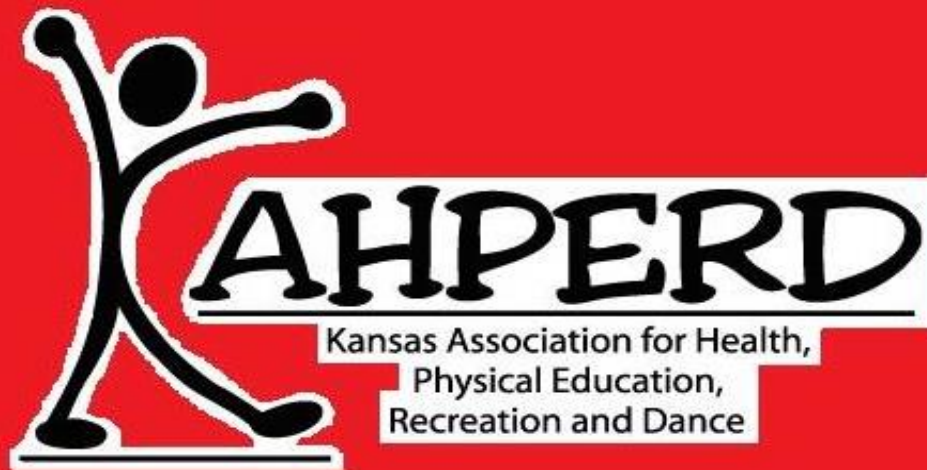


KEEP CALM

AND



STRONG

KAHPERD Welcome

The theme for this year is "Keep Calm and KAHPERD Strong". This theme was originally a motivational poster produced by the British government prior to the beginning of the Second World War, intended to raise the morale of the British public. KAHPERD Council would like to raise the morale of our members to create an organization that will serve its' members and profession to achieve our mission of seeking to promote and advocate for healthy, active Kansans. We encourage our members to share by presenting at workshops and conventions, by nominating deserving members for awards or Council positions, writing letters and meeting legislators advocating for quality health/physical education and to support and promote programs like "Let's Move, Active Schools" (LMAS).

Thank you for attending the 2014 Convention, KAHPERD is glad you are here. You have taken the first step toward helping us achieve our mission. Enjoy the Convention!

KAHPERD Strong!

Kim Morrissey
President, KAHPERD



PSU Welcome

On behalf of the Pittsburg State University Department of Health, Human Performance and Recreation, please let me extend a hearty welcome to each of you. Under the guidance of Dr. Gorman our faculty, staff and majors have worked very hard in preparing for this convention. KAHPERD members are special people and I hope all of you will find this convention to be both educational and enjoyable. Do take the time to make new friends and visit with old acquaintances. If you have any questions or concerns during your time in Pittsburg, feel free to call upon our faculty and students. Pittsburg State University is a great place to visit and we want to prove it. We are at your service.

John Oppliger
HHR Chair



PSU Convention Site Committees/Workers

KAHPERD thanks the following individuals for their contributions in planning and bringing this convention to fruition:

Convention Managers: Scott Gorman and John Oppliger
Convention Program: Damon Leiss and April Huddleston
Banquet Decorations: Shelly Grimes and Julia Spresser
Parking: Rob Hefley and John Oppliger
Snacks: Laura Covert and Ryan Metcalf
Guest Hospitality: John Oppliger and Karl Hassard
Equipment: Cole Shewmake and Janice Jewett
Registration: April Huddleston and Vicki Worrell
Technology: Kylie Edgecomb and Chris Fleury
Signage: Bill Stobart and Karl Hassard
Exhibits: Mike Carper and Kaylah Williamson
Packet Preparation: Bill Stobart, Rob Hefley, PSU HHPR Majors, Crawford County Convention and Visitors Bureau
Photographers: Julia Spresser, Bill Stobart, Shelly Grimes
Grants: Wendy Scholten
Publicity: B. J. Harris and the Crawford County Convention and Visitors Bureau
Gifts/Door Prizes: HHPR Faculty
Special Help: PSU HHPR Majors
Facilities: Susan Downing, Vince Daino, Kevin Obungu and the PSU Student Recreation Center Staff

