

North Carolina Alliance for
Athletics, Health, Physical Education, Recreation,
Dance, and Sport Management



Region 3 – North Central Physical Education Workshop

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National, Southern District and NC HS PE TOY 2013

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OPENphysed.org



Resources and Handouts:
Free k-12 Curriculum Register at: OPENPHYSED.org

[Power Point](#)

www.teachphysed.weebly.com

www.darebee.com (Free Workouts)

Toss 3 (Instant Activity)

Upside Down (Plug & Play High School Module)

Hoop It Up (Limited Equipment)

Ghosts In The Graveyard (Ultimate Discs Middle School module)

Bean Bag Blockers (Limited Equipment)

Roundnet MS & HS Modules