

**HEALTH AND
PHYSICAL
ACTIVITY
INSTITUTE**

July 13-16, 2025

Schedule of Events

**James Madison University
Harrisonburg, VA**

Co-Sponsored by:
The Virginia Association for Health,
Physical Education, Recreation and Dance.
(VA AHPERD)

Healthy 
KIDS Healthy
VIRGINIA

Health and Physical Activity Institute 2025

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Campus Information



Events & Conference 24-hour Number

Locked out of your room? Key issues? Maintenance problems? Lost meal card?

Please call the JMU Conference Services Office 24 hours a day, 7 days a week.

(540) 568-3606, Festival Room 1100

Event Maps

Campus Police & Public Safety

JMU Emergency Services.....(540) 568-6911

JMU Non-Emergency Services(540) 568-6913

Sentara Rockingham-Memorial Hospital .. (540) 689-1000

Parking Reminders:

C-12 & D-3 lots only

Parking at meters & in fire lanes can result in tickets/towing

Housing

Chandler Hall

Dining Services

East Campus Dining Hall

Breakfast: ... 7-9:00 a.m.

Lunch: 11-1:30 a.m.

Dinner:4:30-6:30 p.m.

Institute Info Desk

8 a.m.- 6 p.m.

Check-out at the information desk

Return key & dining card (charge for lost key \$25 & meal cards \$10)

Wednesday check-out from noon-3:00

Access Conference Notes & Handouts

Website:

<https://www.jmu.edu/chbs/kinesiology/hpai/resources.shtml>

UREC Hours

Saturday 11 a.m. - 4 p.m.

Sunday 4 p.m. - 9 p.m.

Monday-Wednesday..... 11 a.m.-9 p.m.

(Tuesday evening is free for institute participants)

University Recreation access is \$10 per day. Cash is the only accepted payment and must be added to the HPAI conference card. In the UREC atrium, there is a DART machine. This machine takes your cash and adds it to the conference card for admission to the UREC facilities.

Edith Carrier Arboretum

A short walk away! For a map of the walking trail and park details, go to the following website:

<https://www.jmu.edu/arboretum/index.shtml>

Sponsors

School Health, Gopher Sports, James Madison University, Department of Kinesiology, VADETS, OPEN PhysEd and Varsity Brands, VA AHPERD, Virginia Department of Education, Clinton Learning Systems

Planning Committee Members

Dani Almarode, Toni Brown-Berry, Kelly Clark, Lei Dunn, Cindy Ferek, Meghan Gouldin, Stevie Gray, Sean Neihoff, Adam Ostot, Sheldon Rice, Amy Riggio, Jason Runk, Ron Trainum, Barry Trent, Chad Triolet, Amy Wheeler, Jamie Wright, Geri Douglas, Dr. Robin Shepherd, Jenn Vedder, *VDOE*

JMU Ambassadors & Conference Service Personnel

Aaron Przybocki '25, Kendall Williams '25, Jenna Ratanataya '25, Kendall Morris '26, Chloe Ouellette '26, Kiersten Stives '27, Ever Goddard '27

Festival Managers

Bob Davis

JMU Team

Regina Phillips, Bobby Lifka, Cathy McKay, Tom Moran, Susan Nye, Liz Edwards

Schedule of Events

Pre-Institute Events | Sunday – July 13, 2025

Time	Event	Speaker	Place
8:30- 9:30 a.m.	Check-in	JMU HPAI Registration Staff	Festival Conference Center
10 a.m.-11:30 a.m. 1-5 p.m. & 6-8:30 p.m.	Bike Smart! Virginia Teacher Certification Course	Adam Otstot , Strawberry Team Leader, Williamsburg James City County K-12 HPE, FLE and Driver Education Program Coordinator	Highlands
10 a.m.-12 p.m. & 1-5 p.m.	First Aid/CPR/AED Instructor Trainer Certification	Kelly Clark , Coconut Team Leader, Loudoun County Public Schools	Alleghany
10 a.m.-12 p.m.& 1-5 p.m.	Virginia Association of Driver Education Traffic Safety (VADETS) Conference	Jessica Brantley , President Carol Hutchings , President-Elect Benita Turner , Executive Director	Ballrooms A, B & C
10 a.m. – 12 p.m. & 1-5 p.m.	Instructional Leadership for Health and Physical Educators	Becky Howery , Supervisor of Health, Physical, Family Life, & Driver Education Prince William County Schools	Conference Rm 5
1-5 p.m.	Strength Training in Physical Education: A Practical, Plug-and-Play Method	Susan Nye , Professor James Madison University	Lower Drum
1-5 p.m.	PE 101: Tips and Tricks for Making Teaching Easier	Ron Trainum , Watermelon Team Leader, Toano Middle School, Williamsburg James City County Schools	Godwin 137 & 140
11:30 a.m.-1 p.m.	Lunch	D-Campus Dining Hall	
12-1:00p.m.	Check-in	JMU HPAI Registration Staff	Festival Conference Center
6 - 7 p.m.	Team Leaders' Meeting	Barry Trent , Institute Leader Roanoke County, retired	Alleghany
4:30-6:30 p.m.	Dinner	D. Campus Dining Hall	

Monday, July 14, 2025

Time	Event	Speaker	Place
7-9 a.m.	Breakfast - E. Campus Dining Hall		
8 - 9:30 a.m.	Check-in	Institute Staff - Festival Conference Center	
8 – 9:50 a.m.	Bike Smart Virginia (Continuation of Sunday’s training)	Adam Otstot , Williamsburg James City County Schools	Highlands
8:30 – 9:30 a.m.	Unconventional Fun - A Session of Non-Traditional Team Games [K-12]	Jordan Stolp , Gopher Owatonna, Minnesota	Ballroom A
	1,000 Throws and Catches in 30 Minutes! [K-12]	Chip Candy , National Middle School PE TOY, Marlton, NJ, retired	Ballroom B
	Ropes, Cones & Heart Zones [K-12]	John Jones , Heart Zones	
	Social Splendor: Revitalizing Relationships with Backyard Games [K-12]	Ron Trainum, Chad Triolet, and HPAI Team Leaders!	Festival Field
10 - 11 a.m.	WELCOME! Barry Trent, Anne Petersen, VDOE Director of Math and Science, and the AWESOME team leaders! STOP! Collaborate and Listen Presenter: Stevie Gray		Ballroom A
11:10 - 11:50 a.m.	Team Leader Meetings Dragon Fruit: Upper Drum; Dairy: Allegheny; Jalapeño Peppers: Highlands; Strawberry: Ballroom C; Coconuts: Upper Hallway near elevator; Rhubarb: Ballroom B; Sweet Potato: outside Ballroom B; Clementine: Conf Rm 1; Kiwi: Conf Rm 4; Watermelon: Ballroom A; Passion Fruit: Bottom spiral staircase; Water: Conf Rm 5; Pineapple: outside Ballroom C; Mango: Lower Drum; and Pumpkin: Conf Rm 2.		
12 - 1 p.m.	Lunch - E. Campus Dining Hall		
1-3 p.m.	VA AHPERD City/County Health and Physical Education Curriculum Coordinator’s Meeting	Kristin Donley , Chair, VA AHPERD City/County Supervisors, Alexandria City Public Schools & Sheldon Rice , Chair Elect, Rockingham County	Alleghany
1–1:50 p.m.	The First Five Minutes[K-12]	Chip Candy , National Middle School PE TOY, Marlton, NJ, retired	Ballroom A
	This Session R.O.C.K.S (Really Outstanding & Creative Kinesthetic Samples) for HPE! [K-8]	Chad Triolet , National Elementary TOY, Passion Fruit Team Leader, Principal Sparrow Road Intermediate, Chesapeake Public Schools	Ballroom B
	These are a Few of My Favorite PE Things [K-5]	Ron Trainum , Watermelon Team Leader, Toano Middle School, Williamsburg James City County Schools	Ballroom C
	Ringmaster of Creativity [K-8]	Victor Spadaro , OPEN National Trainer, 2025 Southern District Elementary TOY, Arlington Public Schools	Highlands

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Time	Event	Speaker	Place
	Bend Don't Break: Yoga for ALL [6-12]	Victoria Otto , IAHPERD Secondary PE Teacher of the Year, Midwest District Secondary PE Teacher of the Year, Highland Park High School, IL, retired	Lower Drum
	Is Your Health Class Current? [9-12]	Kyle Mortenson , You Heard It In Health- Consent Queen	Conf Rm 2
	Unlocking Student Potential: Creating Student-Led, Mastery- Based Learning Environments in Active Classrooms	Debbie Fry , VADETS and ADTSEA National Driver Education Teacher of the Year, Chesapeake Public Schools	Conf Rm 4
	The Nth Wave of the Current Overdose Epidemic: Polysubstance & Illicit Drug Abuse [6-12]	William J Lynch Jr , Clinical Pharmacist, Rowan University School of Osteopathic Medicine, New Jersey	Conf Rm 5
2-2:50 p.m.	The First Five Minutes [K-12]	Chip Candy , National Middle School PE TOY, Marlton, NJ, retired	Ballroom A
	This Session R.O.C.K.S (Really Outstanding & Creative Kinesthetic Samples) for HPE! [K-8]	Chad Triolet , National Elementary TOY, Passion Fruit Team Leader, Principal Sparrow Road Intermediate, Chesapeake Public Schools	Ballroom B
	These are a Few of My Favorite PE Things [K-5]	Ron Trainum , Watermelon Team Leader, Toano Middle School, Williamsburg James City County Schools	Ballroom C
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3-3:50 p.m.	Break the Ice: Non-Traditional Games for Fun & Warm-Up [K-12]	Jordan Stolp , Gopher Owatonna, Minnesota	Ballroom A

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	No Equipment-No Problem [K-12]	Kerry Lubin , Outward Bound Instructor, School District of Philadelphia, PA, retired	Ballroom B
	Challenge by Choice [K-6]	Jason Runk , Dragon Fruit Team Leader, Elementary HPE Lead	Ballroom C

