reach Touchdown status
- Letter W- Win with Wellness and Water

Curriculum Resources Include:

SHAPE America PE & Health Standards, MyPlate Flag Football Way, MyPlate Breakfast Activity, NFL Flag & Fuel Up to Play 60 "A-Z Word Wall" Activity, 8 Dairy Tips to incorporate into Fuel Up to Play 60, NFL Flag Football Rules, Milk Safety, School Breakfast Tips, Sun Safety Tips, MyPlate handouts, Nutrition Education handouts and Aerobic Activity exercises.



Ellen Abbadessa, M.Ed.
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Experienced public education teacher/leader/mentor with over 35 years of experience. Master's Degree in Curriculum & Instruction in Secondary Education. Committed community leader. Hard working and collaborative. Innovative curriculum and content developer. Content Expert in health, wellness, and fitness development and a teacher leader of the national Physical Best and Fitnessgram programs. High expectations for all. Advocate for quality and comprehensive standards-based health and physical education programs for all students, with high regard for student success and continuous academic achievement above all else. Collaborating with teachers to help all students' value health, wellness, and personal responsibility is my passion.

Education

1991, Master of Education Degree, K-12 Curriculum and Instruction, Exercise Science/Physical Education, Arizona State University, Tempe, AZ

1981, Bachelor of Arts Degree, K-12 Physical Education, Arizona State University, Tempe, AZ, graduated Magna Cum Laude, Track & Field/Academic Scholarship, Outstanding Senior Award- Physical Education Department, Phi Kappa Phi Honor Society

1979, Associate of Arts Degree, Mesa Community College, Mesa, Arizona, Graduated Summa Cum Laude, Track & Field Scholarship, National Track & Field Individual Champion, National Track & Field Team Champions, Track & Field Team, Co-Captain

Professional Teaching/Consultant Experience

Kyrene School District, Tempe, AZ, 1981-2011

Elementary Physical Education Teacher, Physical Education Staff Development Coordinator, Carol M. White Physical Education for Progress (PEP) Grant Writer and Staff Development Administrator

SHAPE America Health-Related Fitness Education Consultant, 1989-Present

Presidential Youth Fitness Program (PYFP), Physical Best, Fitnessgram and Fitness for Life Trainer

Independent Contractor- NFL Foundation, NFL Flag In-School Essentials Lead Trainer, Grades 3-8, 2014-Present