Virginia Department of Education 2019 Physical Activity Institute

JMU and Institute General 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

Campus Police & Public Safety
JMU Emergency Services
(540) 568-6911
JMU Non-Emergency Services
(540) 568-6913
Harrisonburg Police
Department (540) 434-4436

Parking Reminders:
C-12 & C-11 lots only
Parking at meters and in
fire lanes can result
in tickets/towing

Housing
Chesapeake Hall – Wing B
Shenandoah Hall – Wing A

Dining Services
East Campus Dining
Hall - Hours:
Breakfast: 7-9:00 am
Lunch: 11-1:30 pm
Dinner: 4:30-6:30 pm

Institute Info Desk
8 am- 8 pm
Check-out at the information desk
Wednesday check out from
Noon-3:00
Return key & dining card
(charge for lost key $25
& meal cards $10)

Access Conference Notes & Handouts
http://www.jmu.edu/kinesiology/hpainstitute/index.html
Click on: Workshop Resources

JMU Ambassadors & Conference Services Personnel
Carolyn Chapman ’20
Jordan Goff ’19
Clay Harris ’19
Donte Harris ’20
Tanner Kling ’19
Samantha Kulander ’07
Grace Macomber ’20
Jenna McMahon ’20
Ben Munsey ’19
Austin Noel ’19
Craig Rampersad ’20

Festival Managers
Bob Davis

JMU Team
Sara Carson Sackett
Chelsea Duncan
Lori Gano-Overway
Kara Hill
Bobby Lifka
Pam Mason
Cathy McKay
Tom Moran
Susan Nye
Janet Wigginsworth
Jacqueline Williams

JMU and Institute General Information

UREC Hours
Saturday, 11am-4pm,
Sunday, 4pm-9pm,
Monday-Wednesday, 1am-9pm (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 using the DART machine in UREC atrium.

Edith Carrier Arboretum
A short walk away! http://www.jmu.edu/arboretum/index.html

Sponsors
Gopher Sports
James Madison University
Department of Kinesiology
OPEN PE
US Games
VAHPERD
Virginia Department of Education

Planning Committee Members/Team Leaders
Dani Almarode
Mark Arrington,
Toni Brown-Berry
Cindy Ferek
Alisabeth Gheen
Stevie Gray,
Lisa McDaniels
Brian McPherson
Adam Ostot
Amy Riggio
Jason Runk
Ron Trainum
Barry Trent
Chad Trielet
Amy Wheeler
Jami Wright
Andrew Wymer
Vanessa Wigand, VDOE

Mark Your Calendars!
The 2020 Health & Physical Activity Institute
July 12-15th
## Pre-Institute Events
### Sunday, July 14, 2019

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>7-9</td>
<td>Breakfast</td>
<td></td>
<td>Festival Upper Drum</td>
</tr>
<tr>
<td>8-noon</td>
<td>Check-in</td>
<td>JMU HPAI Registration Staff</td>
<td>Festival Conference Center</td>
</tr>
<tr>
<td>10-11:30</td>
<td>Bike Smart! Virginia</td>
<td>Beneline Williams &amp; Kelly Garner, Newport News; Adam Otstot, Hanover County</td>
<td>Ballroom A</td>
</tr>
<tr>
<td>1-5 &amp; 6:30</td>
<td>Teacher Certification</td>
<td>Beneline Williams &amp; Kelly Garner, Newport News; Adam Otstot, Hanover County</td>
<td>Ballroom A</td>
</tr>
<tr>
<td>10-6</td>
<td>Archery Teacher Certification</td>
<td>Karen Holson, Virginia State NASP Coordinator</td>
<td>Godwin 135</td>
</tr>
<tr>
<td>11:30-1</td>
<td>Lunch</td>
<td></td>
<td>Festival</td>
</tr>
<tr>
<td>1-4:30</td>
<td>Get a Sneak Peek at the proposed 2020 Health Standards of Learning</td>
<td>Dr. Liz Payne, Fairfax, Sheila Jones, Virginia Beach; Vanessa Wigand, VDOE</td>
<td>Alleghany</td>
</tr>
<tr>
<td>2-4</td>
<td>Check-in</td>
<td>JMU HPAI Registration Staff</td>
<td>Festival Conference Center</td>
</tr>
<tr>
<td>4-5</td>
<td>Team leaders’ meeting</td>
<td>Barry Trent, Institute Leader; Roanoke County, retired</td>
<td>Alleghany</td>
</tr>
<tr>
<td>4:30-6:30</td>
<td>Dinner</td>
<td></td>
<td>E. Campus Dining Hall</td>
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</table>

## Health and Physical Activity Institute
### Monday, July 15, 2019

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<td>8-9:50</td>
<td>Check-in</td>
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<td>Festival Conference Center</td>
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<tr>
<td>8-9:30</td>
<td>Cross Curricular Activities</td>
<td>Jordan Stolp &amp; Scott Roy, Gopher</td>
<td>Ballroom A</td>
</tr>
<tr>
<td>8-8:50</td>
<td>Developing Fun Science Connections in Physical Education</td>
<td>Rich Wiles, Severna Park Elementary, Maryland</td>
<td>Ballroom B</td>
</tr>
<tr>
<td></td>
<td>Helping Your School Build Active Classrooms</td>
<td>Elyse Loughlin, AW Becker Elementary School, New York</td>
<td>Ballroom C</td>
</tr>
<tr>
<td></td>
<td>Tai Chi - a mind/body practice to help your students find calm through movement</td>
<td>Bobby Lifka, James Madison University</td>
<td>Lower Drum</td>
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Ramp Shot ......................................................... Logan Berns, Virginia Beach ........................................ Festival Field

I Can Do It! An Evidence-Based Physical Activity ................................ Dr. Jayne Greenberg, Miami Dade, Florida ................. Alleghany
Program for Youth and Adults with Disabilities

9-9:50
Developing Fun Science Connections in Physical Education .................. Rich Wiles, Severna Park Elementary, Maryland ............. Ballroom B
Helping Your School Build Active Classrooms .................................. Elyse Loughlin, AW Becker Elementary School, New York .... Ballroom C
Tai Chi - a mind/body practice to help your students find calm through movement .................................................. Lower Drum
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101 PE Mashups! .................................................. Andrew Wymer, Albemarle County ........................................ Festival Field
I Can Do It! An Evidence-Based Physical Activity .................... Dr. Jayne Greenberg, Miami Dade, Florida ................. Alleghany
Program for Youth and Adults with Disabilities

Do I Really Have to Answer THAT???? .................................... Katie Mitchell & Brenda Bechler; .................... Upper Drum Extension
Learning by Doing .................................................. Gretchen Hiort & Corey Calder; Henrico County ................. Conf Rm 2
Student Voice & Choice Led Health ..................................... Dr. Kim Cooke, Charlotte Mecklenburg, NC .................... Conf Rm 4

10-11:50
Welcome! ......................................................... Barry Trent, Institute Leader & ....................... Ballroom A
I Can Do It! ......................................................... Dr. Jayne Greenberg, Miami Dade, Florida ................. Alleghany
Get Ready! Get Set! Go Share!!
Virginia’s 2019 Chief Movement Officer (CMO) Cadre: Amy Riggio & Brian McPherson, Loudoun, Jason Runk, Henrico, Jamie Wright, Franklin County, Lei Dunn, Virginia Beach, & Laura “Sparkles” Jennelle, Fairfax
Team Leader meetings: Dragon Fruit: Jason Runk; Dairy: Amy Riggio; Cantaloupe: Brian McPherson; Jalapeño Peppers: Dani Almarode; Grape: Adam Otstot; Apple: Laura “Sparkles” Jennelle; Nuts: Mark Arrington; Rhubarb: Cindy Ferek; Blueberry: Stevie Gray; Star Fruit: Toni Brown-Berry; Kiwi: Jamie Wright; Watermelon: Ron Trainum; Passion Fruit: Chad Tholet; Water: Amy Wheeler; and Pineapple: Alisabeth Gheen.
(Please extend a special thank you to GOPHER for providing the pedometers!)

11:50
Lunch ............................................................................................................................................. E. Campus Dining Hall

1-4
VAHPERD City/County Health & Physical Education Curriculum Coordinators’ Meeting ......................................... Alleghany
................................. Mike Justice, Chair, VAHPERD City/County, Supervisors, Stafford County & Adam Otstot, Chair Elect, Hanover County

1-1:50
OPEN’s Pickleminton Progressions for Elementary Students .................. Brian Devore, OPEN Professional; ....................... Ballroom A
Developing Fitness Knowledge with SEL for Middle School Learners .................................................................................................................. Ballroom B
ACTION! Team Games .................................................. Jordan Stolp & Scott Roy, Gopher; .............................. Ballroom C
Brain Breaks for the Classroom or the Gymnasium ......................... Cindy Ferek, Pilot/Flight Instructor; ....................... Highlands National High School PE. T.O.Y.
Student Driven Dances – empower your students to choreograph their own dances!
Helping Your School Build Active Classrooms ................................ Elyse Loughlin, AW Becker Elementary School, New York
Monday, July 15, 2019

Infused Nutrition ................................. Rachel Thompson, Old Donation School, Virginia Beach  ........................ Conf Rm 2

Teaching All Subjects in PE. .......................... Alex Rotruck, Westminster School, Annandale ........................ Conf Rm 4

Partnering with Virginia’s Family Nutrition .......................... Molly Beardslee & Morgan Martindell, Virginia Cooperative Extension, VA Tech

Program (Grades 3-6) .......................... Conf Rm 5

2:250

OPEN’s Pickleminton Progressions for Elementary Students .......................... Brian Devore, OPEN Profession, Development Manager, Georgia

Developing Fitness Knowledge with SEL for Middle School Learners .......................... Rich Wiles, Severna Park Elementary, Maryland

ACTION! Team Games. .......................... Jordan Stolp & Scott Roy, Gopher, Owatonna, Minnesota

Brain Breaks for the Classroom or the Gymnasium .......................... Cindy Ferek, Pilot/Flight Instructor, National High School P.E. T.O.Y.

