



Tour de Fitness workshop for physical education and health teachers of St. Bernard parish. Jan. 20th. 8:00 am all elementary physical education teachers will meet at Gauthier Elementary School gym located at 1200 East LA Hwy 46, St. Bernard, LA 70085. All middle and high school physical education teachers will meet at the CHS gym located at 1100 East Judge Perez Dr., Chalmette, LA 70043 at 8:00 a.m. as well.

The workshop will conclude at 11:30. Clinicians are Nationally Board Certified teachers: JiJi Jonas, Adele Davis, Christina Courtney, and Carrie Chandler. JiJi Jonas and Carrie Chandler have been awarded Louisiana Outstanding Elementary teachers of the year. Content focus will center around increasing the amount of fitness and physical activity during a typical physical education class. Time will also be spent on appropriate assessment strategies in physical education.

