

What we offer:

Be Fit 2 Learn is a consulting group that will help you find ways to implement 60 minutes of activity each day by looking at and evaluating your physical education and classroom curriculum alongside your school wellness policy.

“Be Trained!” is a 2 day workshop designed for participants to learn classroom design that can improve academic achievement, (A) teach behavior (B) and create connections (C). Staff will learn how to develop curriculum with the end in mind, that integrate critical movement and engagement opportunities to increase student learning outcomes. Participants will receive the tool kit needed to implement all activities provided to challenge their students’ minds and bodies. These activities are aligned with content standards. The activities are designed to help students learn and practice what the students should know and be able to do and are developmentally appropriate to allow for individual differentiated learning styles. All handouts and a tool kit will be provided! The cost will include \$75.00 for 1 semester credit through North Dakota State University for the cost of the tool kit (\$150.00) which you will use during the workshop and be able to take with you to help you implement the activities learned during the workshop.

Check out our Voice Thread at:
<https://voicethread.com/share/3371301/>

Our Goal:

The goal of Be Fit 2 Learn is to enable all K-12 staff and students to understand the academic and health benefits of 60 minutes of activity a day. Staff will learn how to develop curriculum with the end in mind, that integrate critical movement and engagement opportunities to increase student learning outcomes. Through the physical education programs and in the classrooms, students will be taught the skills and knowledge to remain physically active for a lifetime in order to enhance personal lifestyles and life achievements. Staff and students will become competent in movement forms to improve cognitive skills and nurture their ability to participate in and value physical activity as an essential component of a personal healthy lifestyle in the classroom and out.

Personal Contacts:



Dr Ann Goldade, Ed. D.
annfayedd@gmail.com



Lois Mauch, M.S. Ed.
mauch.lois@gmail.com



Holly Inniger, M.S. Ed.
applejobsfan@gmail.com



Our Mission:

Be Fit 2 Learn seeks to improve academic achievement through physical activity for all children through instruction on curriculum design, teaching behavior and creating connections.

“Physical activity is cognitive candy!”
-Medina, 2008

Email us at:
BeFit2Learn@gmail.com



© Promoting Brain and Body Fitness

Our Educators:

Lois M. Mauch, M.S., Ed.

Lois has her Master's Degree from Virginia Tech under the direction of Dr. George Graham in Health and Physical Education. She has published 2 books, and several articles in the National Journal for Sport and Physical Education, and Strategies. Lois is our National Association for Sport and Physical Education Teacher of the Year both at the State Levels for Elementary in 1990 and as the Middle School Teacher of the Year at the State and Central District Levels in 1998. Lois was the project coordinator for two North Dakota Foundation Grants that focused on obesity. Lois has been instrumental in the development and application of standards, benchmarks, assessments and standard based report cards for her district. She has implemented technology across the country. Lois has presented at National Conventions and several District and State conventions. Lois served as the PEP Project Director from 2005-2010 for Fargo Public Schools. Lois has been honored with the Christa McAuliffe Fellowship Award. Lois is a member of the National Association for Health Physical Education and Dance, (AAHPERD) since 1988 and serves on the National Task Force for written assessments.

Dr. Ann F. Goldade, Ed. D.

Ann is currently in her 5th year as Assistant Professor at Minnesota State University Moorhead (MSUM). She has her Master's Degree in Special Education from MSUM and currently is in pursuit of her Ed. D. in Educational Administration from the University of South Dakota. She holds licensure in Emotional/Behavior Disorders (E/BD), Specific Learning Disabilities, (SLD), and Physical/Health Disabilities (P/HD). Her experiences encompass 11 years of working with a of students with exceptionalities and diverse needs in public school settings and communities. She has experience in working with assessment, curriculum and instruction, due process, assistive technology and instructional technology as the Assessment and Intervention Specialist and Assistive Technology Trainer and Specialist for Lake Agassiz Special Education Cooperative for 8 years. She was selected by the state of Minnesota to be a Teacher Mentor in the field of special education for the eastern and central regions of Minnesota. She helped with a \$10,000.00 grant to spearhead an effort to change a local program model at the secondary level to intervene with learned helplessness. Presently she is in her 3rd year of coordinating the special education programs at MSUM and in her 4th year as a consultant for implementation of the Response to Intervention model for Minnesota, North Dakota and South Dakota. The focus of her dissertation research is measuring academic outcomes as a result of brain based instructional practices as outlined by Medina (2008) and Ratey (2008).

Holly Inniger, M.S. Ed

Holly earned her Master's Degree in Curriculum and Instruction with an emphasis in Technology from the University of St. Thomas in St. Paul, MN. She integrated technology resources in her classroom practices. She applied strategies to the applications of the Smart board, iPad and iPod touch. Holly uses several web applications to engage students which include Accelerated Reading, Accelerated Math, Study Island to help enhance curriculum and student learning. Holly has been incorporating technology to promote academic achievement and now heads I-Pad integration at her school. She has implemented GeoMotion mats, Polar activity watches, and Be Fit 2 Learn brain break activities which all encourage 60 minutes of activity required per day for elementary aged students. Holly is a native of Barnesville, Minnesota, Holly attended Concordia College in Moorhead and has taught in Barnesville, MN for the past 11 years.

Be Trained!

Be Fit 2 Learn offers a 1 credit workshop through NDSU for our consulting fee plus the cost of our tool kit! Everything you will need to have to implement 60 minutes of PA in your school day!

Check this link for more information!

www.befit2learn.com