Student Driven Dances – empower your students to choreograph their own dances!

Helping Your School Build Active Classrooms .......................... Elyse Loughlin, AW Becker Elementary, New York

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Program (Grades 3-6) .......................... Conf Rm 5

3:350


Ultimate Sport Education for Ultimate .......................... Charla Krahnke, National High School T.O.Y., NC

Learning Outcomes .......................... Ballroom B

Pickleball fun for all ages .......................... Dr. Susan Nye, James Madison University

I Like to Move It, Move It!! .......................... 2019 CMO Cadre: Amy Riggo & Brian McPherson, Highlands

Assessment Activities for Large Groups .......................... Brian McPherson, Loudoun County, Lower Drum

Learn Lacrosse the LACSAL way! .......................... Paul Cain, Queenstown, Maryland

Do I Really Have to Answer THAT????? .......................... Katie Mitchell & Brenda Bechler, Upper Drum Extension

I Can Do It! An Evidence-Based Physical Activity .......................... Dr. Jayne Greenberg, Miami Dade, Florida

Learning by Doing .......................... Conf Rm 2

Learning by Doing .......................... Conf Rm 2

4:450

It’s Ninja Time! Exploring OPEN’s Ninja .......................... Elyse Loughlin, AW Becker Elementary

Ultimate Sport Education for Ultimate .......................... Charla Krahnke, National High School T.O.Y., NC

Learning Outcomes .......................... Ballroom B

Pickleball fun for all ages .......................... Dr. Susan Nye, James Madison University

I Like to Move It, Move It!! .......................... Virginia’s 2019 Chief Movement Officer (CMO) Cadre

Tai Chi - a mind/body practice to help your students find calm through movement

Co-Sponsored by the Virginia Association for Health, Physical Education, Recreation and Dance (VAHPERD)
**Monday, July 15, 2019**

- **Time** | **Event** | **Speaker** | **Place**
- 7:30-8:15 | Team meetings | Cantaloupe: | Conf Rm 2
- 7:30-8:15 | Jalapeno Peppers: | Highlands
- 7:30-8:15 | Dairy: | Allegheny
- 7:30-8:15 | Star Fruit: | Lower Drum
- 7:30-8:15 | Dragon Fruit: | Upper Drum
- 7:30-8:15 | Passion Fruit: | Bottom spiral staircase
- 7:30-8:15 | Watermelon: | Ballroom A
- 7:30-8:15 | Apple: | Lower Drum extension
- 7:30-8:15 | Nuts: | Hallway near elevator
- 7:30-8:15 | Rhubarb: | Ballroom B
- 7:30-8:15 | Water: | Upper drum extension
- 7:30-8:15 | Kiwi: | Conf Rm 4
- 7:30-8:15 | Grape: | Ballroom C
- 7:30-8:15 | Blueberry: | outside Ballroom B
- 7:30-8:15 | Pineapple: | outside Ballroom C

**Tuesday, July 16, 2019**

- **Time** | **Event** | **Place**
- 6:30-7:15 | Early Bird Wellness! | E. Campus Dining Hall
- 6:30-7:15 | Backyard Games with Spikeball, Kan Jam, PaddleZlam and Rollers | E. Campus Dining Hall
- 6:30-7:15 | Campus Walk | E. Campus Dining Hall
- 6:30-7:15 | Campus Run | E. Campus Dining Hall
- 6:30-7:15 | 7-17 mile Bike Ride | E. Campus Dining Hall
- 6:30-7:15 | Tai Chi | E. Campus Dining Hall
- 6:30-7:15 | Unicycling, | E. Campus Dining Hall
- 6:30-7:15 | 101 PE Mashups | E. Campus Dining Hall
- 7:30-8:15 | Breakfast | E. Campus Dining Hall
- 8:50-9:45 | It's All About Relationships! | E. Campus Dining Hall

**Health and Physical Activity Institute**
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<td>Chad Triolet, National Elementary T.O.Y, Chesapeake &amp; Ballroom A</td>
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<td>Brian McPherson, Loudoun County Public Schools</td>
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<td>Rich Wiles, Anne Arundel County, Maryland</td>
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<td>Jessica Bayliss, Chesterfield County, Ballroom C</td>
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<td>GenZ P.E.: A hybrid sports education model that focuses on career readiness and the 5 C's</td>
<td>Amy Wheeler, S.D. T.O.Y., Loudoun County &amp; Highlands</td>
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<td>101 PE Mashups!</td>
<td>Andrew Wymer, Albemarle County, Festival Field</td>
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<td>RampShot: A Fun and Active Twist on Corn Hole</td>
<td>Logan Berns, RampShot, Virginia Beach &amp; Moriches, New York</td>
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<td>Constructing a Caring Classroom: An Intentional Approach</td>
<td>Dr. Lori Gano-Overway, James Madison University</td>
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<td>Let's Have Fun in Health Class Today (6-12)</td>
<td>Melanie Lynch, National Health Education, Upper Drum Extension</td>
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<td>Champions Together: Developing a Mentor-Based Unified Track &amp; Field Program</td>
<td>Jenn Vedder, Bayside HS, Virginia Beach, Conf Rm 2</td>
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<td>Next Level Collaboration: Designing Movement Opportunities with Classroom Teachers</td>
<td>Chief Movement Officer Cadre: Amy Riggio &amp; Brian McPherson, Loudoun County Public Schools, Conf Rm 4</td>
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<td>Super Teacher? Don't Forget Your C.A.P.E</td>
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<td>12-1</td>
<td>Lunch</td>
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Co-Sponsored by the Virginia Association for Health, Physical Education, Recreation and Dance (VAHPERD)
1-2:50  Silent No More ............................................ Jenny Derr & Jennifer Tolson, ............................................. Highland parents who lost their sons to opioid overdoses, Denise Lester, MD, Board Certified in Anesthesiology and Pain Management, Olivia Emerson, US Attorney’s Office, E. District of Virginia & District Opioid Coordinator; Kim Ulmet, US Attorney’s Office, E. District of Virginia Victim/Witness Specialist & District Community Outreach Coordinator; and Michael J. Barbuti, Assistant Special Agent in Charge, Drug Enforcement Administration (DEA)

1-1:50  OPENing Fitness Education for High School Students ................. Brian Devore, OPEN Professional ............................................. Ballroom A Development Manager; Georgia

Sports Skills Summit (K-8) ............................................. Jason Tressider, Frederick County ............................................. Ballroom B

OPEN’s Flag Tag for Teaching Fun and Etiquette ... Candace Young, Madison Kindergarten Academy, Kentucky .... Ballroom C

Health. Moves. Mind Info & Demo Session ............ Yasmeen Taji-Farouki & Michelle Carter, SHAPE America .... Alleghany

Observation skills and appropriate feedback ........... Dr. Susan Nye, James Madison University ............. Lower Drum to students

A smart framework for teaching jump rope! ............ David Newman & Tim Adkins ................. Upper Drum RX Smart Gear, Reston


Stressed Learner ......................................................... T.O.Y, Pittsburgh, Pennsylvania

Student Voice & Choice Led Health .................... Dr. Kim Cooke, Charlotte Mecklenburg, NC ..................... Conf Rm 2

Health is WELLth-Data Makes Cents ................. Amy Wheeler, S.D. T.O.Y, Loudoun County  .................... Conf Rm 4 & Mark Arrington, Madison County

2-2:50  OPENing Fitness Education for High School Students ................. Brian Devore, OPEN Professional ................. Ballroom A Development Manager; Georgia