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Time	Event	Speaker	Place
		Teacher of Programs, Henrico County Schools	
	If You See Something, Say Something [9-12]	Tammy Gweedo McGee , founder of the Gweedo Memorial Foundation	Highlands
	Dances Your Students Will Beg You to Do! (Vol 10) [K-12]	Tammy Hanna , VA AHPERD Dance TOY, Henrico Public Schools	Lower Drum
	A Roadmap to Starting an In-Car Driver Education Program in Public Schools	Sheila Jones , VADETS, retired and Dr. Robin Shepherd , VDOE Driver Education Specialist	Allegheny
	Health Rewired: Reimagining What Health Education Can Be in Virginia [5-12]	Jenn Vedder , VDOE Health and Family Life Specialist	Conf Rm 1
	SHAPE America 2025 Health Recap	Dr. Summer Davis , Old Dominion University, Norfolk State University, and Virginia Peninsula Community College	Conf Rm 2
	Academic and Behavior Improvements Using the Walkabouts Movement and Learning Platform [K-5]	Dr. Julian Reed , Founder of ActiveEd, Inc.	Conf Rm 4
	Addressing Youth Gambling in Virginia [7-12]	Dr. Schultz , Chair of the Department of Rehabilitation Counseling, VCU	Conf Rm 5
4-4:50 p.m.	Break the Ice: Non-Traditional Games for Fun & Warm-Up [K-12]	Jordan Stolp , Gopher Owatonna, Minnesota	Ballroom A
	No Equipment-No Problem [K-12]	Kerry Lubin , Outward Bound Instructor, School District of Philadelphia, PA, retired	Ballroom B
	Challenge by Choice [K-12]	Jason Runk , Dragon Fruit Team Leader, Elementary HPE Lead Teacher of Programs, Henrico County Schools	Ballroom C
	If You See Something, Say Something [9-12]	Tammy Gweedo McGee , founder of the Gweedo Memorial Foundation	Highlands
	Dances Your Students Will Beg You to Do! (Vol 10) [K-12]	Tammy Hanna , VA AHPERD Dance TOY, Henrico Public Schools	Lower Drum
	A Roadmap to Starting an In-Car Driver Education Program in Public Schools	Sheila Jones , VADETS, retired and Dr. Robin Shepherd , VDOE Driver Education Specialist	Allegheny
	Health Rewired: Reimagining What Health Education Can Be in Virginia [5-12]	Jenn Vedder , VDOE Health and Family Life Specialist	Conf Rm 1
	Why You Need a Human Trafficking Prevention Curriculum! [6-12]	Lauren Diggs , Freekind, Prevention Education Manager	Conf Rm 2
	Academic and Behavior Improvements Using the Walkabouts Movement and Learning Platform [K-5]	Dr. Julian Reed , Founder of ActiveEd, Inc.	Conf Rm 4

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	Addressing Youth Gambling in Virginia [7-12]	Dr. Jared Schultz , Chair of the Department of Rehabilitation Counseling, VCU	Conf Rm 5
5 – 6 p.m.	Dinner - E. Campus Dining Hall		

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Time	Event	Speaker	Place
6:15-8:15 p.m.	Games in the Round! Chip Candy, Barry Trent , Institute Leader, Team Leaders, and JMU Student Ambassadors!		Ballroom A
8:15-9 p.m. Team meetings	Team Leader Meetings Dragon Fruit: Upper Drum; Dairy: Allegheny; Jalapeño Peppers: Highlands; Strawberry: Ballroom C; Coconuts: Upper Hallway near elevator; Rhubarb:, Ballroom B; Sweet Potato: outside Ballroom B; Clementine: Conf Rm 1; Kiwi: Conf Rm 4; Watermelon: Ballroom A; Passion Fruit: Bottom spiral staircase; Water: Conf Rm 5; Pineapple: outside Ballroom C; Mango:, Lower Drum; and Pumpkin: Conf Rm 2.		

Tuesday, July 15, 2025

Time	Event	Speaker	Place
6:30-7:15 a.m.	Early Bird Wellness! Backyard Games with Spikeball, Kan Jam, and PaddleZlam (Ron Trainum- Festival Field), Campus Walk, (Barry Trent - traffic loop in front of Festival), Campus Run (Adam Otstot – main Festival entrance by the traffic loop), Unicycling (Cindy Ferek – traffic loop in front of Festival)		
7-8:15 a.m.	Breakfast - E. Campus Dining		
8:30-9:45 a.m.	From Benchwarmers to Belongers: The New Rules of PE Class Engagement	Dr. John Almarode , Professor and Assistant Academic Unit Head, JMU	Ballroom A
10-10:50 a.m.	Unconventional Fun - A Session of Non-Traditional Team Games [K-12]	Jordan Stolp , Gopher Owatonna, Minnesota	Ballroom A
	Closing the Math and Literacy Gap with Movement [K-8]	Lei Dunn , Clementine Team Leader, VA Beach HPE Specialist, School Health	Ballroom B
	Are You Outward Bound? [6-12]	Kerry Lubin , Outward Bound Instructor, School District of Philadelphia, PA, retired	Ballroom C
	Engage, Energize, Educate: Standards-Based Fun for Physical Education [3-12]	Ron Malm , School Health Corporation, Spokane, WA	Highlands
	DanceJAM[K-12]	Jeannie Antonio , Manassas Park Middle School	Lower Drum
	NarCAN: It is NOT Just for Opiate Overdoses Anymore! [6-12]	William J Lynch Jr , Clinical Pharmacist, Rowan University School of Osteopathic Medicine, New Jersey	Alleghany
	Why You Need a Human Trafficking Prevention Curriculum! [6-12]	Lauren Diggs , Freekind, Prevention Education Manager	Conf Rm 1
	Made for Play: Bennett's Village Multigenerational All-Abilities Playspace [K-8]	Bellamy Brown, Yuki Weaver, Samantha Strong, Gail Felhner , Bennett' s Village, Charlottesville, VA	Conf Rm 2
	Exploring the ORPH Drive	Debbie Fry , VADETS and ADTSEA National Driver Education Teacher of the Year, Chesapeake Public Schools and Dr. Robin Shepherd , VDOE Driver Education Specialist	Conf Rm 4
	Aware and Empowered: Creating Observant and Responsive Students through Situational Awareness	Elmer Seward& Dr. Mitzi Fehl-Seward , WHRO, Norfolk, VA & Dr. Dani Almarode , JalapenoTeam Leader, VDOE PE Specialist, James Madison University Instructor	Conf Rm 5
	You.Fo – Fly That Ring	Mark Brandenburger , Health and PE Specialist, Henrico County Public Schools	Festival Field
11-11:50 a.m.	Unconventional Fun - A Session of Non-Traditional Team Games [K-12]	Jordan Stolp , Gopher Owatonna, Minnesota	Ballroom A
	Closing the Math and Literacy Gap with Movement [K-8]	Lei Dunn , Clementine Team Leader, VA Beach HPE Specialist, School Health	Ballroom B
	Are You Outward Bound? [6-12]	Kerry Lubin , Outward Bound Instructor, School District of Philadelphia, PA, retired	Ballroom C
	Engage, Energize, Educate: Standards-Based Fun for Physical Education [3-12]	Ron Malm , School Health Corporation, Spokane, WA	Highlands
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	SHAPE America 2025 Health Recap	Dr. Summer Davis , Old Dominion University, Norfolk State University, and Virginia Peninsula Community College	Conf Rm 1
	Made for Play: Bennett's Village Multigenerational All-Abilities Playspace [K-8]	Bellamy Brown, Yuki Weaver, Samantha Strong, Gail Felhner , Bennett's Village, Charlottesville, VA	Conf Rm 2
	Exploring the ORPH Drive	Debbie Fry , VADETS and ADTSEA National Driver Education Teacher of the Year, Chesapeake Public Schools and Dr. Robin Shepherd , VDOE Driver Education Specialist	Conf Rm 4
	Aware and Empowered: Creating Observant and Responsive Students through Situational Awareness	Elmer Seward, Dr. Mitzi Fehl-Seward , WHRO, Norfolk, VA & Dr. Dani Almarode , JalapenoTeam Leader, VDOE PE Specialist, James Madison University Instructor	Conf Rm 5
	You.Fo – Fly That Ring	Mark Brandenburger , Henrico County Public Schools	Festival Field
12 – 1 p.m.	Lunch – E. Campus Dining Hall		
1-1:50 p.m.	What's With the Ducks? [K-12]	Chip Candy , National Middle School PE TOY, Marlton, NJ, retired	Ballroom A
	T.A.G. – Together Achieving Greatness	Jenna Allen, Meghan Gouldin, & Melissa Jacobs , Henrico County Public Schools	Ballroom B
	Teach Tennis with Confidence: Games, Skills, and Resources for K-12 PE	Jeanine Acierto , Schools Coordinator, USTA	Ballroom C
	Fishing in Schools [K-5]	Michael Carter , Frederick County Public Schools	Highlands
	Get Equipped for Dance [K-12]	Kelly Clark , Coconut Team Leader, Loudoun County Public Schools	Lower Drum
	Adapting Physical Activities for Early Childhood Classes [PK-5]	Caitlin Ellis , Director of Outreach, STREAMin3, University of Virginia & Jenn Vedder , VDOE Health and Family Life Specialist	Alleghany
	Teaching on Trial [K-12]	Tammy Hanna , VA AHPERD Dance TOY, Henrico Public Schools	Conf Rm 4
	Observable Instructional Practices [K-12]	James Gunther , Adapted PE TOY, Suffolk Public Schools & Adam Otstot , Strawberry Team Leader, Bike Smart Master Trainer, K-12 HPE Coordinator, Williamsburg-James CC	Conf Rm 5
2-2:50 p.m.	What's With the Ducks? [K-12]	Chip Candy , National Middle School PE TOY, Marlton, NJ, retired	Ballroom A
	T.A.G. – Together Achieving Greatness	Jenna Allen, Meghan Gouldin , Mango Team Leader & Melissa Jacobs , Henrico County Public Schools	Ballroom B
	Teach Tennis with Confidence: Games, Skills, and Resources for K-12 PE	Jeanine Acierto , USTA	Ballroom C

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	Fishing in Schools [K-5]	Michael Carter , Frederick County Public Schools	Highlands
	Get Equipped for Dance [K-12]	Kelly Clark , Coconut Team Leader, Loudoun County Public Schools	Lower Drum