KAHPERD Executive Council

Executive Director

Vicki Worrell
Department of HPER
Emporia State University
Emporia, KS



President

Kim Morrissey
Dodge Literacy Magnet
Wichita, KS



President-Elect

Wendy Scholten
Ridgeview Elementary
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Emporia, KS 66801



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Karla Stenzel
AMAC
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Janelle Robins-Gaede
Holcomb Elementary
Holcomb, KS



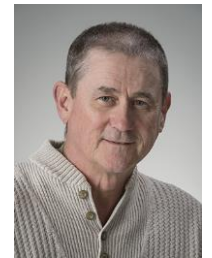
Journal Editors

John Oppliger
Student Secretaries
Pittsburg State University
Pittsburg, KS



Parliamentarian

Scott Gorman
Department of HHPR
Pittsburg State University
Pittsburg, KS



Member at Large

Jill Cundiff
Lakewood Middle School
Overland Park, KS



Convention Special Speakers

Meggin DeMoss –SHAPE America Central District President

Dennis Docheff – Board of Director of SHAPE America – Past NASPE President

Ellen Abbadessa and **Vicki Skaar Johnson** – Award winning teachers from Arizona and Minnesota

Shelly Hoffman – National Elementary Teacher of the Year

Diane Wyatt – National Middle School Teacher of the Year

Diane Titterington – SHAPE America Central District Health Educator of the Year

Rhonda Holt – National Elementary Teacher of the Year

Rick Pappas – Central District Teacher of the Year

Jim Brown – National Jump Rope for Heart award winner

Beau Bragg – Finalist for Kansas Teacher of the Year

Vicki Worrell- National Elementary TOY and AAHPERD Past-President

2014 KAHPERD CONVENTION PROGRAM

Pre-Convention Workshops WEDNESDAY October 29, 2014

Pre-Convention #1 **12:30 – 3:00 p.m.** **Room 216**
The Essentials of the Presidential Youth Fitness Program Workshop
– Ellen Abbadessa & Vicki Skaar Johnson

The Essentials of the Presidential Youth Fitness Program Workshop is a supplemental professional development opportunity designed to provide the physical education teacher with the knowledge and tools to participate in this national program. This 4-hour, in-person workshop, provides physical education teachers with 5 foundational elements needed to implement the program in their school; perfect for those just getting started.

Pre-Convention #2 **12:00 – 4:00/5:00 p.m** **Room 215/Gym C**
Right on Target with the National Archery in Schools Program
– Joyce Ellis and KDWP

This half day program leads to full certification as a National Archery in Schools Basic Archery Instructor. Joyce Ellis and her KDWP colleagues Bob Funke and Dan Moiser will be your presenters. Come and enjoy the program.

THURSDAY: 8:30 – 9:20 a.m.

Session 1

For: Middle and High School

Workout to TABATA

Brandon Wolff And Andrew Cherry

GYM A

TABATA is a fitness workout timer. We will show how we implement it for middle and high school students. This is great way to get weight training and cardiovascular at the same time.

Session 2

For: Middle School, High School, College and Health

Teaching with Polar GoFit Heart Rate and Fitness Assessment

Ali Young and Jean Drennan

GYM B

Learn how to incorporate Polar Technology that will display live heart rates for up to 40 users on your iPad. This will allow you to track your student's fitness assessment data and help individualize every activity to show student growth. And, aide in fulfilling standards based grading and teacher evaluation requirements.

Session 3

For: Elementary School through College

Multi-Cultural Fitness games

Shelly Grimes and PSU Students

GYM C

This circuit style presentation will engage P.E. Teachers from Elementary to High school in learning new games from around the world, such as England, Germany, South America and more.

Session 4

For: Elementary and Middle schools

Sport Stacking with Speed Stacks: Teach the 3-3-3, 3-6-3 and Cycle Stacks!	Dance Studio
<i>Jackie Hall , Randy Suddarth and Jill Meyer</i>	
Learn the 3-3-3, 3-6-3, and Cycle Stacks. Training tips and activities to enhance stacking skills will be demonstrated. Participants will receive FREE stacking instructional materials.	

Session 5

For: K through 12.

Preparing Your Substitute Teacher: F.I.L.E. I.T.	Room 215
<i>Dennis Docheff</i>	
This session will provide attendees with six specific ideas for teachers to use when preparing for a substitute teacher. Don't wait until you need it; prepare the lesson early, prepare the students you leave behind, and prepare your sub for success!	