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<td>3:30-3:50</td>
<td><strong>What Twitter Taught Me (K-8)</strong></td>
<td>Jason Runk, Dragon Fruit Team Leader; Henrico T.O.Y.</td>
<td>Ballroom A</td>
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<td><strong>Sensory Integration: How Physical Educators can be Agents for Change for Unfit Youth</strong></td>
<td>Maria McKeown &amp; Kim McInnis, Roanoke County Schools</td>
<td>Ballroom C</td>
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<tr>
<td></td>
<td><strong>OPEN Your Mind to Plug and Play Fitness</strong></td>
<td>Roy Mitchell, HD Cooke Elementary, District of Columbia Public Schools</td>
<td>Ballroom C</td>
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<td><strong>Doing to Learn and Learning to do</strong></td>
<td>Andrew Wymer, Albemarle County</td>
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<td>Dr. Cathy McKay, JMU, Mark Arrington, Alleghany</td>
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<td></td>
<td><strong>Tools for Integrating Paralympic Sport into Physical Education</strong></td>
<td>Madison, Marie Schneider, Albemarle, and Brandon Rush, Charlottesville Cardinals</td>
<td>Alleghany</td>
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<td>Melanie Lynch, National Health Education, T.O.Y., Pittsburgh, Pennsylvania</td>
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<td><strong>Teaching Blended Health P.E. in Adapted P.E.</strong></td>
<td>Jenn Vedder, Virginia Beach</td>
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<td><strong>How to run the best Fun Fitness Fundraiser</strong></td>
<td>Kevin McGrath, Alexandria</td>
<td>Conf Rm 4</td>
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<td>Upper Drum Extension</td>
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<td><strong>Teaching Blended Health P.E. in Adapted P.E.</strong></td>
<td>Jenn Vedder, Virginia Beach</td>
<td>Conf Rm 2</td>
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<td><strong>How to run the best Fun Fitness Fundraiser</strong></td>
<td>Kevin McGrath, Alexandria</td>
<td>Conf Rm 4</td>
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<td>5-6</td>
<td><strong>Dinner</strong></td>
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<td>E. Campus Dining Hall</td>
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<tr>
<td>6:45-7:30</td>
<td><strong>Team Planning</strong></td>
<td>Team Leaders, JMU’s Amazing University Recreation Center (UREC)</td>
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<tr>
<td>7:30-10:00</td>
<td><strong>A Lifetime of Physical Activity and Wellness:</strong></td>
<td>Barry Trent, Institute Leader, JMU Ambassadors, and Team Leaders</td>
<td>UREC</td>
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</tbody>
</table>
Free to all registered HPAI participants!

UREC NIGHT

WHEN
Tuesday, July 16th

SPOTLIGHT GUEST
Brandon Rush

Join National Wheelchair Basketball Association Player and Sportable Spokes Coach Brandon Rush to learn about and practice wheelchair basketball as UREC and HPAI team up on Tuesday night! Brandon is a member of the Charlottesville Cardinals, and is a coach for the Sportable Spokes (Richmond) Junior Team. Brandon played collegiate wheelchair basketball at Edinboro University, and has experience partnering with K-12 schools, universities, and community organizations to educate on disability sport, access, and inclusion.

TEAM MEETING
6:45pm-7:30pm

UREC CLASSES AVAILABLE
7:30pm-8:00pm
- Yoga (MBS1)
- Cycle (CS)
8:15pm-8:45pm
- Yoga (MBS1)
- HIIT (GXS1)
9:00pm-9:30pm
- TRX (MPS)
- Cycle (CS)

ACTIVITIES*
- Multi-activity pool
- Lap pool & spa
- Fitness center
- Cardio deck
- Wheelchair basketball
- Badminton
- Pickleball
- Racquetball
- Volleyball
- Indoor soccer
- Table tennis
- Adventure center/ Climbing wall

*Your dining card can be used to check out your equipment needs.
### Health and Physical Activity Institute  
**Wednesday, July 17, 2019**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker</th>
<th>Place</th>
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<tbody>
<tr>
<td>6:30-7:15</td>
<td>Early Bird!</td>
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<tr>
<td>6:30-7:30</td>
<td>Early Bird Wellness!</td>
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<td>During these sessions you will earn your “Early Bird” points needed for individual and team scores and “jump start” your body for a healthy energized day!</td>
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<td></td>
<td>Come play Backyard Games with</td>
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<td></td>
<td>Spikeball, Kan Jam, PaddleZlam and Rollers</td>
<td>Ron Trainum &amp; Chad Triolet</td>
<td>Festival Field &amp; Lower Drum</td>
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<td></td>
<td>Campus Walk</td>
<td>Barry Trent</td>
<td>traffic loop upper Festival</td>
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<td></td>
<td>Campus Run</td>
<td>Adam Otstot</td>
<td>exit near registration desk</td>
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<td></td>
<td>7-17 mile Bike Ride</td>
<td>Jason Tresidder</td>
<td>front of Festival</td>
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<td></td>
<td>Unicycling</td>
<td>Cindy Ferek</td>
<td>Highlands</td>
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<td>101 PE Mashups!</td>
<td>Andrew Wymer</td>
<td>Festival Field</td>
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<td></td>
<td>Tai Chi</td>
<td>Bobby Lifka</td>
<td>Arboretum</td>
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<td><a href="http://www.jmu.edu/arboretum/index.html">http://www.jmu.edu/arboretum/index.html</a></td>
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<tr>
<td>7:30-8:30</td>
<td>Breakfast</td>
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<td>E. Campus Dining Hall</td>
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<tr>
<td>8:30-9:20</td>
<td>Wake the FITNESS Up!!</td>
<td>Ron Malm, Spokane, Washington</td>
<td>Ballroom A</td>
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<tr>
<td>9:30-10:20</td>
<td>Skill Development with Tabata: Fun, Learning, and Fitness</td>
<td>Aaron Hart, OPEN Executive Director</td>
<td>Ballroom A</td>
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<td>Nutrition SPARKLES in P.E. (K-5)</td>
<td>Laura &quot;Sparkles&quot; Jennell, Apple Team Leader, Fairfax</td>
<td>Ballroom B</td>
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<td>SEL-4-K: Social and Emotional Learning for your Youngest Movers</td>
<td>Candace Young, Madison Kindergarten Academy, Kentucky</td>
<td>Ballroom C</td>
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<td>A Mixed Bag of P.E.</td>
<td>Andrew Wymer, Albemarle County</td>
<td>Highlands</td>
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<td>How to Utilize Gifs &amp; Visuals in Physical Education with Round Hill P.E.</td>
<td>Eric Tunnill &amp; Chris Lose</td>
<td>Round Hill Elementary, Loudoun County</td>
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<td>RampShot: A Fun and Active Twist on Corn Hole!</td>
<td>Logan Berns, RampShot, Moriches, New York</td>
<td>Festival Field</td>
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<td>Lacrosse: More than throwing, catching and ground balls</td>
<td>Dr. Susan Nye, James Madison University</td>
<td>Festival Field</td>
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<td>Preventing Sexual Violence, Harassment, Bullying, and Abuse: A Health Promotion Framework</td>
<td>Laurie Jean Seaman,</td>
<td>Alleghany</td>
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<td>Fun, Free and Fabulous: Skills-Based Lesson Plans</td>
<td>Melanie Lynch, National Health Education</td>
<td>Upper Drum Extension</td>
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<td>Roundtable Discussion Active Recess &amp; Active Classrooms: What are the next steps to creating movement opportunities throughout the school day?</td>
<td>Chief Movement Officer Cadre: Amy Riggio &amp; Brian McPherson, Loudoun, ason Runk, Henrico, Jamie Wright, Franklin County, Lei Dunn, Virginia Beach, &amp; Laura &quot;Sparkles&quot; Jennelle, Fairfax</td>
<td>Conf Rm 2 &amp; Conf Rm 4</td>
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<td>Student Voice &amp; Choice Led Health</td>
<td>Dr. Kim Cooke, Charlotte Mecklenburg, NC</td>
<td>Conf Rm 4</td>
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<td>High Tech, Low Tech, YOUR Tech</td>
<td>Brian Devore, OPEN Professional</td>
<td>Computer Lab Development Manager, Georgia, ISAT 343–Trevor Cockburn</td>
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</tbody>
</table>
HEALTH AND PHYSICAL ACTIVITY INSTITUTE
SESSION DESCRIPTIONS

SUNDAY, JULY 14, 2019

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 Beneline Williams & Kelly Garner (Newport News) & Adam Otstot (Hanover County). Participants will explore types of bikes, gears and shifting basics, basic bike maintenance, curriculum ideas, coalition building, fund raising tips, and more!

10 am - 6 pm, Archery Certification
Karen Holson, Virginia NASP State Coordinator; Virginia Department of Game and Inland Fisheries
This 8-hour course will cover safe range setup, archery instruction and coaching techniques for archery program implementation! Two teachers attending from the same school can be eligible for an assigned loaner equipment set. Come dressed to participate with closed toed shoes!

1 – 5 pm, Get a Sneak Peek at Virginia’s 2020 Health Standards of Learning!
Liz Payne, Fairfax, & Sheila Jones, Virginia Beach, will share proposed changes to the 2020 Health SOLs, provide a rationale for the changes, and insight on how learning is scaffold for each topic. Don’t miss this opportunity to see the required health education competencies for the next generation of students in Virginia! They want and need your feedback!

