Sunday, July 12, 2015

9-noon, 1-5 & 6-9, Comprehensive School Physical Activity Program (CSPAP) in Action & 5 for Life Curriculum Training

Kate Allie, Virginia Department of Health, Pam Powers, Let’s Move Active Schools, & Ron Malm, Focused Fitness

This is an interactive session in which participants will explore the key components of a Comprehensive School Physical Activity Program (CSPAP), and generate ideas about operationalizing each of the components. Participants will be provided with resources necessary for planning and implementing CSPAP, and will learn how to use the Let’s Move! Active Schools Roadmap to develop an Active School environment. What occurs in the Five for Life® Activity Training? Activities and lessons presented during this training can be seamlessly integrated with academics, fitness and motor skills. While participating in activities, the participants will experience best teaching practices in physical, health, and nutrition education. The training day sessions will range from learning strategies, to implementing content to best practices of fitness measurements and goal setting.

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10 am - 12 pm, 1-5 pm, and 6-8 pm, Become a Bike Smart Basics Certified Teacher!

Bike Smart Basics is a 12-hour, hands-on training taught by master teachers Vicki Miller and Beneline Williams. Participants will explore sample curricula, learn creative methods of delivering effective bike safety instruction, and receive sample rubrics to assess student learning, skills and proficiency. Participants must bring a working bicycle and helmet.

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10 am - 6 pm, Archery Certification, Karen Holson

Karen Holson is the Virginia NASP State Coordinator with the Virginia Department of Game and Inland Fisheries Outdoor Education Program. This 8-hour course covers range setup, archery instruction and coaching techniques for archery program implementation! Two teachers attending from the same school can be eligible for an assigned equipment set. Come dressed to participate!

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10 – 5:45 pm & 7 -9 pm, Teach Fly Fishing! The “Fishing in Schools” Teacher Training Certification,

Chris Dunnivant is the Angling Education Coordinator with the Virginia Department of Game and Inland Fisheries. This 8-hour training will cover the National Fishing in the Schools Program, “Cast A Fly, Catch A Student” Curriculum using fly rods. The training will cover the all-inclusive program from equipment, knots, casting, fishing, conservation and more. DGIF has a limited number of equipment sets to distribute annually, therefore, attendance in the training requires pre-approval. Review the program at the www.fishinginschools.org.
10 am - 12 pm, 1 -5 pm, & 6 -9 pm, KIN 511, 3 credits, Technology in Health and Physical Education

Dr. Susan Nye, James Madison University

Course Description: This class is designed to provide teachers with the skills and knowledge to integrate technology into developmentally appropriate physical education and health lessons. The class will identify the theories, principles, and strategies for the integration of technology into physical education and health practice. Students will learn and practice with several technology resources (i.e. pedometers, HRMs, Apps, Smart board and Microsoft).

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10 am-12 pm, 1 -5 pm, & 6 -9 pm., KIN 680, section 6201, Assessment & Instructional Strategies in Adapted Physical Education

Dr. Tom Moran, James Madison University

Course Description: This course is designed to give participants in-depth disability knowledge to increase understanding of the unique needs of students and application to the health and physical education setting. The course will also explore the impact of individual, task, and environmental constraints present in the classroom while giving teachers the tools to manipulate the task and environment. Participants will receive hands-on experience creating and implementing various instructional strategies that allow all students to be successful, regardless of ability or disability.

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12 -5 pm, VAHPERD's Healthy Alternatives to Drinking among Millennials Project,

RaQuum Smith & Misti Wajciechowski, Virginia Commonwealth University, and future health & physical education professionals and university mentors

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1-4 pm, SOL Revision Implementation Teacher Cadre

Dr. Liz Payne, Fairfax, Sheila Jones, Loudoun, & Vanessa Wigand, Virginia Department of Education

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1-4 pm, 2015 Driver Education Curriculum

Janet Ragland & Vanessa Wigand, Virginia Department of Education
**Monday, July 13, 2015**

**9-10:50 am, City/County Supervisors’ Meeting**

**Brenda Fuller, Chair, City/County Supervisors**

**11-11:50 am, Opening Session - WELCOME!**

**Barry Trent, Coordinator of Health, Physical and Driver Education for Roanoke County Public Schools, is the onsite director for the Health and Physical Activity Institute.**

**Teams:**
- **Cantaloupe:** Andrew Wymer
- **Chili Peppers:** Vicki Miller
- **Dairy:** Toni Brown-Beer
- **Dragon Fruit:** Jason Runk
- **Kiwi:** Jamie Wright
- **Watermelon:** Ron Trainum
- **Rhubarb:** Cindy Ferek
- **Beets:** Mark Arrington
- **Apple:** Lisa McDaniel
- **Passion Fruit:** Chad Triolet
- **Water:** Sara Haney
- **Star Fruit:** oNeida Williams

**1-2 pm, What Life Do You Want to Live?**

**Brenda Loube, Corporate Fitness Works, St. Petersburg, Florida**

This interactive, fun and personal reflective experience will help you realize the life you really want to live and where your health and well-being fits in. The goal is to leave with a new or renewed desire to find balance in your life.

Take a mirror and put it in front of you and ask yourself this question, am I living the life I want to live. In this session, you will have an opportunity to reflect on your life, your health and overall well-being. You will have an opportunity to walk away with a game changer that will lead you to the life you want to live.

**2:10-4 pm, 2015 NATIONAL SHAPE AMERICA TEACHERS OF THE YEAR!**

The 2015 National Teachers of the Year award recognizes outstanding teaching performance. The award program, sponsored by SHAPE America, Sportime, & SPARK, honors the elite of the K-12 physical education, adapted physical education, school health, and dance education.

**2:10-3 pm, Moving between Physical Education and Classroom Activities that Engage and Enhance Student Learning**

**Betty Ann Fish, 2015 National SHAPE America Elementary TOY, New Hope, Pennsylvania**

Come see how to incorporate classroom content in your practice. Partnering with the classroom teachers in your school is a valuable way to enhance student learning and engagement. Learn how to start simple and then expand your activities. Experience fun and engaging activities that will also help promote your program.
2:10-3 pm, The Amazing Race

**Shelly Ellis**, 2015 National SHAPE America Middle School TOY, Lake Stevens, Washington

The Amazing Race is a reality television game show in which teams of two people race around the world in competition with other teams. Clues provided in each leg lead the teams to the next destination, or direct them to perform a task. I came up with an idea of taking middle school curriculum (all academic content), and some fitness-based activities and created an amazing race for my students to apply knowledge and skills, and race against each other and the clock!

