

MEMORANDUM

TO: District Superintendents
District Instructional Leaders
Principals

FROM: Kristi D. Austin, PhD
Director, Office of Assessment and Standards

DATE: January 21, 2026

RE: Spring Regional Professional Learning Opportunities for Health & Physical Education

The Office of Assessment and Standards is excited to announce locations and dates for the Spring 2026 Physical Education (PE) Regional Professional Learning Opportunities. This free, in-person professional learning opportunity will provide a brief overview of the meaningful PE principles – Fun, Challenge & Competition, Social Interaction, Motor Competence, Personally Connected Experiences, and Delight – and how these principles support the 2021 College- and Career-Ready Physical Education Standards and lesson planning within various instructional models.

Instructional models to be explored will include, but are not limited to:

- Direct Instruction
- Cooperative Learning
- Sport Education
- Peer Teaching

These sessions offer educators from across the state the chance to collaborate, apply meaningful PE principles, and design assessments that support data-driven instructional decisions that measure student learning. Additionally, participants will receive a 30-minute presentation on South Carolina's K–12 health education requirements.

Participants who meet all expectations will earn 6 South Carolina Department of Education (SCDE) Renewal Activity Hours and receive a certificate of completion.

January 21, 2026

Meeting Dates & Locations

- February 13 – T.L. Hanna High School – Anderson
- February 17 – Horry County Schools Rivertown Complex – Conway
- March 13 – SCDE Headquarters – West Columbia
- March 16 – Sangaree Middle School – Ladson

Time

Check-in begins at 8:00 a.m. Sessions start promptly at 8:30 a.m. and conclude at 3:30 p.m. Each location will feature the same presentation.

Expectations and Registration Information

- **Expectations:** Participants are expected to attend and actively engage for the duration of the session and plan to share learning and materials with their home districts.
- **Audience:** Physical Education District Leaders, Physical Education Teachers
- **Registration:** Space is limited. Register online using the linked [registration form](#). Registration closes one week prior to your selected session.

For more information about this free professional learning opportunity, please contact Ben Miedema at bjmiedema@ed.sc.gov.