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Time	Event	Speaker	Place
	Adapting Physical Activities for Early Childhood Classes [PK-5]	Caitlin Ellis , Director of Outreach, STREAMin3, University of Virginia & Jenn Vedder , VDOE Health and Family Life Specialist	Alleghany
	Teaching on Trial [K-12]	Tammy Hanna , VA AHPERD Dance TOY, Henrico Public Schools	Conf Rm 4
	Observable Instructional Practices [K-12]	James Gunther , Suffolk Public Schools & Adam Otstot , Strawberry Team Leader, Bike Smart Master Trainer, K-12 HPE Coordinator, Williamsburg-James CC	Conf Rm 5
3-3:50 p.m.	Pickleball: Fun for all Ages [4-12]	Dr. Susan Nye , James Madison University	Ballroom A
	Philly Phanatic Phun [K-12]	Kerry Lubin , Outward Bound Instructor, School District of Philadelphia, PA, retired	Ballroom B
	Teambuilding Through Yoga [6-12]	Victoria Otto , IAHPERD Secondary PE Teacher of the Year, Midwest District Secondary PE Teacher of the Year, Highland Park High School, IL, retired	Ballroom C
	Student Designed Workouts [3-12]	Ron Trainum , Watermelon Team Leader, Toano Middle School, Williamsburg James City County Schools	Highlands
	Feel the Beat, Find Your Feet [K-12]	Dr. DaniAlmarode , JalapenoTeam Leader, VDOE PE Specialist, James Madison University Instructor	Lower Drum
	Get SMART-er: Reimagining Student Goals in Health & PE [K-12]	Jenn Vedder , VDOE Health and Family Life Education Specialist	Alleghany
	Sipping for Change: Empowering Adolescents and Caregivers to Ditch Sugary Drinks [6-8]	Annie Reid , University of Virginia, Theresa (Teace) Markwalter , Research Specialist Intermediate, Jamie Zoellner , Kids SIPsmartER	Conf Rm 2
	Technology Tips & Tricks for PE [K-12]	Jennifer Barnes , Poquoson Public Schools	Conf Rm 4
	Just Jill: Navigating Twin Loss	Jill Cichowicz , Founder - 2 End The Stigma	Conf Rm 5
4-4:50 p.m.	Pickleball: Fun for all Ages [4-12]	Dr. Susan Nye , James Madison University	Ballroom A
	Philly Phanatic Phun. [K-12]	Kerry Lubin , Outward Bound Instructor, School District of Philadelphia, PA, retired	Ballroom B
	Teambuilding Through Yoga [6-12]	Victoria Otto , IAHPERD Secondary PE Teacher of the Year, Midwest District Secondary PE Teacher of the Year, Highland Park High School, IL, retired	Ballroom C
	Student Designed Workouts [3-12]	Ron Trainum , Watermelon Team Leader, Toano Middle School, Williamsburg James City County Schools	Highlands
	Feel the Beat, Find Your Feet [K-12]	Dr. DaniAlmarode , JalapenoTeam Leader, VDOE PE Specialist, James Madison University Instructor	Lower Drum
	Get SMART-er: Reimagining Student Goals in Health & PE [K-12]	Jenn Vedder , VDOE Health and Family Life Education Specialist	Alleghany

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	Sipping for Change: Empowering Adolescents and Caregivers to Ditch Sugary Drinks [6-8]	Annie Reid , University of Virginia, Theresa (Teace) Markwalter , Research Specialist	Conf Rm 2
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Time	Event	Speaker	Place
		Intermediate, Jamie Zoellner , Kids SIPsmartER	
	Technology Tips & Tricks for PE [K-12]	Jennifer Barnes , Poquoson Public Schools	Conf Rm 4
	Just Jill: Navigating Twin Loss	Jill Cichowicz , Founder - 2 End The Stigma	Conf Rm 5
5 – 6 p.m.	Dinner - E. Campus Dining Hall		
6:15 – 7:15 p.m.	Team Leader Meetings Dragon Fruit: Upper Drum; Dairy: Allegheny; Jalapeño Peppers: Highlands; Strawberry: Ballroom C; Coconuts: Lower Hallway near elevator; Rhubarb:, Ballroom B; Sweet Potato: outside Ballroom B; Clementine: Conf Rm 1; Kiwi: Conf Rm 4; Watermelon: Ballroom A; Passion Fruit: Bottom spiral staircase; Water:, Conf Rm 5; Pineapple: outside Ballroom C; Mango:, Lower Drum; and Pumpkin: Conf Rm 2		
7:30 – 9 p.m.	TEAM PLANNING MEETING (7:30pm-9pm) JMU's UREC is open to HPAI participants until 9 p.m. TRY SOMETHING NEW, MOVE, AND NETWORK!		UREC
	Spaces reserved for HPAI: <ul style="list-style-type: none">○ Adventure Center – Climbing○ Fitness Center○ Fitness Cardio Deck○ Group Training Room○ Multi Activity Center○ Pool Lanes (3)○ Multi Activity Pool Spa○ Sports Forum 1○ Sports Forum 2		
9:30 –12am	Come join us for a late-night dance party social! "Glow Hard or Go Home" With Your Host, DJ Stevie Ray Gray Lunges, lights, and late-night dance-offs. Come dressed in your best neon drip!		Highlands

Wednesday, July 16, 2025

Time	Event	Speaker	Place
6:30-7:15 a.m.	Early Bird Wellness! Backyard Games with Spikeball, Kan Jam, and PaddleZlam (Ron Trainum- Festival Field), Campus Walk, (Barry Trent - traffic loop upper Festival), Sweating with Sue/Bodyweight Workout (Sue Zeanah – Lower Drum), Yoga, (Charisma Dixon - Highlands), Unicycling (Cindy Ferek – Ballroom A)		
7-8:30 a.m.	Breakfast - E. Campus Dining Hall		
9-9:50 a.m.	Super PE? Don't Forget Your C.A.P.E. (Creative Activities for PE) [K-10]	Chad Triolet , National Elementary TOY, Passion Fruit Team Leader, Principal Sparrow Road Intermediate, Chesapeake Public Schools	Ballroom A
	Empowering Lifelong Wellness: Integrating Fitness, Health, and Life Skills with the Five for Life Curriculum [9-12]	Stevie Ray Gray , Sweet Potato Team Leader, Henrico County Schools, School Health trainer	Ballroom B
	Relationships Matter! [K-5]	Jimmy Grassano OPEN Trainer, Southern District Elementary PE TOY, VA AHPERD Elementary PE TOY, VA Beach Public Schools,	Ballroom C
	Field Day FUNDamentals [K-12]	Toni Brown-Berry , Pumpkin Team Lader, Loudoun County Schools	Highlands
	Mindful Movements 6-12]	Victoria Otto , Highland Park High School, IL, retired	Lower Drum
	Starting Block: Maximizing Engagement in a 90-Minute Health Block	Adam Otstot , Strawberry Team Leader, Bike Smart Master Trainer, HPE Coordinator Williamsburg-James CC	Alleghany
	Empowering Educators to Combat the Opioid Crisis: Implementing Botvin LifeSkills in Health & PE [6-10]	Nenneya Shields , VDOE, Kathy Hosig , Virginia Tech (VT) Virginia Cooperative Extension (VCE); Reem Mohammed , Virginia Tech (VT) Virginia Cooperative Extension (VCE); Jennifer Vedder , VDOE	Conf Rm 2
	Navigating the Admin Guide: A Trivia Road Trip	Dr. Robin Shepherd , VDOE Driver Education Specialist	Conf Rm 4
	How Schools are Turning Their Gyms into Digital Interactive Playgrounds [4-12]	Johnny Sink , Director of Sales - South, Clinton Learning Solutions	Conf Rm 5
	Speed LAX [6-12]	Dr. Susan Nye James Madison University	Festival Field
10 - 10:50 a.m.	Super PE? Don't Forget Your C.A.P.E. (Creative Activities for PE) [K-10]	Chad Triolet , National Elementary TOY, Passion Fruit Team Leader, Principal Sparrow Road Intermediate, Chesapeake Public Schools	Ballroom A
	Empowering Lifelong Wellness: Integrating Fitness, Health, and Life Skills with the Five for Life Curriculum [9-12]	Stevie Ray Gray , Sweet Potato Team Leader, Henrico County Schools, School Health trainer	Ballroom B

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	Relationships Matter! [K-5]	Jimmy Grassano OPEN Trainer, Southern District Elementary PE TOY, VA AHPERD Elementary PE TOY, VA Beach Public Schools,	Ballroom C
	Field Day FUNdamentals [K-12]	Toni Brown-Berry,	Highlands

HEALTH AND PHYSICAL ACTIVITY INSTITUTE

Time	Event		Speaker	Place
			Pumpkin Team Lader, Loudoun County Schools	
	Mindful Movements [6-12]		Victoria Otto, Highland Park High School, IL, retired	Lower Drum
	Starting Block: Maximizing Engagement in a 90-Minute Health Block		Adam Otstot, Strawberry Team Leader, Bike Smart Master Trainer, HPE Coordinator Williamsburg-James CC	Allegheny
	Empowering Educators to Combat the Opioid Crisis: Implementing Botvin LifeSkills in Health & PE [6- 10]		Nenneya Shields; Kathy Hosig, Virginia Tech (VT) Virginia Cooperative Extension (VCE); Reem Mohammed, Virginia Tech (VT) Virginia Cooperative Extension (VCE); Jennifer Vedder, VDOE Health and Family Life Specialist	Conf Rm 2Allegheny
	Navigating the Admin Guide: A Trivia Road Trip		Dr. Robin Shepherd, VDOE Driver Education Specialist	Conf Rm 4
	How Schools are Turning Their Gyms into Digital Interactive Playgrounds [4-12]		Johnny Sink, Director of Sales - South, Clinton Learning Solutions	Conf Rm 5
11 – 11:30 a.m.	Team meetings – Hand in point cards & complete Institute evaluations		Team Leaders!	Same as Monday
11:45 a.m. - 12:30 p.m.	Lunch - E. Campus Dining Hall			
12:45 - 2 p.m.	Dream BIG!	Cindy Ferek, Rhubarb Team Leader, National High School PE Teacher of the Year, Commercial Pilot/Flight Instructor		Ballroom A
2 – 3 p.m.	Closing Ceremonies		Barry Trent and Team Leaders	Ballroom A
Check-out in Festival Conference Center: Please return room keys no later than 3:00. JMU will bill you for lost or unreturned keys.				
3:00 - 4:00 p.m.	Team leaders’ meeting - Allegheny			

Session Descriptions

Sunday, July 13, 2025

10 a.m.-11:30 a.m., 1-5 p.m., & 6-8:30 p.m. (Highlands)

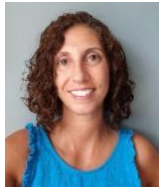
Become a Bike Smart Basics Certified Teacher!



Bike Smart Basics is a 12-hour, hands-on training taught by master teacher **Adam Otstot (Williamsburg James City County)**. Participants will explore types of bikes, gears and shifting basics, basic bike maintenance, curriculum ideas, coalition building, fund raising tips, and more!

10 a.m.-12 p.m. & 1-5 p.m. (Conference Room 7)

First Aid/CPR/AED Instructor Trainer Certification!



Come master life-saving skills and teach others!

Kelly Clark is a graduate of Virginia Tech and veteran physical educator in Loudoun County Schools. In her free time, she can be seen running around town with one of her dogs, being active with her family, cheering on her Hokies or local Washington teams!

10 a.m.-12 p.m. & 1-5 p.m. (Ballrooms A, B & C)

Virginia Association of Driver Education and Traffic Safety (VADETS)



The Virginia Association of Driver Education and Traffic Safety (VADETS) conference will provide resources and supports for implementing the 2022 Driver Education Standards of Learning, curriculum guide and other resources with fidelity.