2:10-3 pm, Get 'Em Off the Bleachers

**Karen Bonnett**, 2015 National SHAPE America High School TOY, Daniels, West Virginia

Experience a variety of activities to engage high school physical education students, including circuit stations, large group kickboxing, partner assessments, spirit of the game philosophy, & small group skill set practices such as lacrosse, hockey and speedball.

2:10-3 pm, Spicin' Up Sex Ed

**Andy Horne**, 2015 National SHAPE America Health Education TOY, Grayslake, Illinois

Join Shape America's 2015 National Health Education Teacher of the Year Andy Horne as he shares ideas to spice up your sex ed lessons. From low tech to high tech - including an infamous Mr. H "Scholarly Rap" live performance - he will share creative ways to teach units that have been successful in his classroom. Attendees will leave the session with a wealth of ideas that are easily adaptable to the needs of their own students. Bring a mobile device to access interactive content in this engaging presentation.

2:10-3 pm, Swing 101: Fun, Energetic, Collaborative (5-12)

**Joseph DeMers**, 2015 National SHAPE America Dance TOY, Centennial, Colorado

Learn to confidently teach Swing dance to your students.

2:10-3 pm, Adapted PE - Set up for Success (K-12)

**Greg Lukshaitis**, 2015 National SHAPE America Adapted PE TOY, Portland, Oregon

In this session you will be presented with set-up ideas and activities that may help organize your own Adapted Physical Education programs. This session will focus on staging a safe and functional environment, while limiting wasted motion and transition time. You will see how Greg structures his class and will be provided with one of his most effective and efficient warm-up routines.
2:10-3 pm, Sample Lessons and Activities That Align with the New 2015 Health SOL! (K-12)


After a brief overview of Health Promotion Wave (HPW), the presenter will demonstrate how HPW aligns with Virginia’s new Health SOL, and implement - with audience participation - a variety of activities at various grade levels.

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4:10 - 5 pm, CTA Content Teaching Academy @ JAMES MADISON UNIVERSITY

Sheila Jones, Tom Harlow & Dr. Tom Moran, Adapted PE Content Teaching Academy, & Dr. Susan Nye, Physical Education Content Teaching Academy, http://cta.jmu.edu/

The JMU Content Teaching Academies offer high quality professional development that includes in-depth studies in a range of content areas. In addition, each Academy is designed to engage participants in critical dialogues of practice with instructional sessions conducted by scholars and master teachers who understand the challenges associated with today’s classroom.

Save the date: The 2016 Content Teaching Academies will be held during the last week in June.
7:30-8:30 pm, "Movement Builds Minds - 5,6,7, gr8!

MacKenzie Mushel Ellis, 2014 National Dance Teacher of the Year Fort Collins, Colorado & JD Hughes, Villa Rica, Georgia

Take learning to a new level with dance and rhythmic activities. Energize your curriculum and engage students while meeting the national dance and physical education+ standards and common core with group, line, aerobic dance, and flash mob ideas. Get your students moving, grooving, and dancing for the health of it!

MacKenzie Mushel Ellis, 2014 SHAPE America National Dance Education Teacher of the Year, has been teaching courses in Dance, Health, Physical Education, and Adapted Physical Education for nine years. She has applied her love of movement and dance in her work with students at Rocky Mountain High School in Fort Collins, Colorado. MacKenzie brings a unique energy and passion to her work that reveals itself in the high expectation that she sets for her students and all they accomplish in her classes. During her time with Poudre School District she has been nominated for PSD Promising Teacher of the Year 2008 and PSD Collaboration Award 2011. Mackenzie’s dedication to preparing teachers more adequately to teach dance is evident with her innovative facilitation of professional development across the state of Colorado and presentations at multiple state and national conventions.

J.D. Hughes, 2015 Georgia & Southern District SHAPE America Elementary PE Teacher of the Year, is the National Board Certified Author of No Standing Around in My Gym, PE2theMax, PE2theMax II, PE², HyPEd Up and Volumes 1-4 DVD’s.

8:30-9 pm, Team Meetings

Tuesday, July 14, 2015

6:30-7:30 am, Early Bird Wellness!

During these sessions you will earn your “Early Bird” points needed for individual and team scores. So please set your alarm clock to “jump start” your body for a healthy, energized day!

Join oNeida Williams for a Total Body Workout in the lower drum; play Spikeball on Festival Field with Chad Triolet; enjoy a Functional Fitness Walk with Barry Trent, experience Unicycling with Cindy Ferek, get a TRX Workout with Mark Arrington, KanJam with Ron Trainum or Dance Walk with Toni Brown-Berry

8:30 – 10 am, CPR, AED and First Aid Certification/Recertification

10 – 11:50 am, CPR, AED and First Aid Instructor/Educator Center Course Coordinator

John Trott, Coordinator for Health, PE & Driver Education for Hanover County Public Schools, & Dr. Larry Newell, President/COO, Emergency Training Resources, LLC Health, Safety, Emergency Preparedness & Response, will conduct a refresher course from 8:30 – 10 am that will enable you to earn first aid, CPR, AED ECSI recertification. Attendees will be issued their national provider card valid for two years. For those who wish to stick around, the second half of this session (10:15 – 12:00) enables you to become an Instructor/Educator Center Course Coordinator through a special reciprocity structure available to professional educators. With this status you can provide training and certification for your colleagues and students in your school divisions. www.jblearning.com, www.ECSInstitute.org

8–9 am, Meeting the needs of students with severe and multiple disabilities

Dr. Tom Moran, Cindy Ferek, & Samantha Thacker

This presentation will show activity ideas and instructional strategies to meet their unique, yet challenging needs. Participants will engage with participants and be asked to problem solve to address their needs.

9 – 10:15 am, Easy Assessments for the Teacher... Fun for the Student!

Can Assessment be fun...and meaningful? Let’s look at some easy ways to monitor student growth, keep our sanity, and precious teaching time, while still making class fun and manageable. We are all in this age of assessment together...let’s do it with some creativity!