Session 6

For: Pre K through 12

Student Growth Measures for Teacher Evaluation	Room 216
<i>Steve Brown</i>	
This session will review the default student growth measures for physical education (fitnessgram), the six criteria for locally created assessments, and the potential use of PE Metrics. Participants will be encouraged to share ideas and what they are doing in their respective districts. This open discussion may be beneficial for practicing teachers, student teachers, and PETE faculty.	

Session 7

For: College

The Modern Recreation / Physical Education Building	Room 217
<i>Bill Stobart, John Oppliger, and Rob Hefley</i>	
More colleges and universities are building new buildings for recreation and physical education. This presentation will describe the procedures and precautions of planning and maintaining a modern recreation / physical education building. Trends for future recreation facilities will also be discussed.	

THURSDAY: 9:30 – 10:20 a.m.

Session 8

For: Elementary and Middle Schools

Instant Activity – Challenge Them As They Come In The Door	GYM A
<i>Meggyn DeMoss</i>	
Fun challenging and easy to set up instant activities for all ages. Make the beginning of your class a relaxing time for you and your students.	

Session 9

For: Middle and High Schools

Netball	GYM B
<i>Arianne Seidl</i>	
Learn the objectives, rules, and benefits of playing the fast pace game of Netball in the middle and high school physical education setting. Netball resembles basketball and handball.	

Session 10

For:

<u>PYFP in-person training</u> <i>Jill Southerland and Ellen Abbadessa</i>	GYM C
This 1 hour session will provide you with the information on the 5 foundational elements needed to successfully implement the Presidential Youth Fitness Program in your school. An overview of PYFP, Health-related Fitness, Assessment, Recognition, and Communication will be provided.	

Session 11

For: Elementary

<u>Rhythm and Dance Activities to Enhance Skills</u> <i>Janice Jewett, Julia Spresser, Jenna Wendt and Christina Aiello</i>	Dance Studio
Experience fun and unique ways that introduce and enhance basic skills that can be transferred to sports, motor skills, functional fitness and fun. The music selections for this session won't disappoint and add another element to the total experience!	

Session 12

For K-12 Health/ PE----need to change

<u>The First 9 weeks</u> <i>Kelsey Nelson</i>	Room 216
This session will cover information about the first 9 weeks of teaching during your first year. We will share tips and pointers on job searching, student teaching, the prep work we did prior to starting teaching and what the first 9 weeks of having your own classroom is like. The audience we would like to target would be the college students, student teacher, or anyone in their first year of teaching. We would also encourage long time teachers to join to share their wisdom.	

Session 13

For: Middle and High School.

<u>Incorporating Martial Arts Into Your Classroom</u> <i>Candee Stuchlik</i>	Room 217
This session will provide information about how Wichita Heights High School is incorporating kickboxing into their curriculum. Participants will discuss the growing world of Martial Arts, and how we can help introduce our students to this growing art.	

THURSDAY: 10:30 – 11:20 a.m.

Session 14

For: Elementary

<u>Integrating CCSS into the PE Classroom</u> <i>Jim Brown</i>	Gym A
Examples of activities that will help teachers integrate core subjects into their PE curriculum	

Session 15

For: Everyone

<u>Get your K-Game on!!</u> <i>Karla Stenzel</i>	Gym B
The fun and exciting game of Kan Jam will be presented along with ways to adapt it to a Physical Education setting i.e. double classes, varying ages of students, etc. This disc throwing sport is fast-paced, interactive and easy to learn. Kan Jam can be played on land or in the pool--competitively or just for fun. Attend the session and receive the opportunity to purchase the equipment at a special convention offer.	

Session 16

For: Elementary and Middle

<u>MOVE TO LEARN: Strategies For Improving Alertness & Engagement in the Classroom!</u> <i>Liz Dobbins and Dr. Susan King</i>	GYM C
Activity session: Focusing on the Hidden Senses using as sensory approach to connect physical activity and academic performance. Experience the science behind physical activity and the benefits.	

Session 17

For: Elementary

<u>Chinese Jump Rope & Jump B and Activities: Creative and fun additions to jump rope activities</u> <i>Cole Shewmake and Michael Merrie</i>	Dance Studio
Attendees of this session well be provided an opportunity to participate in basic Chinese jump rope and jump band activities.	