This conference is brought to you by **VADETS' executive director Benita Turner** (Henrico Schools, retired), and **VADETS' president Jessica Brantley** (Charlottesville City Schools).

10 a.m.-12 p.m. & 1-5 p.m. (Conference Room 5)

Instructional Leadership for Health and Physical Educators



The Health and Physical Education Leadership Academy is designed to develop instructional leaders who can elevate teaching practices within their classroom, school, and division.

Participants will focus on identifying high-quality instructional strategies, recognizing key indicators during classroom observations, utilizing walkthrough tools to conduct objective observations, developing skills in providing and accepting constructive feedback, and

identifying effective mentoring techniques. This informative session will be led by **Becky Howery, Supervisor of Health, Physical, Family Life & Driver Education, Prince William County Schools**.

1-5 p.m. (Lower Drum)

Strength Training in Physical Education: A Practical, Plug-and-Play Method



Do you want to create a well-rounded strength training program that includes progressive loading, balanced muscle growth, and exercises that build flexibility, endurance, and functional fitness? The program is designed for secondary physical educators who have limited access to weight equipment. The program is meant to be taught to secondary students who are in the early stages of muscular fitness and utilize muscular strength activities that can be performed in a gym or multi-purpose room. We will be using bodyweight

exercises, hand weights and resistance bands. At the end of this preconference session, you will learn how to create a program to use with your students. This session is led by **Dr. Susan Nye, professor in the Kinesiology department at JMU.**

1-5 p.m. (Godwin Hall rooms 137 & 140)

PE 101: Tips and Tricks for Making Teaching Easier

How does your year get started? How is the flow of your class instruction? Should I get the students to help get out my equipment or stage it ahead of time? How do you know if your students really know or can do what you think they can? This session is going to delve into the ways to structure your classroom that will enhance student engagement and delivery quality Physical Education instruction. This session is led by **Ron Trainum, Watermelon Team Leader, Toano Middle School, Williamsburg James City County Schools.**

Session Descriptions

Monday, July 14, 2025

8 – 9:50 a.m.

Bike Smart! Virginia



Adam Otstot, Williamsburg James City County Public Schools (continuation of Sunday's preconference workshop)

8:30 – 9:30 a.m.

Unconventional Fun – A Session of Non-Traditional Team Games



Jordan Stolp Gopher, Owatonna, Minnesota

'Unconventional Fun: A Session of Non-Traditional Games' invites participants to step outside the box and engage in a variety of exciting, offbeat games that break the mold of typical team-building exercises. Whether it's a quirky twist on classic sports or completely new creations, this session encourages creativity, collaboration, and a lot of laughs. Designed to get everyone moving, thinking, and bonding, these games provide a refreshing and fun way to energize teams, spark connections, and build trust in a lively, relaxed environment. Get ready for a playful and memorable experience! Jordan is the East Senior Territory Sales Manager for Gopher, a nationwide supplier for physical education, athletics, and fitness equipment. He covers 3 states in the East region, including Massachusetts, New York, and Florida. Jordan has been with Gopher for 11 years and has led presentations at many state AHPERD/SHAPE Conventions.

8:30 – 9:30 a.m.

1,000 Throws and Catches in 30 Minutes!!



Chip Candy, National Middle School PE TOY, Marlton, NJ

Can we really get every student to throw (toss) and catch a ball (or beanbag, or flying disc, or crumpled paper, or pool noodle, etc.) 1,000 times in 30 minutes? These are the activities that can be used for fun and “flow”. This will be an action-packed session. Remember, Repetition is the key to...comfort, skill development, and mastery.

8:30 – 9:30 a.m.

Ropes, Cones and Heart Zones

John Jones, Heart Zones

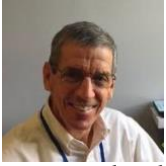


This innovative approach to the classic Sport Education Model offers an instructional method that goes beyond traditional sports roles to incorporate workplace competencies and foster a dynamic community within Physical Education. This variation puts our Generation Z students in roles that intentionally highlight 21st-century career-readiness skills. The experiences of GenZ PE focus on collaboration, communication, cooperation, creativity, and critical-thinking skills through sports and activities rather than focusing solely on competition. This guide will help you design a standards-based version of GenZ PE to fit your school's needs, depending on the needs of your students and the logistics of your schedule.

10– 11:00 a.m.

Opening Session – WELCOME!

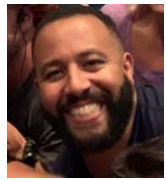
Barry Trent Onsite Director for the Health and Physical Activity Institute, **Dr. Anne Petersen** VDOE Math and Science Director, and the **AMAZING team leaders** for the HPAI!



Barry Trent served as the Coordinator for Health, Physical Education and Driver Education for Roanoke County Public Schools and is the “Keeper” of the World’s Best Dad Jokes!

Welcome to the 2025 Health & Physical Activity Institute! This session will provide the ‘lay of the land’ for this year’s conference. You will meet the awesome team leaders and then have a chance to meet each other! So, get ready to learn some fun meet and greet activities that may build new friendships, become your students’ favorites, and inspire you to start off the school year with happiness and laughter!

Team Leader Fun – STOP Collaborate and Listen!: Stevie Gray



Here we go! The first day of school will be here before you know it! Let’s get ready to motivate our students to be excited about the new school year with some tried and true innovative fun activities that are sure to engage and empower your students to feel connected and ready for learning! *STOP! Collaborate and Listen* with a little dancing and engage in some problem-solving activities that are all guaranteed to get your first 10 days off and running!

11:10– 11:50 a.m.

Team Meetings - Locations:

Dragon Fruit: Upper Drum; Dairy: Allegheny; Jalapeño Peppers: Highlands; Strawberry: Ballroom C; Coconuts: Upper Hallway near elevator; Rhubarb: Ballroom B; Sweet Potato: outside Ballroom B; Clementine: Conf Rm 1; Kiwi: Conf Rm 4; Watermelon: Ballroom A; Passion Fruit: Bottom spiral staircase; Water: Conf Rm 5; Pineapple: outside Ballroom C; Mango: Lower Drum; and Pumpkin: Conf Rm 2.

1–3 p.m.

City/County Health & Physical Education Program Coordinators’ Meeting

Kristin Donley, Alexandria City Schools VA AHPERD Chair City/County Supervisors and, **Sheldon Rice**, Rockingham County Public Schools, VA AHPERD Chair Elect City/County Supervisors

1–1:50 p.m. & 2-2:50 p.m.

The First 5 Minutes

Chip Candy, National Middle School PE TOY, Marlton, NJ

The first five minutes of any class can make or break the remainder of the session. How do we start class with fun, movement, and build excitement into our class periods? We will share "Do Nows", energizers, check-ins, contests, fun warm-ups, and activities that take little set-up time and are easy to execute! Let's Get It Started...the fun, inclusive, stress-free way. Let's invite students to "play along" with their crew/family.

1–1:50 p.m. & 2-2:50 p.m.

This Session R.O.C.K.S. (Really Outstanding & Creative Kinesthetic Samples) for HPE!

Chad Triolet, National Elementary TOY, Passion Fruit Team Leader, Principal Sparrow Road Intermediate, Chesapeake Public Schools



Come ready to move and walk away with LOTS of best practice activities that you can use to motivate, encourage, and engage your students.

1–1:50 p.m. & 2-2:50 p.m.

These are a Few of My Favorite PE Things

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



Come join in the fun and sharing of some of my favorite things I like to do with my students. Ramp up your student MVPA time with these engaging and fun activities that you can add into your PE repertoire!

1–1:50 p.m. & 2-2:50 p.m.

Ringmaster of Creativity

Victor Spadaro, OPEN National Trainer, 2025 Southern District Elementary TOY, Arlington Public Schools



Ringmaster of Creativity: I See You Come one, Come all, and join me in an engaging session filled with endless possibilities!!! Allow your students to clown around with Circus arts activities and performances! Juggle, create, and express yourselves during this active session!

Victor Spadaro teaches physical education at the elementary level for Arlington Public Schools in Virginia. Additionally, Victor has coached at the elementary, middle, and high school levels. Along with being an OPEN National Trainer, he works with the Chief Movement Officers (CMO) Cadres in

Virginia as a mentor to provide movement opportunities and calm strategies in the classroom and is a Girls on the Run Coach for his school. Victor is well known for his knowledge of dance and the creation of instructional dance videos shared online. He is also a curriculum contributor for the state of Virginia and OPEN. Victor was named 2024 Virginia AHPERD Elementary Physical Education Teacher of the Year and 2025 SHAPE Southern District Elementary Physical Education Teacher of the Year!

1–1:50 p.m. & 2-2:50 p.m.

Bend Don't Break: Yoga for All

Victoria Otto, Illinois Secondary PE Teacher of the Year, Midwest Secondary Teacher of the Year, Highland Park High School, IL, retired



Bend your body and mind around yoga. Let me guide you through a routine that you can easily break down into small sections, integrate with your current activities, or expand into a full unit plan. Discover how your favorite fitness exercises can blend into a fun, engaging routine that challenges students from beginners to advanced levels. You'll walk away feeling empowered and

confident in incorporating yoga into your curriculum.

Victoria Otto is the 2011 IAHPERD Secondary PE Teacher of the Year and the 2012 Midwest District Secondary PE Teacher of the Year. Recently retired from Highland Park High School in Illinois, she creates a classroom for students to focus on developing conscious living skills. Blending pure science with fun, giving the students a great workout and inspiring individual empowerment, each student leaves feeling uplifted and with an “I can do it” attitude.

She has a Bachelor of Science in Physical Education/Exercise Science from University of Wisconsin—La Crosse, a Master of Science in Health Education from Pennsylvania State University and Teaching Certification/Adventure Education from Northeastern Illinois University. She is a certified personal trainer, group fitness instructor and yoga instructor (in 2 different disciplines).

1–1:50 p.m. & 2-2:50 p.m.

Is Your Health Class Current?

Kyle Mortenson, You Heard it In Health- 'Consent Queen'



'Is Your Health Class Current?' offers innovative strategies for teaching consent and healthy relationships in modern health education. This interactive workshop provides educators with ready-to-implement activities and evidence-based lessons to engage students in these crucial topics. Discover how to effectively incorporate these concepts into your curriculum through personalized consultation services that can transform your school's approach to relationship education. Let's collaborate to create lasting impact in your classroom.