Chip Candy has been teaching K-8 Health/Wellness/Physical Education/Adapted Physical Education in the Medford Township School District (N.J.) for over 35 years. He has coached Soccer, Cross Country, and Track and Field at the College/High School/Middle School levels. Chip graduated from Glassboro State College (NJ) and
has his Masters Degree in Adventure Education through Project Adventure/Plymouth State University (NH). He was the past NJAHPERD Physical Education Teacher of the Year, Dance Educator of the Year, and Honor Award Recipient (2011). Chip was the NASPE Middle School Teacher of the Year in 1995 and that same year he was awarded the Graduate of the Year in Health/Physical Education from Rowan University (Glassboro State College). He is a national consultant who has presented over 500 times across the United States. Chip is married to his wonderful wife Nancy (29 years), and they have two great sons, a granddaughter, and a new grandson. Life is Good!

11-11:50 am, Progressive Possibilities with SQAIRS for K-12

Jade Ng, Finish Strong Corp/SQAIR Fitness Solutions, Commack NY

SQAIRs are a safe, colorful, bouncy section of an agility ladder that won’t move on one side, but when turned over the gliding magic begins. Creativity and versatility is endless. Students from grades Pre K to 12 will be challenged while always moving, always on task, always having fun. New curriculum is always being developed. When teachers add to our curriculum they earn themselves their own pair of SQAIRs! Come see for yourself!

11-11:50 am, 101 Modifications for Invasion Games! (4-12 Motor and Social Skill Development)

Andrew Wymer, Albemarle County Schools

Learn how to modify invasion games to meet the needs of all skill abilities in your class. No more drills and lead ups for the beginners while the advanced students get to play. In this session you will see how everybody starts out by playing, and how to identify where modifications need to be made to provide fun and tactical challenges for teams.

11-11:50 am, ACTION! Team Games with MVPA Assessment (6-12)

Jesse Stapp & Alicia Vick, GOPHER, Owatonna, Minnesota

This session is:
- Action Packed - Students are constantly moving, strategizing, and working together
- Class Oriented - Each game is designed for multiple students, perfect for large classes or groups
- Teacher Friendly - Included instructions provide clear direction on game play along with variations
- Inclusive - The entire class is engaged and physically active so no one is sitting on the sidelines

And of course, our FITstep Pro Uploadable Pedometers can be used in all of these activities to measure moderate to vigorous physical activity (MVPA). If you want to learn new activities, be active and have fun, this session is the one for you!
11-11:50 am, Noodle Academics? Use Your Noodle to Reinforce Academic Content (K-8)

Chad Triolet, National Elementary TOY, Chesapeake Public Schools

Come ready for some fun as you discover the many ways inexpensive pool noodles can be used in a variety of activities that will enhance your physical education program and support the academic program at your school. In this presentation, participants will learn the many innovative ways to use pool noodles in infuse core and health content in warm-up activities and large group games that promote fitness, develop cooperation/teamwork, and improve basic skill development.

11-11:50 am, Bollywood in your hood! (K-12)

MacKenzie Mushel, 2014 National Dance Teacher of the Year, Fort Collins, Colorado

Take a journey through the rhythms and dance of India. Bring diverse cultural perspectives to your students while learning the foundations of Bollywood dance. Participants will explore various dance teaching strategies to maximize student engagement and expand their instructional toolbox. Discover how world dances can energize your students, promote diversity, improve communication skills, and build community in your hood whether that’s the gym, classroom, or studio!

11-11:50 am, OPENPhysEd.org Test Drive (free “open source” K-5 curriculum)

Aaron Hart, OPEN / US Games, Cortland, New York

Take a fast and furious test drive of the OPENPhysEd.org website and learning modules. OPEN is a free online curriculum project that is designed to empower teachers and ensure academic rigor in the physical education classroom. This session will focus on site navigation, understanding backward design and academic rigor, and downloading instructional and assessment tools.

11-11:50 am, Making Cents of Pedometers (9-12)

Mark Arrington, Madison County High School & Amy Wheeler, Harrisonburg High School

Creating a fiscal plan using steps gathered with a pedometer to teach students about how to budget.
11-11:50 am, Rep N’ Rotate/Warm Up Ideas (4-12)

**Maria Corte,** Mesa High School, Scottsdale, Arizona

Just when you thought you’ve seen every way possible to design a circuit, you will leave this session saying, “I never thought of doing it THAT way!” This is a super high-intense power circuit that runs itself - NO TIMER, NO INTERVALS. Each multi-muscle/cardio station will challenge your students using cutting-edge equipment and all while continuously moving through the circuit. You won’t want to miss this brand new, easy-to-set-up circuit. And, as always, Maria will throw in some fun warm up/cool down ideas!

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11-11:50 am, Before, During and After School Physical Activity Made Easy (K-6)

**Ewunike Akpan,** BOKS - Build Our Kids’ Success, Silver Spring Maryland

BOKS is a FREE before-school program that promotes the profound link between physical activity and increased academic performance. This presentation will introduce the program to attendees who will participate in a typical 40min BOKS class of fun running related activities and functional movements. Participants will get information to enroll their schools for the FREE curriculum. This PA program helps schools offer its students 60 min of MVA every day.

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11-11:50 am, Pop Culture Turned Into Physical Activity (K-5)

**Brandon Flowers,** Broadus Wood Elementary, Albemarle County

Relating to students is a powerful way to get them to buy-in to your program and activities. Students are more plugged in than ever to pop culture, apps and video games. This session will focus on all components of physical education while tapping into the realm of current student interest. You will be able to take away instant starters, accessible technology, large-group activities, behavior management skills, and an increased desire to begin the school year!

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11-11:50 am, "Fast - Fun - Fitness"

**Kerry Lubin,** Philadelphia Teacher of the Year

This presentation provides quick, easy activities with minimal equipment and maximum participation. Included are instant activities, easy fitness games and some dances.
11-11:50 am, Assessment and 2015 PE SOLs (K-10)

Dr. Susan Nye, James Madison University

Assessing student learning does not need to be scary. Finding what to assess is as easy as looking at the 2015 PE SOLs. Come and learn more about creating an assessment journey to document your students' progress.

