



## Justification Toolkit

Each year, thousands of health and physical educators come together at the [SHAPE America National Convention & Expo](#) — the “can’t miss” professional development experience for HPE professionals.

In 2026, we hope you'll join us in Kansas City, MO, March 17-21, for your opportunity to:

- Learn from experienced teachers and other industry experts;
- Discover valuable new programs and resources for your HPE program;
- Build new relationships and grow your professional network.

If you need approval from your principal/supervisor to attend, follow these three steps:

1. Review the **Tips for Speaking With Your Principal/Supervisor**.
2. Develop talking points using the **Needs & Benefits Table** so you can explain how attending the national convention will help you meet the needs of your school/district.
3. Customize and send the **Justification Letter** to your supervisor to set up a face-to-face meeting.

### Tips for Speaking With Your Principal/Supervisor

1. Request an appointment to speak with your school principal/supervisor.
2. Use the Needs/Benefits Table in this toolkit to match the benefits of attending to specific needs within your school/district. Once the preliminary convention program is available online, select sessions you plan to attend and share how they align with your specific goals and responsibilities.
3. Use your most recent evaluation to address areas you could improve upon by attending the national convention.
4. Review our [list of funding ideas](#) and select options to discuss with your principal.
5. Offer to hold a training session after the convention so you can share new tactics and best practices with colleagues who did not attend.

## Needs & Benefits Table

The SHAPE America National Convention & Expo offers unparalleled professional development for health and physical education teachers. Educators return to their schools with the knowledge and tools to implement evidence-based instruction that improves academic achievement, school culture and, most importantly, students' health and well-being.

School District's Needs	Convention Attendee Benefits
Ensure all students are given the best opportunity to meet local, state, and national standards for health and physical education (HPE)	<ul style="list-style-type: none"> <li>→ Learn about and engage with the <b>SHAPE America National Physical Education Standards</b> and <b>National Health Education Standards</b>, which were released in March 2024</li> <li>→ Gain insight on how to <b>apply and implement new concepts and strategies</b> within health and physical education related to the new national standards</li> <li>→ Discover dynamic ideas to create and deliver a <b>standards-based physical education curriculum</b> and <b>standards-based and skills-based health education curriculum</b></li> <li>→ Learn <b>best practices for creating an inclusive environment</b> in health and physical education class</li> <li>→ Explore the latest <b>assessment strategies for measuring how students are progressing</b> toward achieving HPE standards</li> </ul>
Create active learning environments that can positively affect a broad range of student social, health, behavioral, and academic needs	<ul style="list-style-type: none"> <li>→ Get the <b>latest research on the effects and benefits of personal and social skills</b> from our academic standards and how they benefit the development of your students</li> <li>→ Learn how to <b>create positive learning environments</b> that have a student-centered approach and enhance teacher-student relationships</li> <li>→ <b>Identify new instructional practices and strategies</b> to amplify student engagement and learning comprehension</li> </ul>
Help students become better learners	<ul style="list-style-type: none"> <li>→ Learn strategies to <b>increase students' physical activity levels in PE class, as well as before, during, and after school</b>. This can lead to student success, such as: <ul style="list-style-type: none"> <li>→ <b>Increases in academic achievement</b> and test scores</li> <li>→ <b>Positive associations with attention</b>, concentration, and on-task behavior</li> <li>→ <b>Improved classroom behavior</b> and reduced disciplinary issues</li> </ul> </li> <li>→ Learn strategies to <b>increase student moderate to vigorous physical activity levels</b> within your lesson plan structure. Research shows this can enhance; <ul style="list-style-type: none"> <li>→ <b>Student academic achievement</b> and test scores</li> <li>→ <b>Positive associations with attention</b>, concentration, and on-task behavior</li> <li>→ <b>Improved classroom behavior</b> and reduced disciplinary issues</li> </ul> </li> <li>→ Acquire new strategies to strengthen a <b>holistic instructional approach</b> from the academic standards <b>across all learning domains</b>; cognitive, physical, social, affective</li> </ul>

School District's Needs	Convention Attendee Benefits
Understand how to become an advocacy leader in your community to gain support for HPE programs	<ul style="list-style-type: none"> <li>→ Learn how to develop and implement programs that <b>grow and support HPE programs</b> in your school district</li> <li>→ Identify <b>new communication tactics and key messages</b> to share with various education and community stakeholders to garner support for HPE</li> <li>→ Discover <b>strategies for coalition building</b> and creating successful partnerships in support of HPE</li> </ul>
Develop expertise in differentiated instruction to meet the learning needs of all students	<ul style="list-style-type: none"> <li>→ Gain strategies to effectively address the <b>learning needs of all students</b> by upgrading knowledge on modifications and adaptations for students with varying abilities</li> <li>→ Acquire a sharper focus on combining the <b>essential skills and concepts</b> from other content areas</li> <li>→ Learn new ways to <b>assess, reflect and adjust content</b> and the learning process to meet students' needs</li> <li>→ Uncover more ways to <b>foster equity and inclusion</b> within your classroom and school community</li> <li>→ Learn <b>best practices for responding to individual student differences</b> that can lead to a more inclusive learning environment (such as learning style, prior knowledge, interests, and level of engagement)</li> </ul>
Better understand the whole-child approach to education to ensure students are healthy and successful academically	<ul style="list-style-type: none"> <li>→ Implement an <b>inclusive, whole-child approach</b> at your school to ensure students are healthy, supported, and ready to learn</li> <li>→ Learn strategies for implementing the <b>Whole School, Whole Community, Whole Child (WSCC) model</b>, including:               <ul style="list-style-type: none"> <li>→ Using a <b>skills-based approach to deliver health education</b> and promote healthy literacy in schools</li> <li>→ Developing a <b>comprehensive school physical activity program</b>, which includes a well-designed PE program and opportunities for physical activity before, during and after school</li> </ul> </li> </ul>
Explore the latest technologies to improve student engagement and find ways to capitalize on existing school technologies	<ul style="list-style-type: none"> <li>→ Try the <b>latest products, services and technology tools</b> geared toward HPE and physical activity in schools and learn to:               <ul style="list-style-type: none"> <li>→ Maximize student engagement using <b>modified equipment for students with disabilities</b></li> <li>→ Create a <b>personalized, tech-assisted learning environment</b></li> <li>→ Collect <b>meaningful formative data</b> to reflect on instruction and engage in an effective assessment and learning cycle for students</li> <li>→ Manage student data related to <b>standards-based curriculum objectives</b></li> </ul> </li> </ul>



## Justification Letter

<Date>

Dear <Name of Principal or Supervisor>,

I am eager to tell you about an upcoming national professional development opportunity that can improve my teaching skills and lead to better learning for all students.

On March 17-21, 2026, SHAPE America – Society of Health and Physical Educators will be hosting its National Convention & Expo in Kansas City, MO. As an attendee, I can learn best practices for health and physical education, get hands-on experience, and gain valuable insights from experienced teachers – including SHAPE America’s Teachers of the Year.

Research and other evidence continue to show the many benefits of health and physical education for students, and attending this national convention will give me invaluable information, tools and resources which I can use in my teaching to:

- Ensure all students meet local, state and national standards for health and physical education;
- Increase physical activity levels and improve learning outcomes for all students, regardless of ability or background;
- Incorporate technology to enhance student engagement and learning.

The scheduled sessions are research- and evidence-based, and the presenters share best practices for instruction based on the new SHAPE America National Physical Education Standards and National Health Education Standards.

I would appreciate the time to discuss this professional development opportunity and how you can support my attendance.

Sincerely,

<Full Name>

<Title>