MONDAY, JULY 15, 2019

8 – 10 am, Bike Smart! Virginia - Beneline Williams, Kelly Garner, & Adam Otstot (continued)

8 – 8:50 am & 9-9:50 am, Developing Fun Science Connections in Physical Education
Rich Wiles, Severna Park Elementary, Maryland
This session will focus on developing fun project based learning themes in physical education. The session bridges the gap between physical education and the next generation science standards with a focus on the ecology of the Chesapeake Bay. Project Based Learning can be fun and engaging with a focus on fitness, skill, and 21st century learning. Each activity provides a global education experience while stretching students just beyond their comfortable performance zone. Each unit will finish with a public product to promote advocacy for physical education.

Rich Wiles is a physical education teacher at Severna Park Elementary in Severna Park, Maryland. He also serves on the Anne Arundel County Public Schools elementary physical education curriculum writing team and Common Core Standards STEM committee. Rich was the primary author of the Physical Education Digital Library K-5 (PEDL), and his gymnasium looks more like a STEM lab with numerous white boards, technology and critical elements posters on the walls loaded with fundamental skills and concepts. His best advice is to be yourself, challenge yourself, and stay current with best practices to prepare students to be lifelong physically active learners!

8 -8:50 am & 9-9:50 am, Helping Your School Build Active Classrooms,
Elyse Loughlin, AW Becker Elementary School, New York
Active classroom environments help students develop a lifelong wellness habits that incorporate physical activity breaks into their daily lives. OPEN’s Active Classroom resources are designed to be fun, simple, and effective. This activity session will introduce you to all of the resources that you need in order to go back and help your classroom teachers embrace daily physical activity as a part of their class routines.

8 -8:50 am & 9-9:50 am, Tai Chi - A mind/body practice to help your students find calm through movement
Bobby Lifka, James Madison University
If you want to take the leap into learning something new to bring to your students, please join us in this session where you will learn some strategies in bringing this form of movement to your students and begin the steps in learning the 24 form set of...
Yang style Tai Chi. Early bird sessions will be provided for participants interested in continued practice on Tuesday and Wednesday at the Arboretum.

8-8:50 am & 9-9:50 am, Ramp Shot,
Logan Berns, Virginia Beach
RampShot is an exciting yard game where players toss and/or catch for points, keeping all students active and engaged throughout the game! Participants will learn how to play and have a chance to compete against other H.P.E. teachers in this fun and active session. RampShot involves tossing, catching, hand-eye coordination and teamwork making it the perfect yard game for any PE program. With various ways to play, RampShot can be used for Middle School and High School students as well as in Elementary Schools. Watch our “how to play” video and learn more at RampShot.com!

8-8:50 am & 9-9:50 am, I Can Do It! An Evidence-Based Physical Activity Program for Youth and Adults with Disabilities
Dr. Jayne Greenberg, Miami Dade, Florida
The I Can Do It! program, released through the US Dept. of HHS (ACL) in partnership with the US Dept. of Education is a school based physical activity program designed to provide access, opportunity, and equity for students with disabilities to be physically active for 60 minutes per day in the school environment. This is a combination of physical education, adapted physical education, Recess, classroom activity breaks, active transport to school, and extracurricular activities, including a variety of club and sport activities. Participants will have the opportunity to learn about the research results conducted through James Madison University and how to bring the program to your districts and schools.

9-9:50 am, Do I Really Have to Answer THAT????
Katie Mitchell & Brenda Bechler; IHS Teen Pregnancy Prevention, James Madison University
As teachers of supplemental family life programs, we receive many interesting questions from students. In this session we will share tips and expertise for answering questions that are awkward, informational, unintelligible, or all of the above.

9-9:50 am, Learning by Doing
Gretchen Hiort & Corey Calder; Henrico County
Are you looking to add teaching resources that promote communication, collaboration, quality character, critical and global thinking to your health content? In this session you will complete a break out activity where you learn about different types of formative and summative assessments that challenge your students. We will cover activities that promote learning by doing in the health classroom. For example, lessons on Opioid abuse prevention, advocacy projects and many more. Make sure you bring a laptop or a smartphone, you will be completing an activity for prizes.

9-9:50 am, Student Voice & Choice Led Health
Dr. Kim Cooke, Charlotte Mecklenburg, North Carolina
Learn how Charlotte Mecklenburg Schools developed, trained, and implemented a Choice Led Health curriculum for grades 6-12. Through the use of choice boards, playlists, and health menus, teachers are able to personalize instruction for all learners. A choice led health classroom provides numerous solutions to increase student attention, recall information, and practice health related skills to use for a lifetime.

FYI: As part of the implementing process for Virginia’s 2020 health SOLs, we will be developing curriculum resources for offering students a voice in why, what, and how learning experiences take shape in classrooms!

10-11:50 am, Opening Session – WELCOME!
Barry Trent, Onsite Director for the Health and Physical Activity Institute and Retired Coordinator of Health, Physical and Driver Education for Roanoke County Public Schools
Gena C. Keller, Assistant Superintendent for Learning, Division of Equity, School Quality and Instruction, Virginia Department of Education
I Can Do It!
Dr. Jayne Greenberg, Miami Dade, Florida

Get Ready! Get Set! Go Share!!
Virginia’s 2019 Chief Movement Officer (CMO) Cadre: Amy Riggio & Brian McPherson, Loudoun, Jason Runk, Henrico, Jamie Wright, Franklin County, Lei Dunn, Virginia Beach, & Laura “Sparkles” Jennelle, Fairfax
The 2019 Chief Movement Officer (CMO) Cadre is storming the state of Virginia providing educators, administrators and recess staff with amazing strategies and exciting activities designed to get K-12 students moving. This year alone, the Cadre has provided over 75 professional development opportunities within 5+ counties, adding up to over 1,300 minutes of movement instruction. Their many interactions with classroom teachers, Physical Education professionals and upper administration members include brain and body boosts, movement-based curriculum, quality recess guidance and the creation of videos.

This program is sponsored by the Virginia Department of Health, supported by the Virginia Department of Education and uses free resources from Springboard to Active Schools, CSPAP, Centers for Disease Control and creativity. The decision has been made that it is time to expand the CMO Cadre and offer movement opportunities in every school division in Virginia. All that is needed is a passion to promote movement for the health of students. We believe you have what it takes to become a Chief Movement Officer and want you to join us!

Teams, Team Leaders and Meeting Locations:
- Dragon Fruit: Jason Runk
- Dairy: Amy Riggio
- Cantaloupe: Brian McPherson
- Jalapeño Peppers: Dani Almarode
- Grape: Adam Otstot
- Apple: Laura “Sparkles” Jennelle
- Nuts: Mark Arrington
- Rhubarb: Cindy Ferek
- Blueberry: Stevie Gray
- Star Fruit: Toni Brown-Berry
- Kiwi: Jamie Wright
- Watermelon: Ron Trainum
- Passion Fruit: Chad Triolet
- Water: Amy Wheeler and Pineapple: Alisabeth Gheen
(Note: Thank you to Gopher for providing the pedometers!)

1–4 pm, City/County Health & Physical Education Program Coordinators’ Meeting
Mike Justice, Stafford, VAHPERD Chair City/County Supervisors, &; VAHPERD Chair Elect City/County Supervisors, Adam Otstot, Hanover County

1–1:50 pm & 2:2:50, OPEN’s Pickleminton Progressions for Elementary Students
Brian Devore, OPEN Professional Development Manager, Georgia
Striking an object with a short-handled implement has never been this fun! This active session provides developmentally appropriate lead-up activities to prepare students for participation in net games like pickleball and badminton. Come and experience all of the instructional tools that make OPEN’s pickleminton module your go-to choice for student skill-development and confidence building.

1–1:50 pm & 2:2:50, Developing Fitness Knowledge with SEL for Middle School Learners
Rich Wiles, Severna Park Elementary, Maryland
This session will help develop fitness knowledge for students at the middle school/junior high level. The focus will be on developing S.M.A.R.T goals with fitness activities while developing personal wellness plans to enhance the home/school connection. The session will also link the importance of team building while developing and exploring the health and skill related components.

1–1:50 pm & 2:2:50, ACTION! Team Games
Jordan Stolp & Scott Roy, Gopher, Owatonna, Minnesota
ACTION! Team Games: Action packed non-traditional activities are sure to keep your students constantly moving, strategizing, and working together. These games are teacher friendly and all-inclusive with the best Only from Gopher equipment. Join us for these one of a kind activity ideas!

1:50 pm & 2:2:50, Brain Breaks for the Classroom or the Gymnasium
Cindy Ferek, Pilot/Flight Instructor, National High School Physical Education Teacher of the Year
Learn how to juggle and incorporate brain breaks into a lecture, as a transitional activity, club day activity or ideas for those days when you lose your gymnasium.
1–1:50 pm & 2-2:50, Student Driven Dances – Empower your students to choreograph their own dances!
Tammy Hanna, Henrico County
A new bag of tricks in how to empower students to choreograph their own dances. Learn how to make a productive dance environment that encourages students to be creative through self-expression and collaboration with others. Be amazed with how game-based activities can be adapted into fun dances that students will want to perform.