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1-2:30, CPR, AED and First Aid Certification/Recertification
2:45-4:30, CPR, AED and First Aid Instructor/Educator Center Course Coordinator

John Trott, Hanover County Public Schools, & Dr. Larry Newell, President/COO, Emergency Training Resources, LLC Health, Safety, Emergency Preparedness & Response, will conduct a refresher course from 1-2:30 pm that will enable you to earn first aid, CPR, AED recertification. Attendees will be issued their national provider card valid for two years. For those who wish to stick around, the second half of this session (2:45-4:30 pm) enables you to become an Instructor/Educator Center Course Coordinator through a special reciprocity structure available to professional educators. With this status you can provide training and certification for your colleagues and students in your school division. www.jblearning.com, www.ECSIInstitute.org

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1-1:50 pm, Progressive Possibilities with SQAIRS for K-12

Jade Ng, Finish Strong Corp/SQAIR Fitness Solutions, Commack NY

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1-1:50 pm, Make it, Take it, Teach it, LOVE it! (K-12)

MacKenzie Mushel Ellis, Fort Collins, Colorado

What does dance look like for you and your students? 2014 National Dance TOY will share tools for creating choreography, expand instructional strategies, and increase your confidence when integrating dance into physical education. This session will engage participants in various rhythmic and creative movement experiences that will inspire your students. Participates will create a dance their students will love and can teach tomorrow!
1-1:50 pm, In-Service/School Tennis Workshop (K-8)

Alicia von Lossberg & Morgan Abrams-Nicholas, United States Tennis Association - Mid-Atlantic

This session will bring a 3-hour workshop to this 2-hour time slot. The session will compliment teacher’s large group management skills and demonstrate how to transform any school space into a dynamic tennis environment allowing students to experience instant tennis success in a fun and safe manner. Snapshots from the curriculum guide will be presented. No previous tennis experience is necessary for the teacher. Included will be information to access USTA school resources.

1-1:50 pm, Making Cents of Pedometers (9-12)

Mark Arrington, Madison County High School & Amy Wheeler, Harrisonburg High School

Creating a fiscal plan using steps gathered with a pedometer to teach students about how to budget.

1-1:50 pm, Virginia ABC: Partnerships and Capacity Building to Eliminate Underage Drinking

Jennifer Farinholt, Education & Prevention Coordinator, Virginia ABC

Come learn about the Virginia Department of Alcoholic Beverage Control’s (ABC) Education and Prevention mission to eliminate underage and high-risk drinking through capacity building. You will leave this session with information about ABC’s free resources and ways for you—and your elementary, middle and high school students—to engage in several great programs and partnerships to promote health and safety throughout the Commonwealth.

1-1:50 pm, OPENPhysEd.org Test Drive (free K-5 curriculum)

Aaron Hart, OPEN / US Games, Cortland, New York

Take a fast and furious test drive of the OPENPhysEd.org website and learning modules. OPEN is a free online curriculum project that is designed to empower teachers and ensure academic rigor in the physical education classroom. This session will focus on site navigation, understanding backward design and academic rigor, and downloading instructional and assessment tools.

1-1:50 pm, Motor Lab: A Sensory Motor Approach to Fitness (K-2)

Maria McKeown, Faith Christian School

Motor skills are a foundation of learning. Many young children beginning school today display many stages of development that impact their classroom readiness behaviors. A motor lab uses a rotating station concept, beginning with reflexive strength exercises. Students then progress through
stations that target specific body systems, including tactile, proprioceptive, vestibular, visual and auditory components. A variety of equipment, not limited to mini tramps, white boards, balls, spin boards and balance boards are used to strengthen and further develop basic motor skills that assist in correct posture, writing and improved attention in the classroom.

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1-1:50 pm, Do More with Less (K-12)

Courtney Dziagwa, Norfolk Public Schools

With budget cuts, there is no money for physical education equipment. I will show you how to create your own equipment for free or cheap!

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1-1:50 pm, Animated PowerPoints to help students Build a Fitness Plan (1,2,4, 6-10)

Susan Nye, James Madison University & JMU PHETE Graduate Students

Attendees will learn how to create and participate in animated PowerPoints. The content from these activities can be used to help secondary students understand HRF concepts and build content to create individualized fitness plans

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1-1:50 pm, Utilizing Behavioral Strategies to Address the Needs of Children with ASD in a Physical Education Setting

Julie Patterson & Emily Callahan, Virginia Institute of Autism

This session will help participants understand the needs of students with autism and share general behavioral strategies for addressing each need. Specific examples that can be applied to a physical education setting will be shared.

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1-1:50 pm, “Philly Phanatic Fitness”

Kerry Lubin, Philadelphia Teacher of the Year

Come experience fun warm-up fitness activities, games, cooperative activities, and dances. These activities use minimal equipment and promote maximum participation

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2-2:50 pm, Do More with Less (K-12)

Courtney Dziagwa, Norfolk Public Schools

With budget cuts, there is no money for physical education equipment. I will show you how to create your own equipment for free or cheap!
2-2:50 pm, Dance Energizers: Rhythmic Games to Engage Your Non-Dancers (and Dancers, too) (K-5)

Stevie Gray & Wayne Herninko, Arlington County Public Schools

Are you looking for some new and innovative ways to get your elementary students excited about dance? Join award-winning physical education specialists Wayne Herninko and Stevie Gray for a time of music and movement. With thirty years of combined experience, Stevie and Wayne will present a slew of time-tested activities that are sure to motivate active participation from even your most dance-phobic students. Please come ready to participate and reinvigorate your dance unit.

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2-2:50 pm, Building Teamwork Between the Body & Mind (K-12)

Ron Malm, Spokane Washington

This session will focus on maximizing fun, the art of play & MVPA! Quality Physical Education (#QPE) best practices will be highlighted, as well as easy ways to integrate academic content into movement. In this session you will walk away with best practices on teaching physical literacy to your students using a variety of motor skill & fitness activities. This K-12 focused session will leave you sweating, smiling, and smarter. After all, the body and mind do not work independently of each other...they are on the same team...So, let’s build teamwork!

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2-2:50 pm, Academic Content in PE & MVPA (2-8)

Alicia Vick & Jesse Stapp, GOPHER, Owatonna, Minnesota

Meeting academic requirements doesn’t have to mean sacrificing activity time. Come learn how the two can coexist!
2-2:50 pm, Safe, Successful, and Independent: Innovative ideas and instructional strategies for inclusion in general physical education

Joann Judge, Doctoral Student, University of Virginia

Attendees will enjoy the creative ideas and strategies shared in this presentation. These ideas will make ALL students more engaged and successful, regardless of ability or disability.

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2-2:50 pm, Field Day Stations (K-5)

Toni Brown-Berry, Loudoun County Public Schools

Come, learn and play some of my students’ favorite Field Day Station activities. Our field days are always water free but still packed with a lot of fun. If you would like to swap your field day stations, please bring your laptop and flash drives for instant share. Share Time will be built in to the presentation time frame.

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2-2:50 pm, Cooperative Activities in Threes...Effective Class Management by Grouping (K-12)

Chip Candy, National Teacher of the Year, Marlton, New Jersey

This session will explore ways to make quick class transitions with little or no down time based on grouping students in 3’s. Activities will move quickly from warm-ups, to fitness focus, to skills, and ending with assessment/review/reinforcement...with the fun word included!

