



SPEA ON THE MOVE

ISSUE 2 | OCTOBER | VOLUME 1



TIME FOR CHANGE?

It's a new school year and while some routines and procedures can be used year after year, check out this list of new and improved ideas to ensure your students are moving as soon as possible!

- [Take it outside the gym walls!](#)
- [Circle Sitting to start each lesson? Try these warm up games instead.](#)
- [Ready-to-print daily workouts posted for students to do before entire class is changed out](#)
- [FITT principle poster](#)
- [FITT principle recording sheet](#)
- [Foam Rollers – perfect pre-class injury prevention](#)
- [Sending skills - partner practice volleyball](#)
- [Try GooseChase – a easy-to-use scavenger hunt app with real time student tracker](#)

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ISSN 1925 3222