1–1:50 pm & 2-2:50, Helping Your School Build Active Classrooms
Elyse Loughlin, AW Becker Elementary School, New York
Active classroom environments help students develop a lifelong wellness habits that incorporate physical activity breaks into their daily lives. OPEN’s Active Classroom resources are designed to be fun, simple, and effective. This activity session will introduce you to all of the resources that you need in order to go back and help your classroom teachers embrace daily physical activity as a part of their class routines.

1–1:50 pm & 2-2:50, Infused Nutrition
Rachel Thompson, Old Donation School, Virginia Beach
Come learn how to provide an opportunity for problem based learning (PBL) in HPE on the subject of nutrition and meal planning in conjunction with Food Services and the scratch cooking initiative, and create a dish that complies with USDA guidelines that can be served in public school cafeterias!

1–1:50 pm & 2-2:50, Teaching All Subjects in P.E.
Alex Rotruck, Westminster School, Annandale
Using a cross curricular approach allows physical educators to provide a wide range of differentiated instruction. During this presentation, the audience will be able to gain tools to enhance student participation while stimulating their mind in a physical education setting. During physical education instruction, teaching sports can be repetitive. With this “Core” Physical Education Curriculum, students can enhance their knowledge in Language Arts, Math, Social Studies, Science with simple terminology changes and with little extra planning. Evidence is overwhelming from scholarly articles and research studies that demonstrate the positive correlation with physical activity and the students ability to learn / retain information. Given this understanding, implementing core subjects into an active learning environment is a natural transition for physical educators.

1–1:50 pm & 2-2:50, Partnering with Virginia’s Family Nutrition Program (Grades 3-6)
Molly Beardslee & Morgan Martindell, Virginia Cooperative Extension, Virginia Tech
A brief overview of the Choose Health: Food, Fun, and Fitness award-winning, comprehensive nutrition and fitness curriculum composed of six hands-on lessons for 3rd to 6th graders. This curriculum is provided for free to schools with 50% or higher free and reduced lunch if this requirement not met can also be done through 4H. Also, some information on the possibilities of policy, systematic, and environmental changes in schools.

3–3:50 pm & 4-4:50, It’s Ninja Time! Exploring OPEN’s Ninja Warrior Module
Elyse Loughlin, AW Becker Elementary School, New York
Focus on student self-management and responsibility decision-making while students navigate a variety of obstacle course options. OPEN’s Ninja Warrior Module is designed to turn your physical education class into a ninja training ground. OPEN’s obstacle course activities, academic language tools, and SEL reflection guides will activate the mind, body, and spirit of all of your young ninjas.

3–3:50 pm & 4-4:50, Ultimate Sport Education for Ultimate Learning Outcomes
Charla Krahnke, National High School T.O.Y., OPEN, Ocean Isle, North Carolina
Purposeful Practice, Spirit of the Game, Teamwork – these academic language vocabulary words describe some of the essential concepts taught in OPEN’s Middle School Ultimate instructional module. This active session will include specific strategies for including Sport Education principles into fun and engaging learning activities.

3–3:50 pm & 4-4:50, Pickleball fun for all ages
Dr. Susan Nye, James Madison University
Pickleball is a fast-paced racket activity. Come and learn about the “kitchen”, basic scoring, and strategies. We will play activities such as no ball pickleball, horse race and plus one.

3–3:50 pm & 4-4:50, I Like to Move It, Move It!!
2019 CMO Cadre: Amy Riggio & Brian McPherson, Loudoun, Jason Runk, Henrico, Jamie Wright, Franklin County, Lei Dunn, Virginia Beach, & Laura Sparkles Jennelle, Fairfax
As Physical Educators we know the value of getting our students moving. Movement increases cognitive function,
creates positive behavioral changes and enhances social & emotional experiences. We are the experts in the field of creating movement opportunities. We are all Chief Movement Officers. Take your school to the next level by sharing amazing strategies to get students moving throughout the entire school day. This session will be presented by the Virginia DOE and Virginia Department of Health Chief Movement Officer Cadre (VA Physical Activity Task Force) to show you how easy it is to lead classroom teachers in implementing more active breaks for students. Get ready to move it, move it!!

3-3:50 pm, Assessment Activities for Large Groups
Brian McPherson, Loudoun County
Need ideas to assess large groups? Need ways to assess large groups and keep all students engaged? Look no further; this session provides multiple ideas on assessing motor skills and health content, all while keeping students active and engaged.

3-3:50 pm & 4-4:50, Learn Lacrosse the LACSAL way!
Paul Cain, Queenstown, Maryland
Lacsal is a new curriculum and learning system to encourage your kids to learn lacrosse and improve in their skills in lacrosse, with a no bounce special ball and top quality Lacsal sticks. It is easy and the kids ability to learn and excel are high.

3-3:50 pm & 4-4:50, Do I Really Have to Answer THAT????
Katie Mitchell & Brenda Bechler; IIHS Teen Pregnancy Prevention, James Madison University
As teachers of supplemental family life programs, we receive many interesting questions from students. In this session we will share tips and expertise for answering questions that are awkward, informational, unintelligible, or all of the above.

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4-4:50 pm, Tai Chi - A mind/body practice to help your students find calm through movement
Bobby Lifka, James Madison University
If you want to take the leap into learning something new to bring to your students, please join us in this session where you will learn some strategies in bringing this form of movement to your students and begin the steps in learning the 24 form set of Yang style Tai Chi. Early bird sessions will be provided for participants interested in continued practice on Tues. and Wed. at the Arboretum.

4-4:50 pm, Health is WELLth- Data Makes Cents
Amy Wheeler; S.D. T.O.Y., Loudoun County & Mark Arrington, Madison County
Do you want your students to take their fitness and wellness data to another level? Students go on a webquest to explore what “adulting” is like by using data from their health logs to fitness tracking devices, such as pedometers, and earn virtual money. They rent an apartment, pay utilities, buy a car, plan a trip, etc., with the money they have earned with their collected data. This gives students an introduction into personal finance.

6:15-7:15 PM, Pump up the B.E.A.T.S.
Brandon Herwick, AW Becker Elementary School, New York DJ... Turn up the Music! Join us for this high-energy, jam-packed keynote that will guide you through an interactive story of how dance can build community and confidence through its foundational elements of movement. Prepare to travel the world, earn TONS of sweat trophies and learn some unbelievably fun dances and dance activities that will be sure to have you leave the session saying, “EVERYBODY Dance Now!”
Special Guests: Tammy Hanna, Dani Almarode and the @ DanSIRS - Jason Runk, Stevie Gray, Chad Triolet & Jamie Wright!

Co-Sponsored by the Virginia Association for Health, Physical Education, Recreation and Dance (VAHPERD)
7:30-8:30 PM, Team Meeting Locations
Cantaloupe: Conf Rm 2,
Jalapeno Peppers: Highlands,
Dairy: Allegheny,
Star Fruit: Lower Drum,
Dragon Fruit: Upper Drum,
Passion Fruit: Bottom spiral staircase,
Watermelon: Ballroom A,
Apple: Lower Drum extension,
Nuts: Hallway near elevator,
Rhubarb: Ballroom B,
Water: Upper drum extension,
Kiwi: Conf Rm 4,
Grape: Ballroom C,
Blueberry: outside Ballroom B,
Pineapple: outside Ballroom C

TUESDAY, JULY 16, 2019

6:30-7:30 am, Early Bird Wellness!
Come learn, laugh, play - optimize your body for a healthy, energized day and earn “Early Bird” wellness points for your team!
Have fun playing Backyard Games (Spikeball, Kan Jam, PaddleZlam, and Rollers) with Ron Trainum & Chad Triolet (Festival Field and Lower Drum); ride a unicycle with Cindy Ferek (Highlands); enjoy a campus walk with Barry Trent (traffic loop upper Festival); run with Adam Otstot (exit near registration desk); bike 7-17 miles through the campus with Jason Tresidder (front of Festival); play 101 PE Mashups activities with Andrew Wymer (Festival Field); or promote flexibility, balance, and serenity through gentle, flowing movements of Tai Chi with Bobby Lifka [Arboretum, http://www.jmu.edu/arboretum/index.html]

8:50-9:45 am, It’s All About Relationships!
Cindy Ferek, pilot, flight instructor; National High School P.E. Teacher of the Year; Rhubarb Team Leader; & Ron Trainum, National Middle School P.E. Teacher of the Year; Watermelon Team Leader, Williamsburg James City County
Relationships help us stay emotionally balanced and physically healthy. Relationship building describes the process of establishing emotional connections with others. Cindy and Ron are skillful at building relationship through movement – and the best relationships are the ones that you did not know exists, and then, miraculously, they do!

Super Teacher? Don’t Forget Your C.A.P.E (Creative Activities for P.E.)
Chad Triolet, National Elementary T.O.Y., Chesapeake & Brian McPherson, Loudoun County
Explore effective activities and concepts that meet high quality physical education standards. These creative activities will focus on maximizing participation, integrating technology, 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! Participants will walk-away with fun and engaging activities that integrate HPE content and teach important movement related skills.