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2-2:50 pm, In-Service/School Tennis Workshop (K-8)

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2-2:50 pm, English Language Learners in the Health, PE, and Driver Education Settings (K-12)

Beth Tomanek, Prince William County Public Schools

As physical educators, we are ALREADY using many recommended strategies for supporting our content’s academic language acquisition for English Language Learners. This round table discussion is an opportunity to discuss successful techniques, especially transferring our current practices in the gym for the health education and driver education setting. Come prepared to share your best
practices and/or ask what others may suggest for your issues and concerns. Computer Lab setting for hands-on access to free online resources.

3-3:50 pm, 101 Speed and Agility Games (2-12)

Andrew Wymer, Albemarle County Schools

Come participate in games that focus on speed and agility. Activities are intense, fast paced and fun. Who needs shuttle runs and other drills when you can get the same from unique and active games? You will be able to take these games and do them on Day 1 of class!

3-3:50 pm, Dance Energizers: Rhythmic Games to Engage Your Non-Dancers (and Dancers, too) (K-5)

Stevie Gray & Wayne Herninko, Arlington County Public Schools

Are you looking for some new and innovative ways to get your elementary students excited about dance? Join award-winning physical education specialists Wayne Herninko and Stevie Gray for a time of music and movement. With thirty years of combined experience, Stevie and Wayne will present a slew of time-tested activities that are sure to motivate active participation from even your most dance-phobic students. Please come ready to participate and reinvigorate your dance unit.

3-3:50 pm, The Academic Language of Movement (K-5)

Aaron Hart, OPEN / US Games, Cortland New York

This session will explore the true meaning of Academic Language and highlight why it’s important for physical education teachers to control the academic language of our content area. This activity-based session will include academic rigor strategies for effectively teaching academic language with a focus on motor skill development.

3-3:50 pm, Building Healthy Bones/Rev Your Bev (Pre-K - 12)

Roseann Liberatore & Kristin Brittle, Southeast United Dairy Industry Association

Provide creative lesson plans to educate students about My Plate, Building Healthy Bones and Rev Your Bev (added sugar in beverages) to achieve and maintain a healthy lifestyle, motivate and foster skills for students to make informed and healthy food choices.
3-3:50 pm, HyPEd Up! Taking Physical Education Games to the Next Level

JD Hughes, 2015 Georgia and Southern District SHAPE America Elementary PE TOY

In this session you will learn games that maximize participation and ensure that every child is provided with numerous opportunities to succeed while learning basic fitness- and sport-related skills. I will also share games that include popular common-core based themes such as (money, clock/time recognition along with map reading skills and learning states and capitals).

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3-3:50 pm, Quick and Easy Modifications to Support Inclusion of Students with Disabilities in P.E. (K-6)

Meredith Morton, Hanover County Public Schools

This presentation is geared toward all K-12 P.E. teachers. Come prepared to learn simple, quick, and easy modifications and accommodations that can be given to students with disabilities to support their inclusion in a variety of skills/games. In addition, you will practice the skills/games using disability simulation devices to better understand what it is like to be a student with disabilities.

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3-3:50 pm, Field Day Stations (K-5)

Toni Brown-Berry, Loudoun County Public Schools

Come, learn and play some of my students’ favorite Field Day Station activities. Our field days are always water free but still packed with a lot of fun. If you would like to swap your field day stations, please bring your laptop and flash drives for instant share. Share Time will be built in to the presentation time frame.

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3-3:50 pm, SMART Goals: Join the Brainstorm (K-12)

Ron Trainum, Watermelon Team Leader, Toano Middle School, Williamsburg James City County

Struggling with the Smart Goal concept? Finding it challenging to identify performance goal criteria and standards? Join a roundtable discussion in which we brainstorm ideas on how to determine appropriate Smart Goals for Physical Education. Let’s work together to collaborative and identify ways to evaluate what we truly do for our students.

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3-3:50 pm, #newsol’s&technology!

Misti Wajciechowski, Virginia Commonwealth University

Are you interested in learning how to utilize technology to enhance, but not replace the Health and Physical Education experience? Do you want to learn more about using Google apps, Web 2.0 tools, cell phones, QR codes, laptops or tablets to increase learning and engagement? If yes, than this
session is for you! Participants will be provided with a variety of technological tools to enhance health and physical education programs in schools. Topics will include: Google docs, forms, and sites, and apps to enhance the student learning experience; presentation techniques other than PowerPoint and prezi; and free student response applications to assess student knowledge. BYOD and create relevance and relationships in a relaxed atmosphere!

3-3:50 pm, What Ever Happened to Comprehensive Health Education? (PreK-8th grade)


Too often educators define health education as nutrition, physical activity and/or sexuality education. Unfortunately, students' needs are broader and more complex. This session will explore the need for and scope of comprehensive health education and detail why it matters. Participants will identify current health threats to youth and examine the rational for moving to a comprehensive vs. categorical approach.

3-3:50 pm, Implementing Technology Based Learning in Health/Driver Education

Matt Cottino & Mandee Madden, Millbrook High School, Frederick County

This session will focus on creating and exploring Google/Technology Based lessons, activities, and assessments. Presenters will share materials and ideas for easy modification. If you are a Health/Driver Education looking to make technology in your classroom easy and effective come check out the session.

3-3:50 pm, Smart Goals (3-5)

Jason Tesidder, Frederick County Public Schools

This will be an activity/discussion session designed to give practical ideas and suggestions to help students understand fitness planning and making students accountable. This will also include a brief discussion about SMART goals for Physical Education teachers.

4-4:50 pm, If It Looks Good, Smells Good And Tastes Good, It Must Be Good For You: Right?

Ron Malm, Focused Fitness, Spokane, Washington (K-12)

Kids need to know the TRUTH about nutrition and physical activity. All food is not created equal and neither is activity. Leave this session with activities that are developmentally appropriate for elementary and secondary students AND educate students on what and how nutrition and activity affects energy balance. Topics will include: Healthy Balanced Diet, RDA’s, Macronutrients, Health-Related Components of Fitness, FITT Principle and Training Principles.
4-4:50 pm, Pedometers and the 2015 PE SOLs (1,3,5, 6-10)

Susan Nye, James Madison University

Participants will learn how to use steps to understand a variety of cognitive concepts such as Aerobic and Anaerobic, PACE, RPE, and energy expenditure. In addition, a successful pedometer program will be explained that used goal setting and monitoring.

