Hi! I am John Jones. I teach PE, Health, and Driver Ed just a few miles outside of Washington, D.C. at Bryant Alternative HS in Virginia's Fairfax County Public School System. I also work as an adjunct at Northern Virginia Community College, serve as the VP-elect for the General Division of VAHPERD, and serve on the final evaluation committee for the ING Run for Something Better Grant program. I coached high school track and football for nearly two decades. My wife, Stephanie, an elementary PE teacher, and I are the proud parents of two college-age daughters and are registered foster parents.

I hope to collaborate with you and meet in-person at a convention. You can check out my favorite PE and teaching web resources at http://sqworl.com. You do not need to log in, just search John Jones.

Let's stay in touch: <a href="mailto:jiJones@fcps.edu">jiJones@fcps.edu</a> @JohnJonesPE 571 205 9191 cell

## Convention references:

FLORIDA Butch Valdez Tecca Kilmer

KENTUCKY Dr. Jenny Dearden Sandra Sims

NEW YORK Jessica Synenki Rod Mergardt

NORTH CAROLINA Anne Wiggin Dr. Carol Smith

SOUTH CAROLINA Bonnie-Jean Bucket Debbie Holcombe Jane Abbott

VIRGINIA Henry Castelvecchi Judy Johnson

## Here are the four programs I present most often at conventions:

Quick Games for Fun & Fitness - Twenty action packed games from ice breakers to brief time fillers to complete lessons. Promote CRE, critical thinking, motor learning and teamwork. Play inside or outdoors with minimal equipment. These games are easy to monitor, modified for the inclusion of special populations and work for all ages from pre-school to adults. People love these games!

Speed Development, Track & Field - Come see and participate in drills and activities that emphasize progressions and modifications that help girls and women excel in sprinting, hurdling, high jumping and pole vaulting. These drills and activities are based on twenty years of teaching/coaching experience and span all eight domains referenced in NASPE's National Standards for Sport Coaches.

Free Technology to Enhance Teaching - This hands-on learning session provides teachers with tools to include literacy and technology in PE class without losing activity time, ways to include cell phone technology in the classroom and ways to connect with other professionals across the world.

Advice for New Teachers - This session addresses the Who, What, When, Where, Why and How of the job search, the first day on the job, preparing while you are still in college, and steps for a successful start to one's career.