10-10:50 am & 11-11:50 am, Let’s Shoot for the Stars:
OPEN Space and Science Connection Learning Lacrosse in Physical Education
Rich Wiles, Anne Arundel County, Maryland, OPEN national trainer
This session will focus on developing S.T.E.M lesson seeds in physical education. The session bridges the gap between physical education and the next generation science standards with a focus on space and science exploration linking to Wallops Flight Facility. Project Based Learning can be fun and engaging with a focus on fitness, skill, and 21st century learning. Each activity provides a global education experience while stretching students just beyond their comfortable performance zone. Each unit will finish with a public product to promote advocacy for physical education.

10-10:50 am & 11-11:50 am, Let’s Go on an Adventure!
Incorporating Technology with GooseChase
Jessica Bayliss, Chesterfield County (5-12)
Experience a fun, new, and exciting take on classroom scavenger hunts using tech-based GooseChase! This mobile app is great for students, teachers, & administrators in experiential learning, PE & Health classes, or even PD. Learn how to use the app, create a hunt, and then PLAY! Great for educators in 5-12 and higher education.

10-10:50 am & 11-11:50 am, GenZ P.E.: A hybrid sports education model that focuses on career readiness and the 5 C’s
Amy Wheeler, Water Team Leader, S.District. T.O.Y., Loudoun County & Mark Arrington, Nuts Team Leader, Madison County
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 community dynamic within the class. This variation puts our Generation Z students in roles that intentionally highlight 21st century career-readiness skills. The leadership of each individual promotes the success for the whole team. Jobs within
each team include a manager; wellness director; personal trainer; coach, human resources, and marketing.

10-10:50am & 11-11:50, am, OPEN Dance Party 2019!
Brandon Herwick, OPEN, Glenmont, New York
It’s time to move your dancing feet by exploring OPEN’s Dance modules aimed at elementary and middle school standards of learning. Participants will experience activities that teach everything from basic rhythmic movements to historic cultural dances, and everything in between. Don’t worry if you miss a step! We’ll show you how to find our moves on YouTube.

Brandon is an elementary physical educator from New York who started his career teaching in Brooklyn, and now teaches near his hometown in upstate NY. Brandon is an OPEN National Trainer; and past leader for People to People Student Ambassadors. Brandon loves to dance, is a Zumba Instructor; and the NYSAHPERD Dance Section President. He coauthored the OPEN K-2 Dance module, and is working on OPEN Grades 3-5, Middle and High School Modules. Brandon comes from a family of teachers, which helped him grow up with and maintain an insatiable hunger to learn.

10-10:50am, Lacrosse: More than throwing, catching and ground balls
Dr. Susan Nye, James Madison University
Lacrosse is the fastest game on two feet. This session will provide information on how to throw, catch, ground balls, and basic defense. Participants will also learn fun stick tricks and how to play speed lax.

10-10:50am & 11-11:50, am, 101 PE Mashups!
Andrew Wymer; Albemarle County
The 101 series is back with its newest installment, PE Mashups! Come join in to experience what it looks like when you combine darts with handball, tennis with rugby, volleyball with soccer and more. These are small sided games that are perfect culminating activities of skill building units. The best part, this session can be applied to both secondary and elementary levels.

10-10:50am & 11-11:50, am, RampShot- A Fun and Active Twist on Corn Hole!
Logan Berns, RampShot, Virginia Beach
RampShot is an exciting yard game where players toss and/or catch for points, keeping all students active and engaged throughout the game! Participants will learn how to play and have a chance to compete against other PE teachers in this fun and active session. RampShot involves tossing, catching, hand-eye coordination and teamwork making it the perfect yard game for any PE program. With various ways to play, RampShot can be used for Middle School and High School students as well as in the Elementary Schools. Watch our “how to play” video and learn more at RampShot.com!

10-10:50am & 11-11:50am, Constructing a Caring Classroom: An Intentional Approach
Dr. Lori Gano-Overway, James Madison University
How do we encourage students to engage in cooperative and respectful behaviors? It begins by modeling, discussing, and practicing these behaviors within a caring classroom. While this seems like an easy task, it requires intentionality. This workshop will provide a variety of practical suggestions to construct a caring classroom that align with your teaching style. The strategies will focus on making connections, communicating care, and acting with care to encourage responsible behavior in intentional ways.

10-10:50am & 11-11:50am, Let’s Have Fun in Health Class Today (6-12)
Melanie Lynch, National Health Education T.O.Y., Pittsburgh, Pennsylvania
Interactive skills-based health education is a crucial part of any fun and effective health class. This session will provide participants with lessons and activities that will facilitate them to effectively create an energized health class appropriate for all students. Special attention will be paid to assessments, differentiated lessons and literacy strategies. These student-approved lessons and activities will breathe new life into any health class.

Melanie Lynch received a Bachelor’s degree in Kinesiology and Master’s degree in Counselor Education, with an emphasis on eating disorders and chemical dependency, from Penn State University. It is Melanie’s passion to create and find skills-based lesson plans that will engage students in the classroom in order to enhance their health literacy while also having fun! Melanie has co-authored the health textbook, Comprehensive Health.

10-10:50am & 11-11:50am, Champions Together: Developing a Mentor-Based Unified Track & Field Program,
Jenn Vedder; Bayside HS, Virginia Beach
Come learn about what Champions Together is and get step-by-step instructions for implementing the program at your school! Details on building relationships with Special Olympics VA, choosing mentors, empowering student mentors to organize, teach, and coach athletes in various track and field sports to students with special needs will be shared. Including resources for starting a Champions Together program, points of contact, examples of successes (and failures), and activities for mentor-led coaching in softball throw, long jump, relay races.
10-10:50am & 11-11:50am, Active Classroom: Next Level Collaboration: Designing Movement Opportunities with Classroom Teachers

Chief Movement Officer Cadre: Amy Riggio & Brian McPherson, Loudoun, Jason Runk, Henrico, Jamie Wright, Franklin County, Lei Dunn, Virginia Beach, & Laura “Sparkles” Jennelle, Fairfax

Our student population craves movement. Throughout the school day they wiggle and struggle to maintain attention to a task or detail. We know that lessons created with movement in mind can help to curb poor behaviors, plummeting test scores and overall health & wellness. So let’s take the challenge to make it to the next level: Next Level Collaboration. Our session will share strategies and lesson plans that you can take back to your school in the fall. These ideas are for CLASSROOM teachers to incorporate movement into their core content. Come ready to move and be amazed at how valuable this session is.

1-2:50 pm Silent No More


Silent No More is an opioid prevention program. Kim Ulmet, Victim/Witness Specialist and District Community Outreach Coordinator will give some background and a quick overview of what the audience can expect from Silent No More and what schools can expect in the coming year. Kim has worked 28 years in the criminal justice system; 22 years in the Federal government with Army and Navy Staff Judge Advocate Offices and the United States Attorney's Office in Richmond, Virginia. Kim works with victims and their families in cases involving murder, opioid overdoses, robbery, fraud, human trafficking, and works with minor victims of human trafficking, child pornography, sexual assault, international parental kidnapping, and coercion and enticement (sexortion) cases. Kim resides with her husband in Moseley, Virginia. They have six sons and a Goldendoodle named Rugby.

Jenny Derr currently lives in Richmond, Virginia with her husband and has three children. Jenny's oldest son, Billy, battled Substance Use Disorder for many years and lost his fight on April 12, 2016. Jenny decided that the only way to combat this epidemic is to talk about it. To shed light in hopes of encouraging open dialogue. The only way we will eradicate the disease is to educate families, reduce the shame and stigma too often assigned the disease of addiction. Addiction is non-discriminatory and affects us all. Too many precious souls are being lost.

Jennifer Tolson is an exceptional dental hygienist. She is happily married to Kevin Tolson and a mother of five children. Jennifer, a Virginia mother inspired to action after losing her own son, Blaize, to opioids, is the founder of a non-profit organization called Blaize’n Awareness Against Drug or B.A.A.D, named after Blaize. This organization is dedicated to raising awareness about drug abuse and drug addiction in the community. Through B.A.A.D and the hard work of youth volunteers and public/private partnerships.

Assistant Special Agent in Charge Mike Barbuti, DEA, will talk about the various types of opioids, the lengths those addicted to opioids will go to get the drugs, how DEA responds to those distributing these drugs, and the dangers of drinking, smoking pot and taking pills – all “gateway” drugs. He will also talk about current drug trends. Mike Barbuti was selected as the Assistant Special Agent in Charge (ASAC) of the DEA’s Richmond District Office in January of 2017. In that role, he has oversight of DEA’s Richmond, Norfolk, Hampton, Roanoke, and Bristol offices, supervising federal drug investigations and working with state and local law enforcement counterparts in 78 counties and numerous independent cities throughout the Commonwealth of Virginia. He and his wife Nancy reside in Northern Virginia and have two teenage children.