4-4:50 pm, PE2theMax: Stepping up the “Game” in Physical Education

JD Hughes, 2015 Georgia and Southern District SHAPE America Elementary PE TOY

I believe that no matter the skill level, physical education should be action-packed with lots of choices to be challenged and countless opportunities for success. In this session, you will learn inclusive, developmentally appropriate, UNIQUE and ORIGINAL skill-based games that are fun and designed to promote communication, cooperation, personal responsibility, critical thinking and problem solving.

4-4:50 pm, Scooter Fitness (4-7)

Maria McKeown, Faith Christian School

Scooters add an entirely new element to core work! Come play and learn how scooters can enhance your fitness classes with an extra boost of fun. Join us as we scoot through relays, stations and racecourses!

4-4:50 pm, Social Development: Make Every Minute Count (K-5)

Aaron Hart, OPEN / US Games, Cortland New York

This session will explore the Personal & Social Responsibility Modules from OPENPhysEd.org, while participants measure activity time using accelerometers. Participants will experience rigorous instructional strategies and discuss social development assessment.

4-4:50 pm, Crazy Cardio Cones/Using Assessment to Increase Physical Activity (4-12)

Maria Corte, Mesa High School, Scottsdale Arizona

This session will show a creative way to participate in a warm up and agility cone circuit while using the FITStep pedometers to monitor MVPA activity, physical activity time and steps. Participants will learn how to find their personal MVPA threshold and learn about intensity of activity. Other skills presented include how to gather accurate data, upload and review data, and print reports. Come learn techniques that will make pedometers an everyday part of your class without muss and fuss.
4-4:50 pm, Building Healthy Bones/Rev Your Bev (Pre-K - 12)

Roseann Liberatore & Kristin Brittle, Southeast United Dairy Industry Association

We will share creative lesson plans to educate students about My Plate, Building Healthy Bones and Rev Your Bev (added sugar in beverages) to achieve and maintain a healthy lifestyle, motivate and foster skills for students to make informed and healthy food choices.

4-4:50 pm, Safe, Successful, and Independent: Innovative ideas and instructional strategies for inclusion in general physical education

Joann Judge, Doctoral Student, University of Virginia

Attendees will enjoy the creative ideas and strategies shared in this presentation. These ideas will make ALL students more engaged and successful, regardless of ability or disability.

4-4:50 pm, Organizing a Health and Fitness Week (6-10)

Sara Haney, Orange County High School & Keyode Rogers, Franklin County High School

Health and Fitness Week is a school-wide week of activities to promote a healthy lifestyle and get students active. Learn how we organize this week at Orange County High School. We have run this for 5 years and experienced great success. We have over 65% of our students actively participate each year. We will share our ideas and hopefully spark some that will work in your school.

4-4:50 pm, SMART Goals: Join the Brainstorm (K-12)

Ron Trainum, Watermelon Team Leader, Toano Middle School, Williamsburg James City County

Struggling with the Smart Goal concept? Finding it challenging to identify performance goal criteria and standards? Join a roundtable discussion in which we brainstorm ideas on how to determine appropriate Smart Goals for Physical Education. Let’s work together to collaborative and identify ways to evaluate what we truly do for our students.

4-4:50 pm, A Future Where Physical activity and Physical education are the Norm: Let’s Move! Active schools (K-12)

Pam Powers, Let’s Move! Active Schools

Ready to make your school a hub for physical activity and physical education? Join Let’s Move! Active Schools and learn the “secret sauce” to developing a school culture where physical education and physical activity are foundational to academic success. Let’s Move! Active Schools is the solution to ensure 60 minutes of physical activity a day is the new norm for your school. Join us and see how Let’s Move! Active Schools can help you become the champion to lead change!
4-4:50 pm, What Ever Happened to Comprehensive Health Education? (PreK-8th grade)


Too often educators define health education as nutrition, physical activity and/or sexuality education. Unfortunately, students’ needs are broader and more complex. This session will explore the need for and scope of comprehensive health education and detail why it matters. Participants will identify current health threats to youth and examine the rational for moving to a comprehensive vs. categorical approach.

7-8:30 pm, Compe-letion = Compete to Complete!

Chip Candy, Barry Trent, Jesse Stopp, Alicia Vick, JD Hughes, Kerry Lubin & the JMU Ambassadors!

8:30 - 9 pm, Team Planning Time
Wednesday, July 16, 2014

6:30-7:30 am, Early Bird Wellness!

Set your alarm clock to “jump start” your body for a healthy, energized day and come earn points for your “Early Bird” individual and team scores!

Join oNeida Williams for a Total Body Workout in the lower drum; play Spikeball on Festival Field with Chad Triolet; enjoy a Functional Fitness Walk with Barry Trent, experience Unicycling with Cindy Ferek, get a TRX Workout with Mark Arrington, KanJam with Ron Trainum or Dance Walk with Toni Brown-Berry

8 – 9:50, "Meeting the needs of students with severe and multiple disabilities"

Dr. Tom Moran, Cindy Ferek, and Samantha Thacker

This presentation will show activity ideas and instructional strategies to meet their unique, yet challenging needs. Participants will engage with participants and be asked to problem solve to address their needs.

9-10:00 am, Fitness in Sync

This session is all about working our fitness and rhythm abilities all while being in sync. We will have a blast learning a choreographed fitness routine using a combination of upper, lower and cardio exercises that are all in sync to the coolest bass pumpin’ music. When this session is over not only will we have participated in a challenging workout, we will all feel like we can take this act on the road!

Maria Corte has been teaching at Mesa High School since 1994, and Arizona State University-Polytechnic Campus since 2005. While teaching at Mesa High, Maria has created a cutting-edge fitness program and the Mesa High Elite Fitness Club, which serves as a model for schools around the country. In addition to her teaching, she has coached varsity volleyball, track, cheerleading and is a strength and conditioning coach at her high school. Maria has made numerous state and national presentations. She speaks on a number of topics including innovative fitness routines, motivation and positive attitude, skill development, management and discipline. Maria was named the 2004 Arizona High School Physical Education Teacher of the Year, and the 2005 NASPE Southwest District High School Teacher of the Year.