Session 18

For: Middle School

<u>I have a student teacher, now what?</u> <i>Bill Gies</i>	Room 215
This session will give the cooperating teacher tools to co-op with the student teacher and college to create and effective, energized teacher. There will be handout online, links, practice and ideating to share as well.	

Session 19

For: Health

<u>Get Hip with Health</u> <i>Shelby Hoffman</i>	Room 216
Ideas presented on how to incorporate health into daily PE lessons and activities how to catch students' attention on the importance of health and wellness. Items presented relate to dental hygiene, germs, healthy eating, nutrition, sleep, water intake, caloric intake and expenditure, etc.... Some light movement and group work within the lecture room will take place.	

<i>LUNCH in the Student Recreation Center</i> <i>11:20 – 12:50</i>	Student Rec Center
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Visit the Exhibits

**8th Annual KAHPERD Joint Projects Heart Hero
Rewards Luncheon**
11:15 a.m. - 12:30 p.m.
Pittsburg State University Wilkinson Alumni Center
Transportation provided in front of the Student Rec Center
(By Invitation Only)

THURSDAY: 1:00 – 1:50 p.m.

Session 20

For: Elementary, Middle, Secondary, Health

“Health Class: Let’s Move It! Move it!”

Diane Titterington

Gym A

These engaging, fun activities will help to reinforce your health class lessons while getting your students’ bodies moving and their blood flowing to their brains. While most activities target K-6, many can be used with any grade, and ideas will be given for adapting the activities for various ages.

Session 21

For: Middle

PE with a Lil’ Flava!

Sandra Ortiz

Gym B

PE with a Lil’ Flava is action-packed moves using snaps, clasps, sticks and steps, plus other equipment like basketballs. PE with a Lil’Flava will incorporate throwing, catching and dribbling for skill development, plus rhythm. Having a Lil’ Flava in your class will give a variety of learners a creative way to express themselves with or without music.

Session 22

For Elementary

Grab Bag Special

Jaime McVey

Gym C

Variety of instant activities that you will be able to take home and use. Fitness activities, instance tag games, noodle activities, Geo Motion and much more. Get ready to learn something new, have fun and sweat!

Session 23

For: Dance

<u>Tap Dance for Beginners</u>	Dance Studio
<i>Jenna Wendt , Janice Jewett , Julia Spresser, Shelly Grimes and Luke Catloth</i>	
Join us to learn basic tap steps that are fun for all ages. No tap shoes? No problem!	

Session 24

For: K through College

<u>Fueled UP Play 60 with Let's Move Active Kansas Schools</u>	Room 216
<i>Wendy Scholten, Tara Griffin, Becky Keeley and Chant Steume</i>	
The session designed to show how Let's Move Active Kansas Schools and the Fuel Up Play 60 programs work together to help schools and students become healthy active schools / individuals. Through the Fuel Up to Play 60 program sponsored by National Dairy Council and National Football League, schools can write for grant monies to assist them in their desire to have schools become healthier and more active through healthy Eating and Physical Activity plays. Learn from those who have done the program (how easy it is) and what they did with grant money they received.	

Session 25

For: K Through 12

<u>"USA Track & Field RunJumpThrow Teacher Training"</u>	Room 217
<i>Matthew Lydum</i>	
In this 50 minute interactive session, teachers are introduced to USA Track & Field's RunJumpThrow program. RunJumpThrow is a skill-based and fun way of introducing children to basic movements that are important for all sports and healthy lifestyles. Wear comfortable clothing if you would like to participate in the physical activities!	

Session 26

For: Technology

<u>icreate, imove, ilearn in Physical Education!</u>	Room 219
<i>April Baugh</i>	
In this session, you will learn how I have incorporated ipads, as a tool for learning and creating, in my PE class. App's included are Socrative, Qrafter Pro, Eat and Move o Matic, Coach My Video, Educreations, Counter Up, My Daily Plate, Body Organs, Crayola LCC, Showbie, iMove and many more! See how ipads can effectively be implemented in a Physical Education classroom	

THURSDAY: 2:00 – 2:50 p.m.