Assistant United States Attorney (AUSA) and District Opioid Coordinator Olivia Emerson: AUSA Emerson will talk about the breathtaking impact of these overdoses. The staggering number of lives lost due to overdoses; case examples highlighting how what may seem like minor drug transactions can lead to devastating outcomes to victims close to the dealers, keeping in mind the high percentage of those addicted to opioids started with legitimate prescription pain killers; simply put, these victims and dealers are the people next door. AUSA Emerson will team with Agent Barbuti immediately following this presentation, if time allows, to talk about current drug trends. AUSA Emerson spent four years
as a state prosecutor and she has been a federal prosecutor for over 18 years. As an Assistant United States Attorney, AUSA Emerson prosecutes drug, firearm and violent crimes. Currently, her focus is on prosecuting overdose death cases.

Dr. Denise Lester will use skits to illustrate for the audience how opioids affect the brain. She will engage the audience in interactive skits to raise three important aspects of the effect of opioids on the brain: Dopamine/Dynorphin; the Reward Center; and the Prefrontal Cortex. She will give the audience a "feel" of what it is like to chase the high of opioid addiction, with no reward. Dr. Denise Lester is an Interventional Pain Specialist, Board Certified in Anesthesiology and Pain Management, who has been in academic medicine at the Hunter Holmes McGuire Veterans Affairs Medical Center (HHVAMC) since the year 1996. Dr. Lester is also a mother of two sons, Robert and Richard, and resides with her husband, Robert in Midlothian, Virginia.

1-1:50 pm & 2-2:50 pm, OPENing Fitness Education for High School Students
Brian Devore, OPEN Professional Development Manager; Georgia
This session dives deep into OPEN's fitness education modules for high school students. Participants will experience Plug & Play activities for year-round fitness education. We'll look at Creative Mode Fitness for a look at fitness knowledge SOLs. Next we'll explore Fitness Running for a couch-to-5K experience.

One of few to be named Physical Education Teacher of the Year at the elementary and middle school levels, Brian Devore's active and hands on learning approach incorporates standards, learning outcomes, and assessments into his presentations. His methods for delivering instruction makes Brian's sessions a favorite!

1-1:50 pm & 2-2:50 pm, Sports Skills Summit (K-8)
Jason Tressider; Frederick County (K-8)
Are you looking for strategies and games to teach and practice the foundation skills of volleyball, basketball, soccer, football, team handball or hockey? This session will focus on a collection of sports lead up/ small sided games for elementary and middle school students. At this presentation you will have an opportunity to see or participate in a variety of fun and engaging activities focused on sports specific skills.

1-1:50 pm & 2-2:50 pm, OPEN's Flag Tag for Teaching Fun and Etiquette
Candace Young, Madison Kindergarten Academy, Kentucky
Are your K–2 students ready for some football?! Actually, no, they're not. The Flag Tag module contains lead-up activities designed to prepare children for Flag Football in a developmentally appropriate setting. Locomotor skills and movement in open space are emphasized, and sport-specific skills of flag-pulling and running with the football are introduced. All of that flag pulling will give students opportunities to demonstrate sportsmanship and respect as they learn the etiquette of physical education.

1-1:50 pm & 2-2:50 pm, Observation skills and appropriate feedback to students
Dr. Susan Nye, James Madison University
One goal when teaching a movement is to help our students be successful when performing the movement. Knowing what and how to observe skills can be a daunting task. This presentation will focus on object control skills (throwing, catching, kicking, dribbling, etc.) and learning what to observe to differentiate feedback to students.

1-1:50 pm & 2-2:50 pm, A smart framework for teaching jump rope
David Newman & Tim Adkins, RX Smart Gear; Reston (6-12)
While presenting our RX Method clinic throughout the country we have meet 1,000s of people who do not understand the basics of jump roping. We believe if we can help PE teachers with a framework to teach the basics, kids can be successful. This will then allow kids to learn the foundational fitness exercise just like they are taught to run, throw and play other sports. Here is a link to a version of our RX Method teaching in a one on one setting. However, 99% of the time, we teach this with groups of 20-40 people.
https://www.youtube.com/watch?v=UdmWXDDsztl

Co-Sponsored by the Virginia Association for Health, Physical Education, Recreation and Dance (VAHPERD)
1-1:50 pm & 2-2:50 pm, Skills-Based Lessons for the 21st Century Stressed Learner
Melanie Lynch, National Health Education T.O.Y., Pittsburgh, Pennsylvania
Learners are more stressed and suffering from mental health issues at greater rates than ever before. The sad truth is, so are the educators who teach them. Using her teaching and counseling degrees and her 24 years of classroom experience, Melanie has created effective skills-based lessons that will help engage students and provide the skills that they need to remove these barriers to their learning and help improve overall wellness. Lesson plans will be shared with participants.

1-1:50 pm & 2-2:50 pm, Student Voice & Choice Led Health
Dr. Kim Cooke, Charlotte Mecklenburg, North Carolina (6-10)
Learn how Charlotte Mecklenburg Schools developed, trained, and implemented a Choice Led Health curriculum for grades 6-12. Through the use of choice boards, playlists, and health menus, teachers are able to personalize instruction for all learners. A choice led health classroom provides numerous solutions to increase student attention, recall information, and practice health related skills to use for a lifetime.

1-1:50 pm & 2-2:50 pm, Health is WELLth-Data Makes Cents
Amy Wheeler; S.D. T.O.Y., Loudoun County & Mark Arrington, Madison County
Do you want your students to take their fitness and wellness data to another level? Students go on a webquest to explore what “adulting” is like by using data from their health logs to fitness tracking devices, such as pedometers, and earn virtual money. They rent an apartment, pay utilities, buy a car, plan a trip etc., with the money they have earned with their collected data. This gives students an introduction into personal finance.

3-3:50 pm & 4-4:50 pm, What Twitter Taught Me (K-8)
Jason Runk, Henrico County Schools
Come learn how to use twitter as a professional development tool 365 days out of the year. Get connected with other amazing health and physical educators all over the world and see what they are doing in their classrooms. Come and let me share some of the best twitter activities I have learned over the past year.

3-3:50 pm & 4-4:50 pm, Team Building Activities
Jordan Stolp & Scott Roy, Gopher, Owatonna, Minnesota (K-12)
Inspire teamwork as you work together to accomplish a wide range of tasks. Challenge teams to communicate, plan, and cooperate. If one team member is not equally contributing, the objective of the game cannot be fulfilled! You're sure to have fun during this team session!

3-3:50 pm & 4-4:50 pm, Sensory Integration: How Physical Educators can be Agents for Change for Unfit Youth
Maria McKeown & Kim McInnis, Roanoke County Schools
Students are coming into elementary school more unfit and uncoordinated than ever. This session will present unique ways to integrate sensory motor activities that help address undeveloped motor skills. Learn how some unique tweaks from Occupational Therapy and a blend of physical education can ensure success for your youngest students!

3-3:50 pm & 4-4:50 pm, OPEN Your Mind to Plug and Play Fitness,
Roy Mitchell, HD Cooke Elementary, District of Columbia Public Schools
In this session we will take a look at different activities that we can use to help prepare our students both physically and cognitively to maximize their understanding and performance on fitness test. While each activity will help to build muscular fitness, enhance aerobic capacity, and improve flexibility, the use of academic language cards and depth of knowledge (DOK) debrief questions will enhance student understanding of critical fitness concepts.

3-3:50 pm & 4-4:50 pm, Doing to Learn and Learning to do
Andrew Wymer, Albemarle County Schools
This very active session will lead you through teaching models that will give you and your students very clear outcomes. We will show how easy it is to incorporate with your current curriculum map so that implementation will be almost immediate. The session will explain Teaching Game for Understanding, health based model, and skills based model.

3-3:50 pm & 4-4:50 pm, Learn Lacrosse the LACSAL way!
Paul Cain, Queenstown, Maryland
Lacsal is a new curriculum and learning system to encourage your kids to learn lacrosse and improve in their skills in lacrosse, with a no bounce special ball and top quality Lacsal sticks. It is easy and the kids ability to learn and excel are high.
3-3:50 pm & 4-4:50 pm, Bringing Inclusive Physical Activity to Life: Tools for Integrating Paralympic Sport into Physical Education

Dr. Cathy McKay, JMU, Mark Arrington, Madison, Marie Schneider, Albemarle, and Brandon Rush, Charlottesville Cardinals

This session will showcase the Adapted Sport Unit & Paralympic School Day held at Madison County High School through a partnership with JMU and the Charlottesville Cardinals, and will introduce the Paralympic School Day curriculum. Participants will leave with tools and tips to seamlessly integrate Paralympic sport into PE, including connections to resources. Disability sport education changes peer attitudes toward inclusion, increases acceptance of differing abilities, and promotes equity, access, and the promotion of diversity.

3-3:50 pm & 4-4:50 pm, Thin Dying to Be Thin (secondary)

Melanie Lynch, National Health Education T.O.Y., Pittsburgh, Pennsylvania (secondary)

As an educator of high school students for twenty-four years, Melanie has seen the devastating effects that poor body image and eating disorders can have on a student’s academic success, social life, physical health and overall mental health. This presentation will share information on how the media is perpetuating eating issues and body dissatisfaction among our youth and how we as a community can help our youth maintain a healthy body image in a looks-obsessed society. Skills-based lesson ideas will be included.