10:15 – 10:50 am, Team meetings - Hand in point cards and complete Institute evaluation
11 -11:50 am, **Fun with Adventure Basics (K-12)**

**Chip Candy**, National Teacher of the Year, Marlton, New Jersey

This will be an Adventure 101 session, with the emphasis on getting students started, interested, "hooked", and buying in to cooperative activities. While we will stress the "fun side" of Adventure, we will also work on infusing the Adventure Philosophy into our entire curriculum! Fast...Fun...and Focused on outcomes!

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11 -11:50 am, **Make it, Take it, Teach it, LOVE it! (K-12)**

**MacKenzie Mushel**, 2014 National Dance Teacher of the Year, Fort Collins Colorado

What does dance look like for you and your students? 2014 National Dance TOY will share tools for creating choreography, expand instructional strategies, and increase your confidence when integrating dance into physical education. This session will engage participants in various rhythmic and creative movement experiences that will inspire your students. Participates will create a dance their students will love and can teach tomorrow!

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11 -11:50 am, **Implementing the 2015 Health Education Standards of Learning**

**Misti Wajciechowski**, Virginia Commonwealth University, and the SOL review team

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11 -11:50 am, **Implementing Technology-Based Learning in Health/Driver Education**

**Matt Cottino & Mandee Madden**, Millbrook High School, Frederick County

This session will focus on creating and exploring Google/Technology Based lessons, activities, and assessments. Presenters will share materials and ideas for easy modification. If you are a Health/Driver Education looking to make technology in your classroom easy and effective, then you should come check out the session.

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11 -11:50 am, **Do More with Less (K-12)**

**Courtney Dziagwa**, Norfolk Public Schools

With budget cuts, there is no money for physical education equipment. I will show you how to create your own equipment for free or cheap!
11 - 11:50 am, Scooter Fitness (4-7)

Maria McKeown, Faith Christian School

Scooters add an entirely new element to core work! Come play and learn how scooters can enhance your fitness classes with an extra boost of fun. Join us as we scoot through relays, stations and racecourses!

11 - 11:50 am, 101 Modifications for Invasion Games (4-12 Motor and Social Skill Development)

Andrew Wymer, Albemarle County Schools

Learn how to modify invasion games to meet the needs of all skill abilities in your class. No more drills and lead ups for the beginners while the advanced students get to play. In this session you will see how everybody starts out by playing and how to identify where modifications need to be made to provide fun and tactical challenges for teams.

11 - 11:50 am, ACTION! Team Games with MVPA Assessment (6-12)

Alicia Vick & Jesse Stapp, GOPHER, Owatonna, Minnesota

This presentation is:
- Action Packed - Students are constantly moving, strategizing, and working together
- Class Oriented - Each game is designed for multiple students, perfect for large classes or groups
- Teacher Friendly - Included instructions provide clear direction on game play along with variations
- Inclusive - The entire class is engaged and physically active so no one is sitting on the sidelines

And of course, our FITstep Pro Uploadable Pedometers can be used in all of these activities to measure moderate to vigorous physical activity (MVPA). If you want to learn new activities, be active and have fun, this session is the one for you!

11 - 11:50 am, Taking Your Fitness Instruction to the Lab (6-8)

Ron Trainum, Watermelon Team Leader, Toano Middle School, Williamsburg JCC

When it comes to fitness instruction, being able to provide students with real life experiences is a must. Hear about how our school turned a storage room into the Toano Fitness Learning Lab where students get opportunities to take fitness into their own hands. Students engage in cardio training with ellipticals, recumbent bikes and rowers, along with functional fitness training with various types of equipment. Throw in a little exer-gaming and there is fun for all and a little learning too!
11 - 11:50 am, Make the Connection - Connecting HPE Standards to Instruction and Assessment (K-5)

Chad Triolet, Chesapeake Public Schools & Jason Tresidder, Armel Elementary, Frederick County

During this session participants will discover practical solutions designed to connect the new standards to instructional practice and assessment. This session will focus on hands-on strategies, activities, and techniques that will help teachers develop the skills and confidence needed to integrate the new standards into everyday practice.

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11 - 11:50 am, Head, Shoulder, Knees And Toes: It's Really That Easy! (K-12)

Ron Malm, Focused Fitness, Spokane, Washington

Get ready to experience active learning opportunities that connect the Anatomical Basis of Movement to high-quality physical education activities. The human body is a machine and understanding how to take care of the machine is as important as how to operate it. Concepts such as location and function of muscles, purpose and health of bones, training effects on the cardiorespiratory system and planes of movement will be integrated into awesome activities that students will love. If you believe that teaching students how to be their OWN personal trainer is important then this is the session for you.

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11 - 11:50 am, Teaching between the units (9-12 Motor Skill and Social Development)

Dave Rabe & Sara Haney, Orange County High School, & Keyode Rogers, Franklin County High School

Teaching at the secondary level often allows for more time with students. This can mean longer class periods or more days with students. It is a great opportunity to offer exciting new activities that enhance skill development and improve chances for success for all students. This session will teach some of our favorite activities, including: Long base, Fitness 500, Cooperative Games, Momentum ball, Zone football, etc.

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1 - 1:50 pm, Implementing the New Physical Education Standards of Learning

Dr. Liz Payne, Fairfax County, and the SOL review team
1 - 1:50 pm, Assess for Success - Practical Assessment Strategies for HPE (K-5)

Andrea Samsky, Hampton City Public Schools & Chad Triolet, Chesapeake Public Schools

What are your students learning in PE? If you are not assessing them, then you really don’t know. This session is designed to demonstrate practical, easy-to-implement, and motivating methods for effective assessment in health and physical education. Be ready to evaluate your students and promote success in your classes!

1-1:50 pm, The “New Look” Lifelong Fitness

Ron Malm, Focused Fitness, Spokane, Washington

If you’re a person looking for lifelong fitness activities the list is now bigger than ever. With new sports, fun games and novel exercise equipment being developed every day, physical educators have an abundance of tools to get everyone involved. This session will look at the latest and greatest out there and the process for integrating health, fitness and nutrition content into these new tools.

1-1:50 pm, Private School Roundtable (K-12 curriculum planning)

Maria McKeown, Faith Christian School & Fred Milbert, Prince William County Schools

Bring resources, best practices, curriculum and lesson plan formats. Learn how VAHPERD can help you become a better PE teacher, advocate for your profession, and support you as a professional. Other topics will include the newly revised HPE SOLs, SHAPE National Outcome Standards, licensure, professional development opportunities, brain research, and being the school wellness advocate. Learn how being part of HPAI and VAHPERD enhances your instruction, and builds a network of support across the Commonwealth.

1-1:50 pm, $100,000 Grant! Tips for writing a grant to make your program stronger!

