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## FOR IMMEDIATE RELEASE

### PE4LIFE OFFERS SCHOLARSHIPS FOR TRAINING

(Rogers, AR) PE4life, a national non-profit organization based out of Kansas City, Missouri with a regional office in Rogers, Arkansas is offering scholarships through the **Blue & You Foundation for a Healthier Arkansas** making it possible for school districts to attend a PE4life Academy Training during the 2009 school year.

PE4life is an advocate for physical education and physical activity for all. PE4life believes that physical education teachers have the opportunity to affect the quality of their students' lives, giving them skills to be healthy and active for a lifetime.

#### The PE4life approach to physical education:

- Be directed to all students, not just the athletically inclined
- Offer a variety of fitness, sport, leisure and adventure activities
- Provide a safe and encouraging learning environment
- Utilize individual assessments
- Incorporate current technology
- Extend beyond the walls of the gymnasium
- Ideally, be offered to every child every day

Students in PE4life programs are inspired by the opportunity to set personalized goals and be graded on effort not athletic ability. PE4life programs incorporate technological tools so students can develop personal responsibility through self assessment. With these tools, students are able to set goals appropriate to their individual fitness levels and check their progress as they move forward. Gone are the days of grades based solely on a stopwatch. Today's "New PE" places more emphasis on assessing a student's progress toward cardiovascular fitness and muscular endurance goals.

This PE4life training opportunity will include two-day training for school/district teams. The training will consist of the following: How to implement PE4life core principles; the modeling of best practices; "Real time" observation (kids in action); and a 7-step action planning process. The ideal team should consist of a school administrator, school board member, community leaders, PE teachers, school nurses and other stakeholders (up to 10 people). The training will take place in Northwest Arkansas, one of 6 academy training centers in the United States, and is valued at \$4,000. The scholarship will cover the cost of training, materials and up to \$1,000 in travel reimbursement for the team. The cutoff date to return your scholarship application is **August 15**.

To receive a scholarship application, contact Sherry Lloyd at 479-621-8878 or [slloyd@pe4life.org](mailto:slloyd@pe4life.org). To learn more about PE4life and its approach, go to [www.pe4life.org](http://www.pe4life.org).