Kyle Mortenson is a National Board Certified Health Teacher with 16 years of teaching experience, with 15 years specifically in Health and Physical Education. Having served as Curriculum Writer, Lead Teacher for the county, and SEL Coordinator, Kyle brings a wealth of knowledge and a passion for helping young people navigate critical life skills throughout the greater D.C. area. She holds a Master's in Health Education and Promotion and complementary certifications in Dance and Recreation, Holistic Health, and Personal Training. Kyle's approach to health education is informed by her athletic experience as a former collegiate volleyball player. Her passion for the sport continued as she coached volleyball at the varsity level for 10 years, bringing the same dedication to teamwork and skill development that she applies to health education. Kyle founded "You Heard it in Health" as a way to bring her favorite and most impactful health lessons beyond her school community and into yours. This initiative offers in-person workshops and presentations, custom program development for schools and teams, staff training and professional development, and consultation services for implementing comprehensive health education programs. At the core of Kyle's teaching philosophy is her exceptional talent for building connections. She takes an evidence-based approach to social and emotional learning, helping students develop the skills they need to foster healthy relationships and make informed decisions in creative, engaging, and fun ways.

1–1:50 p.m. & 2-2:50 p.m.

Unlocking Student Potential: Creating Student-Led, Mastery-Based Learning Environments in Active Classrooms

Debbie Fry, VADETS and ADTSEA National Driver Education Teacher of the Year, Chesapeake Public



Schools This session explores how student-led, mastery-based learning can transform Physical Education, Driver Education, and skill-based classrooms. Educators can foster a more personalized, engaging, and effective learning environment by integrating technology and providing students with the autonomy to drive their own learning. Participants will explore strategies for using formative assessments to track mastery, leveraging tech tools to deliver personalized feedback, and creating opportunities for student-driven learning experiences. Learn how empowering students to take ownership of their learning journey not only improves engagement but also enhances skill development in both physical and applied education settings.

Debbie Fry is a Health, Physical Education, and Driver Education teacher at Indian River High School in Chesapeake, Virginia, where she also serves as department chair. She earned her bachelor's degree from Old Dominion University and has played an active role in curriculum development for both Chesapeake Public Schools and the Virginia Department of Education. Debbie is a Modern Classroom Project Distinguished Educator, recognized for her dedication to student-centered, equitable teaching practices. When she's not helping students become safe, responsible drivers, she enjoys spending time at the beach with her husband, Chris, and son, Mason.

1-1:50 p.m. & 2-2:50 p.m.

The Nth Wave of the Current Overdose Epidemic: Polysubstance & Illicit Drug Abuse

William J. Lynch Jr., Clinical Pharmacist, Rowan University School of Osteopathic Medicine, New Jersey



In this session we will discuss the rising incidence, prevalence & diffusion of polysubstance drug overdoses and why this is called the 'Nth Wave' of the epidemic. Identify the newer illicit substances involved in complicating polysubstance drug overdoses including xylazine, medetomidine, tianeptine, bromazepam and other illicit drug combinations. Actual case histories as examples from Delaware, New Jersey and Pennsylvania will be shared.

William J. Lynch, Jr. received his pharmacy degree from Rutgers University and is a practicing clinical pharmacist with Jefferson Health System where he is a member of the Pain Management and Addiction Committee. He serves as Adjunct Faculty at the Rowan University School of Osteopathic Medicine, Department of Emergency Medicine. His pharmacy background includes over 36 years of clinical practice at Jefferson and Rowan and as a clinical preceptor for Rutgers University, Ernest Mario School of Pharmacy and Thomas Jefferson University College of Pharmacy. He is a member of the Office of National Drug Control Policy, High Intensity Drug Trafficking Area, National Marijuana Initiative Subject Matter Expert Speakers Bureau (ONDCP HIDTA NMI) and Pharmacy Internship Program Preceptor. He is also an Expert Affiliate Member of the International Academy on the Science and Impact of Cannabis (IASIC) and a health care professional partner of the Keep Delaware Safe & Healthy Coalition and for the State of Delaware Substance Abuse Epidemiological Outcomes Working Group. Bill serves as an Advisory Board Member with atTAcK addiction and is also a member of the Camden County New Jersey Addiction Awareness Task Force and Central Virginia Overdose Working Group. He is a certified State of New Jersey Department of Law and Public Safety Division of Criminal Justice Police Training Commission Instructor and serves as a New Jersey State Police Regional Operations Intelligence Center Drug Monitoring Initiative Fusion Center and Health and Prevention Sharing Network partner.

3-3:50 p.m. & 4-4:50 p.m.

Break the Ice: Non-Traditional Games for Fun & Warm-Up

Jordan Stolp Gopher, Owatonna, Minnesota



'Break the Ice: Non-Traditional Instant Activities for Fun & Warm-Up' is designed to kick off any event with energy, laughter, and a touch of friendly competition. In this session, participants will engage in a series of non-traditional, creative icebreaker games that help everyone relax, get to know one another, and prepare for the day ahead. Whether you're working in teams or competing individually, these activities are built to spark connection, foster communication, and boost

morale. Get ready for a fun-filled warm-up that will set the tone for a fantastic day!

3-3:50 p.m. & 4-4:50 p.m.

No Equipment, No Problem!

Kerry Lubin, Philadelphia Outward Bound Instructor



Come to this session to learn lots of activities that use minimal or no equipment! Maximum participation - maximum fun! Great for all PE budgets!

3-3:50 p.m. & 4-4:50 p.m.

Challenge by Choice (K-12)

Jason Runk, Dragonfruit Team Leader, Elementary HPE Lead Teacher of Programs, Henrico County Schools



Empower your students like never before. Join us for "Challenge by Choice," a dynamic session designed specifically for PE teachers looking to infuse their curriculum with student-led engagement. Discover activities and practical strategies that allow students to select their challenges, fostering greater motivation, ownership, and a lifelong love for physical activity. Don't miss this opportunity to transform your teaching and create a more inclusive and exciting learning environment!

3-3:50 p.m. & 4-4:50 p.m.

If You See Something, Say Something

Tammy Gweedo McGee, Founder of the Gweedo Memorial Foundation



Tammy became a nationally recognized advocate for teen driver safety after the tragic loss of her only son, Conner, in a preventable crash. Her foundation is dedicated to education and advocacy to save lives. Tammy created the anonymous reporting platform

www.IfYouSeeSomethingSaySomething.org, which empowers teens to report dangerous driving behavior without fear of retaliation. Her tireless efforts have led to four life-saving pieces of legislation in Virginia, focused on improving driver education and accountability. In addition to policy reform, Tammy presents at high school assemblies across the country, delivering

powerful, real-life messages that inspire teens to make safer driving choices. She also organizes impactful community outreach events, including the annual Keeper's Cup Memorial Soccer Tournament, which drew nearly 1,000 teenagers to honor Conner's love of soccer while learning critical traffic safety lessons. Through education, legislation, and direct student engagement, Tammy continues to build a lasting culture of responsibility and safety for young drivers.

In addition to leading policy reform, Tammy works directly with students, parents, educators, law enforcement, and civic leaders. She presents at high school assemblies nationwide, delivering powerful, real-life messages about safe driving. Tammy also organizes community outreach events and fundraisers, including the annual Keeper's Cup Memorial Soccer Tournament and Distracted Driving Outreach, which draws nearly a thousand student-athletes and educates them on real-world traffic dangers through interactive conversations and engaging, hands-on activities.

Her work blends a real-life tragedy, legislation, prevention, and community engagement into one powerful mission: to prevent the kind of heartbreak her family has endured. Tammy's tireless commitment and innovative leadership continue to build a culture of responsibility and safety that will benefit young drivers for generations to come.

3-3:50 p.m. & 4-4:50 p.m.

Dances Your Students will BEG You to Do! (Vol 10)

Tammy Hanna, **Tammy Hanna**, VA AHPERD Dance TOY, Henrico Public Schools



All new, exciting dances for all ages and abilities, set to the hottest songs. Walk away with everything you need to recreate your experience: music, written notation, video resources, technology tips, and connections to academic content. No previous experience necessary, come one and all for a dance party with great teaching value by Virginia AHPERD Dance Educator of the Year 2010 & 2017!

3-3:50 p.m. & 4-4:50 p.m.

A Roadmap to Starting an In-Car Driver Education Program in Public Schools

Sheila Jones, VADETS, retired & **Dr. Robin Shepherd**, VDOE Driver Education Specialist



This presentation was created to assist school divisions with starting an in-car Driver Education program. We will discuss the requirements regarding staffing, vehicles and maintenance, and required paperwork. This presentation was needed due to recent legislation that was passed that encourages all school divisions to provide behind the wheel services to students (House Bill 2213).

3-3:50 p.m. & 4-4:50 p.m.

Health Rewired: Reimagining What Health Education Can Be in Virginia

Jenn Vedder, VDOE Health and Family Life Specialist

This session invites health educators to take a seat at the table and help shape the future of health instruction in our state. This interactive session will explore what's working, what's missing, and what's possible as we prepare for the upcoming review of Virginia's Health Standards of Learning. Participants will engage in guided discussions, share classroom challenges, and provide feedback on what they want and need from updated health standards. Your voice matters—come ready to reflect, collaborate, and help reimagine health education for the next generation of Virginia students.

SHAPE America 2025 Health Recap

Dr. Summer Davis, Old Dominion University, Norfolk State University, and Virginia Peninsula Community College Did you miss the SHAPE America conference this year? Do you still want to learn about the amazing things health teachers across the country are doing? If you answered yes to these questions, then this presentation is for you. This presentation will be a recap of the health sessions I attended at the SHAPE America conference this year. You will leave with tons of new ideas, activities, and resources to take back to your classrooms in the fall!



Dr. Summer Davis is a dedicated educator with a strong foundation in public health and a passion for HPE. She currently teaches at Old Dominion University, Norfolk State University, and Virginia Peninsula Community College, and will be joining the adjunct faculty at Virginia Commonwealth University this fall. Dr. Davis brings energy and expertise to the classroom, educating young adults and working to inspire the next generation of health and physical educators. Beyond the classroom, she is deeply committed to service and professional growth. She currently serves as VP of the General Division and OHPEP Coordinator for Va AHPERD. In her free time, Dr. Davis enjoys exercise, reading, and spending quality time with her family.

3-3:50 p.m.

Academic and Behavior Improvements Using the Walkabouts Movement and Learning Platform

Dr. Julian Reed, Founder of ActiveEd, Inc.



Dr. Julian A. Reed, kinesthetic learning expert, and Dr. Dani Almarode with VDOE's Department of Education will share the impacts of the Walkabouts platform on PreK – 5th grade students in Virginia, which includes better academic retention and behavior. 93% percent of teachers who used the platform reported that it helped their students learn math and ELA concepts, and 96% agreed that the Walkabouts platform improved their student's cognitive abilities.

3-3:50 p.m. & 4-4:50 p.m.