Cindy Ferek, Turner Ashby High School, Rockingham County

Participants will learn how our school won a $100,000 grant from Farmers Insurance. BYOD, bring an idea of one idea/project or unit you want to fund and we will start laying the foundation for you to build your physical education program.

1-1:50 pm, W.A.I.T.!? "Why am I Teaching (This)? (K-12 instructional planning)

Beth Tomanek, Prince William County Public Schools

Standards Based Planning starts with the WHY of teaching, not the WHAT. Utilizing the newly adopted Virginia Health and Physical Education SOL’s, this active learning session will take the participant through hands-on tools for reflecting on the planning process.
1 - 1:50 am, Fast-Paced Activities Loaded with Content (K-5)

Brian McPherson, Pinebrook Elementary, Loudoun County

Large-group activities that focus on the components of fitness, nutrition, muscles and bones. The activities are fast paced and keep all students moving. Not only are the students increasing their physical activity, they are learning content as well.

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1-1:50 pm, Pound Fitness (6-12)

Nicole Jordan & Claire Collins, River Bend Middle School, Loudoun County Public Schools

Pound Fitness is a large, functional group fitness method that incorporates strength training, Pilates, and cardio. Pound Fitness is cross-curricular activity, using rhythm and music throughout the entire activity and math skills to maintain the beat. All ability levels can enjoy Pound Fitness.

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1-1:50 pm, Team Building Activities (2-8)

Alicia Vick & Jesse Stapp, GOPHER, Owatonna, Minnesota

It’s all about teamwork in this session. Bring a cooperative attitude and your thinking cap for this activity-based session!

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1-1:50 pm, Taking Your Fitness Instruction to the Lab (6-8)

Ron Trainum, Watermelon Team Leader, Toano Middle School, Williamsburg JCC

When it comes to fitness instruction, being able to provide students with real life experiences is a must. Hear about how our school turned a storage room into the Toano Fitness Learning Lab where students get opportunities to take fitness into their own hands. Students engage in cardio training with ellipticals, recumbent bikes and rowers along with functional fitness training with various types of equipment. Throw in a little exer-gaming and there is fun for all and a little learning too!

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1-2:50 pm, English Language Learners in the Health, PE, and Driver Education Settings (K-12)

Beth Tomanek, Prince William County Public Schools

As physical educators, we are ALREADY using many recommended strategies for supporting our content’s academic language acquisition for English Language Learners. This round table discussion is an opportunity to discuss successful techniques, especially transferring our current practices in the gym for the health education and driver education setting. Come prepared to share your best practices and/or ask what others may suggest for your issues and concerns. Computer Lab setting for hands-on access to free online resources.
2-2:50 pm, Safe Routes Making Schools and Communities Safe and Active (K-8)

Chad Triolet, National Teacher of the Year, Chesapeake Public Schools

Come ready to learn the many benefits of incorporating Safe Routes to School programming at your school. This session will provide you with many tools and resource that you can use to promote safe walking and biking to school, pedestrian and bicycle safety instruction, and fun and engaging whole school activity ideas to get your students moving. Participants will also receive great information on the many grant opportunities offered for Safe Routes to School activities.

2-2:50 pm, Management on the Move/Partner Medicine Ball (K-12)

Maria Corte, Mesa High School, Scottsdale Arizona

Emphasis will be placed on using efficient management skills while teaching class activities. Teachers will learn how to combine management strategies and skill instruction in one easy teaching episode. You will leave this session with new ideas on partner medicine ball exercises, warm ups, fitness activities, closing strategies/games and more!

2-2:50 pm, Fitness Freestyled - Krump Crews for Kids (K-12)

MacKenzie Mushel, 2014 National Dance Teacher of the Year, Fort Collins Colorado

Remix your fitness building repertoire and stay relevant with an emerging dance form. Krumping is characterized by free, expressive, and highly energetic movement. Use this freestyle Hip Hop form to teach students how to express themselves and promote creativity while disguising fitness! Participants will learn the history of Krumping, foundational movement components, choreography, and strategies for teaching improvisation. Bring the energy and emotional outlet of Krump style dancing to your curriculum.

2-2:50 pm, Implementing the 2015 Driver Education Standards of Learning

Vanessa Wigand, VDOE & SOL review team

2-2:50 pm, English Language Learners in the Health, PE, and Driver Education Settings (K-12)

Beth Tomanek, Prince William County Public Schools

As physical educators, we are ALREADY using many recommended strategies for supporting our content’s academic language acquisition for English Language Learners. This round table discussion is an opportunity to discuss successful techniques, especially transferring our current practices in the gym for the health education and driver education setting. Come prepared to share your best practices and/or ask what others may suggest for your issues and concerns. Computer Lab setting for hands-on access to free online resources.
2-2:50 pm, Cooperative Activities

**Chip Candy,** National Teacher of the Year, Medford, NJ

From design and intent of the game through debriefing...a systematic approach to developing cooperative activities. Come play, have fun, and leave energized!

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2-2:50 pm, Academic Exercise: STEM in the Gym for K-6

**Cindy Jones,** Chesterfield County Public Schools & **Misti Wajciechowski,** Virginia Commonwealth University

Participants will experience a unique combination of kinesthetic learning and concepts specific to STEM in an exciting hands-on environment. STEM in the Gym incorporates kinesthetic practice of simple machines, magnetism, electricity, math, science, health, and phonics, to maximize comprehension of learning academic concepts. Students, classroom teachers, administrators, and parents gain insight to the importance of making connections with physical education and core content.

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2-2:50 pm, What Ever Happened to Comprehensive Health Education? (PreK-8th grade)

**Shannon Hannan,** The Children’s Health Market, New York

Too often educators define health education as nutrition, physical activity and/or sexuality education. Unfortunately, students' needs are broader and more complex. This session will explore the need for and scope of comprehensive health education and detail why it matters. Participants will identify current health threats to youth and examine the rational for moving to a comprehensive vs. categorical approach.

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3-3:30 pm, GOAL – Go Out and Lead Your Students!

**Cindy Ferek,** National Teacher of the Year, Rockingham County Public Schools

3:30-4:15 pm, Team Presentations!

**Barry Trent** will announce point card winners and the winning teams!

**Special thanks to VAHPERD Members and GOPHER for Sponsoring the 2015 JMU Health & Physical Activity Institute!**

**Mark your calendars for next year’s Institute**
July 11–13, 2016

Thank you for coming! Have a safe trip home!