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# Pedometer PD

— National Conference 2021 —

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## What is a Pedometer PD?

- This is a style of professional development that incorporates movement (the pedometer portion) and choice for yourself and staff.
- Prior to the PD, staff are given options of podcasts that focus on chosen areas of content.
- Staff spend the assigned time walking/jogging and listening to their podcast
- A specified time is set for people to meet in groups (either by same podcast or specifically grouped) to share takeaways, etc.

# Suggestions

- Try to keep podcast choices 30 minutes or less to encourage participation.
- Create some guided questions for groups to answer after they've met.

# Our Podcast Choices Today:

- YLCC:
  - [The Preschool Podcast: Social Emotional Development is Changing Children's Futures](#)
- Coaches:
  - [2 School Counselors: Reaching the 80% in Between](#)
- Teachers:
  - [Teaching Matters: Educational Trauma](#)
- Admin:
  - [Better Leaders Better Schools: Addressing Racism in Schools](#)

# Our Grouping Today

Due to time, we will listen to roughly 15 minutes of our podcast and come back together with individuals who listened to the same podcast.

Breakout Room 1: YLCC

Breakout Room 2: Coaches

Breakout Room 3: Teachers

Breakout Room 4: Admin

# Guided Questions

- What was your biggest “aha moment” or take away from the podcast?
- How will this episode guide/change your practices in your life/career?
- Do you foresee using this format for future PD in your building?

# Other Education-focused Resources

- [Learning for Justice Podcasts](#)
  - Teaching Hard History
  - Queer America
  - Mind Online (digital citizenship)



# Thank you!

Please reach out to me if you have any questions.

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