Addressing Youth Gambling in Virginia

Dr. Jared Shultz, Chair of the Department of Rehabilitation Counseling, VCU



The rates of adolescent gambling behavior has grown exponentially in the last five years. This presentation will provide an overview of this growing significant issue for students and their families. Discussion of resources and strategies will be presented. Participants will also be introduced to the work that is happening at VCU and the Virginia Partnership for Gaming Health to address the challenge of youth gambling.

4-4:50 p.m.

Why You Need a Human Trafficking Prevention Curriculum

Lauren Diggs, Freekind, Prevention Education Manager



This interactive 50-minute session will inform educators on the need for human trafficking prevention in their schools because of the Virginia law that mandates it for educators and because their students are some of the most vulnerable age groups to trafficking. We will discuss how the Prevention Project curriculum fulfills that requirement for educators and early intervention/prevention for students. We will focus on the WHY, WHAT, HOW of the program.

Educators will understand WHY they need such a curriculum, WHAT the curriculum includes (i.e. training, resources, lesson plan, activities, etc.) and HOW they can implement it in their schools, including HOW the curriculum fulfills many Family Life, Health & PE Virginia Standards of Learning.

6:15-8:15 p.m.

Games in the Round!

Chip Candy, National Middle School PE TOY, Marlton, NJ

Barry Trent, Institute Leader, **Team Leaders, and JMU Student Ambassadors!**

Join your team and the rest of the conference attendees for some fast, fun, adventure-style games in a circle (in the round). Active/less active? YES! Small spaces/large spaces? YES! K-12? YES! Small group/large group activities? YES!

8:00 p.m.

Team Meeting Locations

Dragon Fruit: Upper Drum; Dairy: Allegheny; Jalapeño Peppers: Highlands; Strawberry: Ballroom C; Coconuts: Upper Hallway near elevator; Rhubarb:, Ballroom B; Sweet Potato: outside Ballroom B; Clementine: Conf Rm 1; Kiwi: Conf Rm 4; Watermelon: Ballroom A; Passion Fruit: Bottom spiral staircase; Water: Conf Rm 5; Pineapple: outside Ballroom C; Mango:, Lower Drum; and Pumpkin: Conf Rm 2.

Session Descriptions

Tuesday, July 15, 2025

6:30-7:15 a.m.

Early Bird Wellness!

Come learn, laugh, play Spikeball, Kan Jam, and PaddleZlam with Ron Trainum on Festival Field. Take a campus walk with Barry Trent (meet at traffic loop upper Festival). Take a nice campus run with Adam Otstot (meet at traffic loop upper Festival). Or practice your Unicycling skills with Cindy Ferek at the main Festival entrance!

8:50-9:45 a.m.

From Benchwarmers to Belongers: The New Rules of PE Class Engagement

Dr. John Almarode, Professor and Assistant Academic Unit Head, JMU



Physical education has moved far beyond traditional models that often left students feeling excluded or disengaged. This dynamic keynote explores groundbreaking research that reveals how the science of engagement, belonging, and mattering can completely reshape PE experiences for every student. Drawing from cutting-edge studies in social psychology and educational neuroscience, we'll examine how feelings of belonging directly impact student motivation, participation, and long-term wellness habits. Research shows that students who feel they belong and matter in PE class demonstrate higher engagement levels and develop more positive relationships with physical activity that extend well beyond graduation.

We'll explore innovative strategies that transform "benchwarmers" into active participants by creating environments where every student feels valued, capable, and essential to the class community. The keynote showcases real classroom implementations where these principles have eliminated the bench entirely, creating inclusive spaces where diverse abilities are celebrated rather than ranked.

10-10:50 a.m. 11-11:50 a.m.

Unconventional Fun – A Session of Non-Traditional Team Games

Jordan Stolp Gopher, Owatonna, Minnesota



'Unconventional Fun: A Session of Non-Traditional Games' invites participants to step outside the box and engage in a variety of exciting, offbeat games that break the mold of typical team-building exercises. Whether it's a quirky twist on classic sports or completely new creations, this session encourages creativity, collaboration, and a lot of laughs. Designed to get everyone moving, thinking, and bonding, these games provide a refreshing and fun way to energize teams, spark connections, and build trust in a lively, relaxed environment. Get ready for a playful and memorable experience!

10-10:50 a.m. & 11-11:50 a.m.

Closing the Math and Literacy Gap with Movement

Lei Dunn, Clementine Team Leader, VA Beach HPE Specialist, School Health



Discover how the Five for Life High School physical education program transforms traditional PE into a dynamic, student-centered experience that promotes lifelong wellness. Designed by educators for educators, this flexible curriculum integrates seamlessly into General PE, Group Fitness, Team Sports, and Lifetime Sports courses. Attendees will explore how the program fosters intellectual, social, and personal development through fitness-focused lessons, meaningful assessment tools, and real-life applications.

HEALTH AND PHYSICAL ACTIVITY INSTITUTE

10-10:50 a.m. & 11-11:50 a.m.

Are You Outward Bound?

Kerry Lubin, Philadelphia Outward Bound Instructor



Have some fun with activities used for team building and Ice Breakers at Philadelphia Outward Bound School. Have your students build team relationships while having fun working together!

10-10:50 a.m. & 11-11:50 a.m.

Engage, Energize, Educate: Standards-Based Fun for Physical Education



Ron Malm, School Health Corporation, Spokane, WA

Transform your PE lessons with standards-based activities that make movement meaningful! Come explore blood flow, muscles, and skill-based activities such as Bowling the LEGO way. Get ready to learn, play, and inspire lifelong fitness. You don't want to miss this!

10-10:50 a.m. & 11-11:50 a.m.

DanceJAM

Jeannie Antonio, Manassas Park Middle School



Join a fun dance session hosted by a former NFL cheerleader and current NBA dancer! You'll learn a mini-routine adaptable to several different types of music. Energetic and engaging, this fun dance presentation showcases creative choreography, inclusive movement activities, and practical strategies for boosting student participation. Attendees will experience firsthand how dance fosters fitness, coordination, and joy—ideal for all ages and skill levels! Get ready to move,

groove, and be inspired!

10-10:50 a.m. & 11-11:50 a.m.

NarCAN: It is NOT Just for Opiate Overdoses Anymore!

William J Lynch Jr, Clinical Pharmacist, Rowan University School of Osteopathic Medicine, New Jersey



NarCAN is NOT just for opiate/opioid overdoses anymore! Every school should have NarCAN readily available to the public and every school should have an AED readily available to the public. The question is, are they readily available together?! This presentation will share exciting new data as to why an AED should have NarCAN in the AED kit and if not at least right next to the AED. NarCAN could save countless more lives and this new potential benefit will help reduce the stigma associated with NarCAN use.

This presentation will truly astound you! Everyone needs to know this information!

10-10:50 a.m.

Why You Need a Human Trafficking Prevention Curriculum

Lauren Diggs, Freekind, Prevention Education Manager



This interactive 50-minute session will inform educators on the need for human trafficking prevention in their schools because of the Virginia law that mandates it for educators and because their students are some of the most vulnerable age groups to trafficking. We will discuss how the Prevention Project curriculum fulfills that requirement for educators and early intervention/prevention for students. We will focus on the WHY, WHAT, HOW of the program.

Educators will understand WHY they need such a curriculum, WHAT the curriculum includes (i.e. training, resources, lesson plan, activities, etc.) and HOW they can implement it in their schools, including HOW the curriculum fulfills many Family Life, Health & PE Virginia Standards of Learning.

10-10:50 a.m. & 11-11:50 a.m.

Made for Play: Bennett's Village Multigenerational All-Abilities Playspace

Bellamy Brown, Yuki Weaver, Samantha Strong, Gail Felhner, Bennett's Village, Charlottesville, VA



Come see what Bennett's Village is all about! This multi-generational, all abilities playground was named for a little boy, Bennett, who dreamed of a place to go in his hometown where he could play independently in his wheelchair with family and friends. See the already completed play areas and amazing vision and design for the future! Bennett's Village is located in Charlottesville's Pen Park.

This inclusive space will/does have equipment designed for those with mobility limitations, sensory processing disorders, developmental delays, neurodiversity, assistive animals, visual and hearing impairments, and a full range of abilities...So that everyone can play together!

10-10:50 a.m. & 11-11:50 a.m.

Exploring the ORPH Drive

Debbie Fry, VADETS and ADTSEA National Driver Education Teacher of the Year, Chesapeake Public Schools and Dr. Robin Shepherd, **VDOE Driver Education Specialist**



This session is an overview of the Driver Education Curriculum (ORPH Drive), highlighting curriculum resources, instructional strategies, and best practices for preparing students to turn safe driving skills into good driving habits.

10-10:50 a.m. & 11-11:50 a.m.

Aware and Empowered: Creating Observant and Responsive Students through Situational Awareness

Elmer Seward & Dr. Mitzi Fehl-Seward, WHRO, Norfolk, VA and **Dr. Dani Almarode,** Jalapeno Team Leader, VDOE PE Specialist, James Madison University Instructor



In this engaging session, you will have front row seats to the planning, execution and implementation of the partnership between WHRO and VDOE to create practical ways to help students become more alert, observant, and responsive. Participants will engage in games and real-world scenarios, created by fellow health and physical education teachers in Virginia.

Get ready to learn how to seamlessly embed situational awareness into lessons. Walk away with tools to empower your students to make quick, confident decisions, enhance personal and group safety, and become more mindful movers. **Elmer Seward**, Vice President of Education Services at WHRO, is a career educator with experience as a teacher, assistant principal, principal, and director of technology. Prior to taking his current position, he worked with two Virginia Department of Education contracts at WHRO as Instructional Supervisor for Virtual Virginia and as Director of [eMediaVA](#).

Dr. Mitzi Fehl-Seward is a career educator with over 30 years in education. Mitzi is the Vice President of Digital Learning at WHRO, where she oversees all online learning content development projects. Previously, Mitzi served as the E-Learning Curriculum Supervisor and the E-Learning Support Supervisor for Virtual Virginia, the Virginia Department of Education's online program for K-12 students. Dr. Fehl-Seward has taught Readiness, First Grade, Kindergarten and Kindergarten/First Multiage. Mitzi is also a part-time Assistant Professor at Regent University. She is a published author with Scholastic Inc., where she co-authored a book for teaching math with music and other articles in various professional development publications.



10-10:50 a.m. & 11-11:50 a.m.

You.Fo - Fly that Ring!

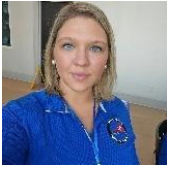
Mark Brandenburger, Health and PE Specialist, Henrico County Public Schools

YOU.FO can be played everywhere, at any time, by anyone. Skills focus on catching and throwing with long-handled implements, agility, offensive and defensive tactics.

11-11:50 a.m.

