Enhancing Classroom Curriculum

With Movement Activities Workshop, July 14-15, 2013

Virginia Health & Physical Activity Institute

James Madison University

Sunday, 7/14/13

10:00 – 10:50 AM                      BLAST OFF!                  Overview of the schedule and Introductions of Workshop Planners, known as the Brain Connectors:

Mark Pankau, M.S. Ed., Workshop Director, Guilford Elementary School, Loudoun County Public Schools, 2011 LCPS Specialist of the Year, Shenandoah University, and a Certified Master Trainer with Action Based Learning, June 2013.


Nancy Markos, M.S. Ed., HFLPE Facilitator, Albemarle County Public Schools, 2002 National Elementary Teacher of the Year, 2011 Albemarle County Golden Apple Teacher Award.

Maria McKeown, B.S., Elementary Physical Educator, Faith Christian School, Roanoke, Virginia.

Susan Miller, M.A., CAGS, Physical Educator, Radford University (retired).

Susan Nye, Ph. D., Kinesiology, James Madison University, 2013 VAHPERD University Teacher of the Year.

B.J. Pankau, M.S. Ed., Adapted Physical Educator, Albemarle County Public Schools.

Tom Shenk, B.S. Ed., Elementary and Early Childhood Education. Elementary Physical Educator, Portsmouth Public Schools. 2011 Portsmouth Public Schools Teacher of the Year, 2012 Virginia Region II Teacher of the Year.

Scott Williams, M.S. Ed., Meriwether Lewis Elementary School, Albemarle County Public Schools, 2011 Albemarle County Golden Apple Teaching Award.
11:00 – 11:50 AM  Could PE Teachers Hold the Key to Reversing the Explosion of ADHD, Dyslexia, & Autism? Research Says, “Yes!” Are we teaching a generation of underdeveloped brains? The explosion in ADHD, dyslexia, autism, & other neurological disorders suggests so. But, there’s hope! Research shows we can reverse this trend, and PE teachers will be key to making it happen. Come be part of the solution!

Tom Shenk,  Elementary Physical Educator, Portsmouth Public Schools.

LUNCH BREAK  12:00 – 1:25 PM

1:30 – 2:00 PM  Right Side, Left Side, Where do I belong?

Kinesthetic activities will be introduced to enhance student learning in the classroom/gym. With the knowledge of ear, hand, and foot dominance, your students will be empowered to understand their learning profiles (Hannaford, 1997). The activities presented may be used upon your immediate return to the classroom.

Nancy J. Markos,  Albemarle County Facilitator of Health, Family life, and Physical Education.


3:00 – 3:50 PM  Brain Basics: What Physical Education Teachers Have Known for Years and How They Can Spread the Word!

Dr. John Almarode, Ph. D., Dept. of Early, Elementary and Reading Education, James Madison University.

4:00 – 4:50 PM  Something Old, Something New, Something Borrowed…

And It Works!

Over the last 10-15 years, the emphasis on how we learn or how our brain works has increased exponentially. This workshop session is designed to provide your students with activities that will stimulate their brains to learn. Many of the activities have been used for years and are still used today. This will be an active session with handouts provided. Be prepared to wiggle, giggle, spin, balance and learn!

Susan Miller, M.A., CAGS, Physical Educator, Radford University (retired)
Monday, 7/15/13

8:00 – 8:30 AM  **Motor Lab- A Sensory Motor Foundation for Academic Success.**  
Our ability to see, touch, feel, hear, move and control ourselves in relationship to the environment is the foundation of academic learning. If a child hasn't developed a strong foundation of fundamental skills, they will struggle academically. This session will introduce you to a Motor Lab as a complement to your physical education program, as well as show you methods to encourage classroom teachers to integrate physical activity in the classroom.  
*Maria McKeown, Faith Christian School, Roanoke, Virginia*

8:30 – 8:50 AM  **The Head Bone IS Connected!**  
This session will focus on a variety of brain based learning practices that can be incorporated in your school, including whole grade level Pre-SOL Brain Warm Up’s on the test day morning, and methods of presenting to your Administrators and Teachers.  
*Mark Pankau,  M.S. Ed.,  Guilford Elementary School, Loudoun County Public Schools.*

9:00 – 9:50 AM  **Brain-Based Movers: Having a BLAST while Moving in Class!**  
Come join in the action as we engage in some high energy, brain-challenging activities that will leave you wanting more! Attendees will not only receive a great workout while rockin' to great music, but they will leave this session with activities that will appeal to a wide range of classroom teachers. Classroom dances, technology-based activities, solo, partner, and entire class challenges provide a wide range of meaningful movement. There is something for everyone in this session and no need to take notes because they are provided for you!  
*Scott Williams, M.S. Ed. Albemarle County Public Schools*

10:00 – 10:45 AM  **Using Physical Activity to Create Productive Academic Lessons.**  
Physical activity intermixed with academic lessons has been shown to positively impact a student’s memory, concentration, and attention whereby allowing for more productive academic learning. This presentation will discuss how short bouts of physical activity can enhance a student's positive behavior. The activities presented require minimal space, time, or equipment and can be performed in a classroom setting.  
*Susan Nye, Ph. D., James Madison University*