Melanie has a Bachelor’s degree in Kinesiology, and earned her Master’s degree, also at Penn State, in Counselor Education with an emphasis on eating disorders and chemical dependency.

3-3:50 pm & 4-4:50 pm, Teaching Blended Health P.E. in Adapted P.E.

Jenn Vedder, Bayside High School, Virginia Beach

Do you struggle to include health content for your students due to space, time, ability level, or class size? Participants will learn about a variety of ways to implement iPE in their Health and Physical Education programs. Activities in this presentation can be adjusted for all grades and ability levels.

3-3:50 pm & 4-4:50pm, How to run the best Fun Fitness Fundraiser, Kevin McGrath Alexandria (K-12)

We all want to supply our students with the most opportunities to be active outside of school hours. Learn how to run an amazingly fun fitness event while also teaching your students to be philanthropic. Adopt-a-Gym events help fill the gym closets of other physical educators with programs in need, giving their students all of the opportunities they deserve. Be the difference...one gym at a time!

6:45 – 7:30 Team Planning - Team Leaders Meet at UREC

7-30 pm 10 pm - A Lifetime of Physical Activity and Wellness: an opportunity to try something new, recreate and network!

Barry Trent, JMU Ambassadors, & Team Leaders

Wednesday, July 17, 2019

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

Come learn, laugh, play - optimize your body for a healthy, energized day and earn "Early Bird" wellness points for your team!

Have fun playing Backyard Games (Spikeball, Kan Jam, PaddleZlam, and Rollers) with Ron Trainum & Chad Trioto (Festival Field and Lower Drum); ride a unicycle with Cindy Ferek (Highlands); enjoy a campus walk with Barry Trent (traffic loop upper Festival); run with Adam Otstot (exit near registration desk); bike 7-17 miles through the campus with Jason Tresidder (front of Festival); play 101 PE Mashups activities with Andrew Wymer (Festival Field); or promote flexibility, balance, and serenity through gentle, flowing movements of Tai Chi with Bobby Lifka (Arboretum, http://www.jmu.edu/arboretum/index.html)

8:30-9:20 am, Wake the FITNESS Up!!

Ron Malm, Focused Fitness, Spokane, Washington

We have all heard the saying, “Train Smart, Not Hard!” The same thing could be said about teaching. A large part of teaching smart is providing effective instruction on exercise science to our students regardless of their age, minutes of instruction received and resources available.

If our goal is to give students the skills and knowledge to be fit, healthy and active for a lifetime, then fitness needs to be taught both in content and application year long, regardless of the level we teach. Reframing student fitness as a long-term outcome attained through years not months or weeks, offers Physical Educators the...
opportunity to provide programs that offer a balanced approach to PE.

Be prepared to interact with your peers and be active during this presentation as we discuss student fitness and our direct role as Physical Educators and the building of Quality Physical Education Programs. It is time to WAKE UP!

9:30-10:20 am & 10:30-11:20 am, Lacrosse: More than throwing, catching and ground balls
Dr. Susan Nye, James Madison University
Lacrosse is the fastest game on two feet. This session will provide information on how to throw, catch, ground balls, and basic defense. Participants will also learn fun stick tricks and how to play speed lax.

9:30-10:20 am & 10:30-11:20 am, Nutrition SPARKLES in P.E. (K-5)
Laura “Sparkles” Jennell, Apple Team Leader; Fairfax (K-8)
Physical activity is essential for everyone - but let’s not forget the nutritional aspect of overall wellness! During this session you will learn ways to integrate important nutrition content into your physical education lessons. A few Five for Life lessons from the Focused Fitness’ curriculum will also be shared.

9:30-10:20 am & 10:30-11:20 am, SEL-4-K: Social and Emotional Learning for your Youngest Movers
Candace Young, Madison Kindergarten Academy, Kentucky
This session introduces activities and strategies for helping young students build self-awareness and self-management skills while also focusing on social awareness. These social and emotional competencies are perfect learning outcomes for physical education and will carry over into every aspect of your students’ lives. Hook your little movers with fun and movement and they won’t be able to wait for the learning to begin.

9:30-10:20 am & 10:30-11:20 am, A Mixed Bag of P.E.
Andrew Wymer; Albemarle County
Over the past 8 years at JMU Andrew Wymer has presented high energy, high participation sessions. Join in and learn as he pulls his greatest activities from each of those sessions to create a mixed bag of learning. Activities will range from speed and agility skills, invasion game tactics, dance, capture the flag, cooperation, and large group considerations. Activities have been "remastered" to include health and social/emotional skills.

9:30-10:20 am & 10:30-11:20 am, How to Utilize Gifs & Visuals in Physical Education with Round Hill P.E.,
Eric Turrill & Chris Lose, Round Hill Elementary, Loudoun County
Are you looking to learn how to utilize gifs, videos, & visuals to enhance your Physical Education program? In this session, you will experience first hand several instant activities and lesson visuals. You will see step by step how to build your own visuals and you will get the opportunity to create your own visuals using the vClone & PhotoGrid apps from Round Hill PE.

9:30-10:20 am & 10:30-11:20 am, RampShot- A Fun and Active Twist on Corn Hole!
Logan Berns, RampShot, Moriches, New York
RampShot is an exciting yard game where players toss and/or catch for points, keeping all students active and engaged throughout the game! Participants will learn how to play and have a chance to compete against other P.E. teachers in this fun and active session. RampShot involves tossing, catching, hand-eye coordination and teamwork making it the perfect yard game for any P.E. program. With various ways to play, RampShot can be used for Middle School and High School students as well as in Elementary Schools. Watch our “how to play” video and learn more at RampShot.com!

9:30-10:20 am & 10:30-11:20 am, Preventing Sexual Violence, Harassment, Bullying, and Abuse: A Health Promotion Framework
Laurie Jean Seaman, Sexual Assault Resource Agency (5-9)
For over 10 years, SARA has had Virginia Department of Health and Centers for Disease Control funded and approved programs to prevent sexual assault, harassment, bullying, and various types of abuse. It is important to understand how students perceive what adults say to them, how to craft lessons that will achieve the stated outcomes, and how to send messages that promote positive behaviors, rather than focusing on behaviors. This training will provide you with knowledge, tools, and next steps to effectively implement abuse prevention lessons in your classroom. Founded on a 10-year evidence base, including increased protective factors, and outcomes from focus groups, this training will get you up to speed on health promotion strategies for abuse prevention.
9:30-10:20 am & 10:30-11:20 am, Fun, Free and Fantastic Lesson Plans
Melanie Lynch, National Health Education T.O.Y., Pittsburgh, Pennsylvania
This session will provide participants with an overview of all of the free skills-based lessons and activities that are available to teachers at https://healthsmartva.pwnet.org/. These fun, free, and fantastic lessons written by award winning teachers and brought to you by the VDOE will facilitate teachers to improve their students’ health literacy, while having a good time in the process.

The Virginia Health Education Standards of Learning embrace the best of current educational trends, and center the state’s health and physical educators on teaching the essential knowledge, skills, and attitudes that students will need to live successful and productive lives.

9:30-10:20 am & 10:30-11:20 am, Roundtable Discussion Active Recess & Active Classrooms: What are the next steps to creating movement opportunities throughout the school day?
Chief Movement Officer Cadre: Amy Riggio & Brian McPherson, Loudoun, Jason Runk, Henrico, Jamie Wright, Franklin County, Lei Dunn, Virginia Beach, & Laura “Sparkles” Jennelle, Fairfax
This session will be a roundtable discussion to focus on the next steps necessary to build a culture of movement in your school or division. How can you move forward with all the information we shared during our Chief Movement Officer presentations and truly make a difference in your school? The roundtable will consist of CMO Cadre members, Ron Malm (COO, Focused Fitness), VDOE staff member, local parent and Principal in support of Active Strategies for our students. Bring your questions and concerns to share.

9:30-10:20 am & 10:30-11:20 am, Student Voice & Choice Led Health
Dr. Kim Cooke, Charlotte Mecklenburg, North Carolina (6-10)
Learn how Charlotte Mecklenburg Schools developed, trained, and implemented a Choice Led Health curriculum for grades 6-12. Through the use of choice boards, playlists, and health menus, teachers are able to personalize instruction for all learners. A choice led health classroom provides numerous solutions to increase student attention, recall information, and practice health related skills to use for a lifetime.

9:30-10:20 am & 10:30-11:20 am, High Tech, Low Tech, YOUR Tech
Brian Devore, OPEN Professional Development Manager, Georgia
This “rapid fire” session takes attendees through multiple web based and app-based tools to enhance their teaching and productivity! Whether your teaching space is a gym or traditional classroom, you will walk out the door with multiple tools to try tomorrow!

11:30-12 pm, Team meetings -
Hand in point cards and complete Institute evaluation
1-2:30 pm, Team Presentations!
Barry Trent will also 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 3:15.
NOTE: You will be billed for lost or unreturned keys.

Special thanks to VAHPERD Members, GOPHER, OPEN & JMU for supporting the 2019 Health & Physical Activity Institute!
Mark your calendars for next year’s Institute July 12-15, 2020
Thank you for coming! Have a safe trip home!