SHAPE America 2025 Health Recap

Dr. Summer Davis, Old Dominion University, Norfolk State University, and Virginia Peninsula Community



College Did you miss the SHAPE America conference this year? Do you still want to learn about the amazing things health teachers across the country are doing? If you answered yes to these questions, then this presentation is for you. This presentation will be a recap of the health sessions I attended at the SHAPE America conference this year. You will leave with tons of new ideas, activities, and resources to take back to your classrooms in the fall!

1-1:50 p.m. & 2-2:50 p.m.

What's with the Ducks?!?

Chip Candy, National Middle School PE TOY, Marlton, NJ



Why are so many people “all in” with these ducks? What are the activities that rubber ducks can be used for? How were the games/activities created? Can I use these with every age level? Through peer collaboration, the ducks are “flying” everywhere. Come have some Duckfun!

1-1:50 p.m. & 2-2:50 p.m.

T.A.G. – Together Achieving Greatness

Jenna Allen, Meghan Gouldin, Mango Team Leader & **Melissa Jacobs**, Henrico County Public Schools



T.A.G. – Together Achieving Greatness is a presentation about building a strong, supportive classroom community. It highlights the power of teamwork, respect, and shared goals. Educators will gain simple strategies to help students connect and collaborate. When we work together, we all achieve more.

1-1:50 p.m. & 2-2:50 p.m.

Teach Tennis with Confidence: Games, Skills, and Resources for K-12 PE

Jeanine Acierto, Schools Coordinator, USTA



Get ready to bring the fun and energy of tennis to your PE program! This hands-on workshop for K-12 PE teachers will help you confidently introduce tennis by learning how to manage equipment, apply effective class management techniques, and adapt activities for any space or student ability. You'll also explore free K-12 lesson plans, learn how to access a free tennis equipment kit, and discover USTA resources to keep students engaged long-term.

1-1:50 p.m. & 2-2:50 p.m.

Fishing in Schools

Michael Carter, Frederick County Public Schools



In this presentation, you will see pictures and videos of what a fishing unit could look like in your space and how involved students get during the unit. Come see all the VA PE SOLs and VA Science SOLs for grades 1-4 that align with a fishing unit! We will discuss how to create a cross-curricular unit. You will also be up and moving and experience the unit for yourself. We will discuss how to scaffold a fishing unit to meet the needs of all students.

1-1:50 p.m. & 2-2:50 p.m.

Get Equipped for Dance

Kelly Clark, Coconut Team Leader, Loudoun County Public Schools

In this session, you are going to learn a variety of ways you can use inexpensive equipment to teach dance, rhythms, and let your students be creative and make their own routines. Adaptions to include all students will be included so ALL students can be successful and get moving to the music.

1-1:50 p.m. & 2-2:50 p.m.

Adapting Physical Activities for Early Childhood Classes

Caitlin Ellis, Director of Outreach, STREAMin3, University of Virginia & **Jenn Vedder**, VDOE Health and Family Life Specialist



This session explores how to adapt health and physical education activities for early childhood settings using Virginia's Early Learning and Development Standards. Participants will examine developmentally appropriate strategies, explore free resources from the UVA-developed ECE Resource Hub, and discuss how to align physical activity with learning goals. Attendees will also engage in hands-on, playful activities adapted specifically for young children. Caitlin Ellis is the Director of Outreach for the STREAMin3 curriculum model from the Center of Advanced Study of Teaching and Learning (CASTL) at the University of Virginia. Caitlin received her M.S. in Educational Administration from Drexel University and holds a B.A. in Early Childhood Education from the State University of New York at Potsdam. Caitlin has served young learners across the country as an administrator, teacher, researcher, presenter, and consultant in university, public, and private school settings. Caitlin enjoys working with educational staff of all levels to shape policy and practice that best serves our little learners.

1-1:50 p.m. & 2-2:50 p.m.

Teaching on Trial

Tammy Hanna, VA AHPERD Dance TOY, Henrico Public Schools



In this session we will investigate Virginia Statue as it pertains to tort law and teaching, how to create a safe and liability conscious school, and the next steps our community needs to take to promote equality under the law. This eye-opening session will provide the best practices and resources for you to take back to your school.

1-1:50 p.m. & 2-2:50 p.m.

Observable Instructional Practices

James Gunther, Adapted PE TOY, Suffolk Public Schools & **Adam Otstot**, Strawberry Team Leader, Bike



Smart Master Trainer, K-12 HPE Coordinator, Williamsburg-James CC

Roundtable discussion on possible Observable Instructional Practices K-12 for Health and Physical Education. Please come with a copy of your district's 'look fors' or practices to share. The purpose of the session is to have Coordinators come together and help align best practices and 'look fors' to support school administration.

3-3:50 p.m. & 4-4:50 p.m.

Pickleball Skills and Drills

Susan Nye, Professor James Madison University



Pickleball has become all the rage. This session will cover basic rules and the skills of serving, forehand, backhand, and the drop shot. The session will also align specific cues to help you give feedback on each of the skills.

3-3:50 p.m. & 4-4:50 p.m.

Philly Phanatic Phun

Kerry Lubin, Outward Bound Instructor, School District of Philadelphia, PA, retired

Fun quick easy activities that your students will enjoy. All kid tested in Philadelphia! Your students will love these activities!

3-3:50 p.m. & 4-4:50 p.m.

Teambuilding Through Yoga

Victoria Otto, IAHPERD Secondary PE Teacher of the Year, Midwest District Secondary PE Teacher of the Year, Highland Park High School, IL, retired



Engage in fun, easy-to-facilitate yoga postures, starting with individual poses, progressing to partner skills, and eventually moving to full-class yoga formations—all within the yoga framework. Students will integrate yoga poses with functional strength, balance, weight shifting, self-assessment, and partner work, while advocating for themselves and others. This approach will foster a team-building atmosphere, promote social-emotional wellness, and encourage inclusion.

3-3:50 p.m. & 4-4:50 p.m.

Student Designed Workouts

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

Engage in leading students to develop their own fitness plans by exploring ways to teach students to create and design their own workouts. Ideas for both individual, partner and small group workouts will be shared. You will walk away with at least 5 different workouts you can share with your students!

3-3:50 p.m. & 4-4:50 p.m.

Feel the Beat, Find Your Feet

Dani Almarode, Jalapeno Team Leader VDOE PE Specialist, James Madison University Instructor



Get ready to move, groove, and inspire! This high-energy session dives into how dance can be an enjoyable experience for ALL students. We'll explore creative ways to teach rhythm, coordination, and self-expression through movement — no dance background required! From warm-ups to choreographed routines and freestyle fun, you'll discover how to make dance accessible, enjoyable, and educational. Walk away with ready-to-use activities, teaching tips, and the

confidence to bring more music and movement into your PE program.

3-3:50 p.m. & 4-4:50 p.m.

Get SMART-er: Reimagining Student Goals in Health & PE

Jenn Vedder, VDOE Health and Family Life Specialist

This session introduces a reimagined approach to SMART goals in health and physical education. Educators will explore a new framework that emphasizes strength-based, meaningful, and authentic student outcomes. Through interactive examples and real classroom applications, participants will leave with practical strategies to create goals that support student growth, engagement, and lifelong wellness. Discover how goal setting can become a tool for empowerment, not just evaluation.

3-3:50 p.m. & 4-4:50 p.m.

Sipping for Change: Empowering Adolescents and Caregivers to Ditch Sugary Drinks

Annie Reid, University of Virginia, **Theresa (Teace) Markwalter**, Research Specialist Intermediate, **Jamie Zoellner**, Kids SIPsmartER

This presentation will explore the impact of Kids SIPsmartER, a 7th-grade health behavior program, on students' and caregivers' sugary drink consumption. The session will highlight teacher implementation data and discuss opportunities and challenges for sustaining and expanding the program. Educators will gain insights into student outcomes, best practices for delivering the curriculum, and teacher training resources for effective implementation. Join us to learn how Kids SIPsmartER can enhance PE/health education and promote healthier beverage choices.

Theresa (Teace) Markwalter is a Research Specialist Intermediate working on Dr. Jamie Zoellner's Kids SIPsmartER, iSIPsmarter, and weSIPsmarter trials, as well as Dr. Becca Krukowski's iREACH project. She graduated from Virginia Tech with a Master of Public Health, where she assisted with research projects focused on

incarcerated women's health and public health communication surrounding COVID-19. She also has experience as a Public Health Outreach Worker and Care Resource Coordinator for local health departments in Southwest Virginia. She is passionate about rural and Appalachian health, public health communication, and theory-based health education programs.

3-3:50 p.m. & 4-4:50 p.m.

Technology Tips and Tricks for PE

Jennifer Barnes, Poquoson Public Schools



Technology is a big part of keeping my lessons organized, my FitnessGram scores tallied, & creating custom posters & videos. Join me as I share tips & tricks with Google Docs & Slides, Microsoft Excel, & Canva. Bring your laptop for some hands-on collaborations.

3-3:50 p.m. & 4-4:50 p.m.

Just Jill: Navigating Twin Loss

Jill Cichowicz, Founder - 2 End The Stigma



After losing her twin brother tragically to fentanyl poisoning in 2017, Jill Cichowicz made a vow to understand the disease of addiction and shame many feel while battling to normalize the need for help. This presentation shares the heartbreaking story of loss, highlighting the sudden and devastating impact of the opioid crisis. It raises awareness about the dangers of fentanyl, often unknowingly mixed into other substances, and emphasizes the need for education, prevention and stronger support systems to protect lives. Through personal loss, Jill advocates for change to prevent

similar tragedies happening to other families like her own. collaborations.

Jill founded "2 End The Stigma", to help individuals struggling with Substance Use Disorder (SUD) and to fulfill her desire to erase the stigma and educate others on the disease of addiction. Her commitment to this purpose began as a way to honor her twin brother, Scott and create a legacy for his name after he died from Fentanyl poisoning in February 2017.

Her participation on the national Purdue Pharma Ad Hoc Victim's Committee is instrumental in helping those affected to move on from the devastation of losing a loved one to a disease that could have been prevented. Jill currently serves on Governor Glenn Youngkin's Virginia Addiction Recovery Council and collaborates with First Lady Suzanne S. Youngkin with her It Only Takes One Campaign in hopes of continuing to make an impact in her beloved twin brother's honor.

6:15 – 7:15 p.m.

Team Meeting Locations

Dragon Fruit: Upper Drum; Dairy: Allegheny; Jalapeño Peppers: Highlands; Strawberry: Ballroom C; Coconuts: Upper Hallway near elevator; Rhubarb:, Ballroom B; Sweet Potato: outside Ballroom B; Clementine: Conf Rm 1; Kiwi: Conf Rm 4; Watermelon: Ballroom A; Passion Fruit: Bottom spiral staircase; Water: Conf Rm 5; Pineapple: outside Ballroom C; Mango:, Lower Drum; and Pumpkin: Conf Rm 2

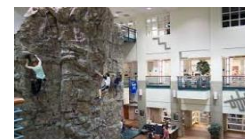
7:30 p.m. - 9 p.m.

A Lifetime of Physical Activity and Wellness: an opportunity to try something new, create and network!

Barry Trent, Institute Leader, Team Leaders, & JMU Ambassadors

JMU's UREC is open to all HPAI participants!

- The multi-activity pool, the lap pool (open till 9:00pm) & spa;
- The fitness center & cardio deck;
- Wheelchair basketball & basketball;



HEALTH AND PHYSICAL ACTIVITY INSTITUTE

- Volleyball & indoor soccer;
- Badminton, pickleball, & racquetball;
- The adventure center/climbing wall and MUCH, MUCH MORE!

9:30 p.m. – 12:00 a.m.

"Glow Hard or Go Home"

Come join us for a late-night dance party social!

With Your Host, DJ **Stevie Ray Gray**

Lunges, lights, and late-night dance-offs. Come dressed in your best neon drip

Session Descriptions

Wednesday, July 16, 2025

6:30-7:15 a.m.

Early Bird Wellness!

Come learn, laugh, play Spikeball, Kan Jam, and PaddleZlam with Ron Trainum on Festival Field. Take a campus walk with Barry Trent (meet at traffic loop upper Festival). Take a nice campus run with Adam Otstot (meet at traffic loop upper Festival). Or practice your Unicycling skills with Cindy Ferek at the main Festival entrance!

9-9:50 a.m. & 10-10:50 a.m.

Super PE? Don't Forget Your C.A.P.E. (Creative Activities for PE)

Chad Triolet, National Elementary TOY, Passion Fruit Team Leader, Principal Sparrow Road Intermediate, Chesapeake Public Schools



Explore effective activities and concepts that meet high quality physical education standards. The collection of small-sided activities will focus on maximizing participation, developing skills, improving fitness and motor development while building success. Be ready to 'fly away' with some great activities that will make your 'super program' even better!

9-9:50 a.m. & 10-10:50 a.m.

Mission Nutrition! Creating Nutrition Based Empowering Lifelong Wellness: Integrating Fitness, Health, and Life Skills with the Five for Life Curriculum

Stevie Ray Gray, Sweet Potato Team Leader, Henrico County Schools, School Health trainer

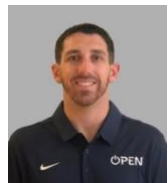


Discover how the Five for Life High School physical education program transforms traditional PE into a dynamic, student-centered experience that promotes lifelong wellness. Designed by educators for educators, this flexible curriculum integrates seamlessly into General PE, Group Fitness, Team Sports, and Lifetime Sports courses. Attendees will explore how the program fosters intellectual, social, and personal development through fitness-focused lessons, meaningful assessment tools, and real-life applications.

9-9:50 a.m. & 10-10:50 a.m.

Relationships Matter!

Jimmy Grassano OPEN Trainer, Southern District Elementary PE TOY, VA AHPERD Elementary PE TOY, VA Beach Public Schools



Want to build a solid foundation where all of your students feel connected and welcomed in your PE class? Come learn strategies and activities that will get your students moving while feeling seen and connected. Learn how to break down barriers in PE and build a family within your classes.

With over 12 years of experience in elementary education, Jimmy Grassano is a dedicated and passionate Health and Physical Education (HPE) teacher. He holds a master's degree in educational leadership and is committed to fostering lifelong health and wellness in his students through innovative and meaningful instruction. Jimmy's outstanding contributions to the field have earned him multiple accolades, including the **2024 SHAPE America Southern District Elementary Physical Education Teacher of the Year** and the **2021 Virginia AHPERD Elementary PE Teacher of the Year**. He has also been recognized as **Teacher of the Year** at both elementary schools where he has served.

Beyond the classroom, Jimmy is an **OPEN National Trainer**, a mentor to fellow HPE teachers, and a group leader for his school division's Professional Learning Communities (PLCs), where he supports continuous professional development and collaboration. Jimmy Grassano exemplifies leadership, innovation, and dedication in HPE education, inspiring both students and educators alike.

9-9:50 a.m. & 10-10:50 a.m.

Field Day FUNDamentals

Toni Brown-Berry, Pumpkin Team Lader, Loudoun County Schools



Planning a successful Field Day takes more than just fun games and sunny weather — it requires thoughtful coordination, effective communication, and strong execution. In this session, we'll walk through the entire Field Day process, from initial planning and logistics to day-of management and post-event wrap-up. Whether you're organizing for a school, organization, or community group, you'll learn how to create a detailed plan, delegate responsibilities, manage resources, and adapt on the fly. Leave with practical tools, templates, and tips to ensure your Field Day runs smoothly and creates lasting memories for all participants.

9-9:50 a.m. & 10-10:50 a.m.

Mindful Movements

Victoria Otto, IAHPERD Secondary PE Teacher of the Year, Midwest District Secondary PE Teacher of the



Year, Highland Park High School, IL, retired

Let go and laugh while learning how to incorporate mindfulness and SEL into disguised yoga-based cardio routines and activities. Discover how easy it is to infuse yoga movements, functional strength, basic dance, and a twist of weight shifting and balance. Guaranteed to make you smile, laugh, and challenge your body, mind, and spirit.

9-9:50 a.m. & 10-10:50 a.m.

Starting Block: Maximizing Engagement in a 90-Minute Block

Adam Otstot, Strawberry Team Leader, Williamsburg-James City County Curriculum Specialist

Participants will utilize brain research for adolescents and leverage a lesson plan structure to maximize student engagement and optimize learning in a large block of instruction.

9-9:50 a.m. & 10-10:50 a.m.

Empowering Educators to Combat the Opioid Crisis: Implementing Botvin LifeSkills in Health & PE

Nenneya Shields, VDOE, **Kathy Hosig**, Virginia Tech (VT) Virginia Cooperative Extension (VCE); **Reem Mohammed**, Virginia Tech (VT) Virginia Cooperative Extension (VCE); **Jennifer Vedder**, VDOE

Join us for an engaging and impactful session that dives into the Opioid Abatement Education Plan, a comprehensive initiative equipping K–12 Health and Physical Education teachers with the tools to help prevent opioid misuse before it begins. Through our statewide partnership, educators receive full support—including training, materials, and stipends—to deliver the Botvin LifeSkills Training, a nationally recognized, evidence-based substance abuse prevention program. This session will highlight how this program can be seamlessly integrated into Health and PE curricula to build resilience, decision-making,

9-9:50 a.m. & 10-10:50 a.m.

Navigating the Admin Guide: A Trivia Road Trip

Dr. Robin Shepherd, VDOE Driver Education Specialist



Buckle up for a fun and interactive 'road trip' through the Driver Education Administrative Guide! This session transforms essential administrative knowledge into an engaging trivia challenge. We'll explore key policies, procedures, and regulations, testing your expertise on everything from program requirements to record-keeping. Get ready to hit the gas on your administrative know-how, compete for bragging rights, and discover insights that will help you better navigate the driver education landscape.

9-9:50 a.m. & 10-10:50 a.m.

How Schools are Turning Their Gyms into Digital Interactive Playgrounds

Johnny Sink, Director of Sales - South, Clinton Learning Solutions

Many of you may already be familiar with Lu, an innovative solution that transforms a gym wall into a giant interactive surface. If not, then come out from under that rock, ha! This session will explore how Lu's platform offers a dynamic environment for active learning in physical education, allowing students to engage with important classroom subject matter while simultaneously developing physical education skills. I know, I know. Lu is expensive. Yes, it isn't cheap, but PE budgets don't pay for it, so let me help and share how schools fund their Lu purchases, then you will be equipped to go back to your school and district with the right knowledge. We'll have fun together in this session by using the Lu Mobile System as well.

9-9:50 a.m.

Speed LAX

Susan Nye, Professor James Madison University

Speed lacrosse uses rules similar to ultimate frisbee with the lacrosse skills of throwing, catching and ground balls. The session will cover how to teach each of these skills and how to set up the game for your secondary students.

11:00-11:45am,

Team Meetings

Team Meeting Locations

Dragon Fruit: Upper Drum; Dairy: Allegheny; Jalapeño Peppers: Highlands; Strawberry: Ballroom C; Coconuts: Upper Hallway near elevator; Rhubarb:, Ballroom B; Sweet Potato: outside Ballroom B; Clementine: Conf Rm 1; Kiwi: Conf Rm 4; Watermelon: Ballroom A; Passion Fruit: Bottom spiral staircase; Water: Conf Rm 5; Pineapple: outside Ballroom C; Mango:, Lower Drum; and Pumpkin: Conf Rm 2

12:45-2:00 p.m.

Closing Keynote - Dream Big!

Cindy Ferek, Rhubarb Team Leader, National High School PE TOY, Commercial Pilot/Flight Instructor



There are times in life when storms and chaos are raging all around. When you find you have lemons, are you bitter or will you make the choice to be better? Be ready to reflect, set some goals and formulate a game plan for yourself this year. Get Ready to Dream Big!

2-3:00 p.m.

Closing Ceremonies

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

Check-Out:

Please return room keys to the registration desk in the Festival Conference Center
no later than 3:00.

NOTE: You will be billed for lost or unreturned keys.

Special thanks to VA AHPERD Members, School Health, OPEN PhysEd, Varsity Brands, Clinton Learning Systems, VADETS, Varsity Brands, GOPHER, JMU & all the awesome health & physical educators for supporting the 2025 Health & Physical Activity Institute!

Mark your calendars for next year's institute!!

July 12-15, 2026

Thank you for coming! Have a safe trip home!

Event Maps



LOWER LEVEL

Department Services

Room Number	Room Name
1100	Conference Services
1113	Off Campus Life Kitchen
1108	Lisanby Museum
1010	Charles Lisanby Center
1120	The Cave @ Festival
1130	Festival Event Services
3100 - 3102	Leeolou Alumni Center

Conference and Meeting Rooms

Room Number	Room Name
1001	Conference Room 5
1005	Conference Room 4
1020	Conference Room 6
1021	Conference Room 7
1140	Highlands Room



UPPER LEVEL

Department Services

Room Number	Room Name
2001	Festival Scheduling
2010	Festival Event Services
2112	Festival Food Court
2135	Special Events Catering
3200 - 3205	Leeolou Alumni Center

Conference and Meeting Rooms

Room Number	Room Name
2000 A	Grand Ballroom A
2000 B	Grand Ballroom B
2000 C	Grand Ballroom A
2012	Conference Room 3
2014	Conference Room 2
2015	Board Room
2016	Conference Room 1
2019	Board Dining Room
2000 A	Grand Ballroom A

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