Session 27

For: Future Professionals

<u>How BIG Is Your Heart? Introducing the 2014-15 Collegiate Challenge</u>	GYM A
<i>Brenda Sharp, Julie Webb and Jayme Lindstrom</i>	
Is your HPER Club willing to show the size of its heart? If so, this session is for you! Learn about the Collegiate Challenge and how you can develop valuable skills while making a difference on your campus. Be the first HPER Club to show the size of its heart by claiming the inaugural Collegiate Challenge trophy. Bonus! Every HPER Club in attendance will receive materials to jumpstart its Collegiate Challenge.	

Session 28

For: Elementary

<u>How do I assess standards 3-5 for Intermediate and Middle School students. HELP (Helpful, Easy, legitimate, purposeful)</u>	GYM B
<i>Meggin DeMoss</i>	
Ideas on how to assess standards 3-5 for Intermediate and Middle School students. Using HELP (Helpful, Easy, Legitimate, Purposeful)	

Session 29

For: Dance

<u>ZOMBIE Rhythms: Dance Activities that Refuse to Die</u>	GYM C
<i>Joella Mehrbof</i>	
From the tombs of the cassettes come those Zombies back from the dead. Come and move to thirty years of dance and rhythmic greats now being brought to back to life with updated music and renewed energy. Easy to learn, easy to use activities that even the left-footed walking dead can teach. Come to see if one or more of your favorites have been given new life!!!!	

Session 30

For: Elementary and Middle Schools

<u>Energize the Brain and body with Speed Stacks</u>	Dance Studio
<i>Jackie Hall, Randy Suddarth and Jill Meyer</i>	
Review the basics 3-3-3, 3-6-3 and cycle stacks. Experience a variety of brain energizing and body movement activities using Speed Stacks. Super-size movement Fun and Jumbos. Participants will receive FREE stacking instructional materials.	

Session 31

For: Technology

<u>Technology Treasure Trove: Professional Development for Free</u>	Room 215
<i>Dr. Susan King</i>	
Who would you like to have unlimited professional resources material at your fingertips? Apps. Videos, images, websites, books, activities, assessments? Learn how you can use technology and social media to tap into the latest resources from professional physical educators all over the world. Participants will leave this session with the key to a treasure trove of technological resources that can be put to use immediately.	

Session 32

For: K through 12

<u>Brain Breaks- Promoting Physical Activity Throughout the School Day</u>	Room 216
<i>Lauren Loucks and Amy Townsend</i>	
The Let's Move Active Schools initiative has encouraged physical educators to become leaders in the promotion of physical activity throughout the school day. In this session, we will share ideas that can be used on a rainy day when you've lost your gym space or shared with colleagues for use in the classroom. These activities require minimal space and minimal equipment.	

Session 33*For: Elementary, Middle, High, and College***Student Teaching. The Good, The Bad & The Best**

Room 217

Casey McConnell and Shelbie Winter

With over 13 years of experience we have seen and dealt with the good, the bad and the best. We want to give highlights to all about how to make the student teaching experience valuable to the student teacher, cooperating teacher and most importantly the kids.

Session 34*For: K-12***LMAKS Summer 2014 Training Meeting**

Room 205

Rhonda Holt

This meeting is for all teachers who attended the “Let’s Move! Active Kansas Schools” trainings that were held in Hays and Olathe. Updates, current information, time to meet with your mentor, and time to answer questions and concerns will take place during this time. If you attended one of these trainings, please make sure you attend this meeting.

“Let’s Move! Active Schools” Sharing Session for Higher Education Faculty

All Higher Education faculty are invited to this session to learn about changes to the “LMAS” project as well as share ideas and strategies to include Comprehensive School Physical Activity concepts as part of your curriculum.

Session 35*For: Elementary, Middle, and High Schools***Kayaking 101**

Weede Pool

Blake Taylor

Learn the basics to Kayaking and water Safety. This session will included; types of kayaks, types of paddles, types of PFD’s safety gear use, paddling techniques, and how to transport a Kayak. **Please Note:** kayaking program will be moved from the Weede Gym pool to the PSU College Lake if weather is excellent. The lake is just East of the football stadium and members should meet at the site of the Gorilla Village. Check in the HHPR office if the weather is in doubt and we will post a notice

THURSDAY: 3:00 – 3:50 p.m.**Session 36***For: Elementary***Common Core Integration—Fast and Easy**

GYM A

Scott M. Enge

Physical Education is included in the Common Core. Learn how to incorporate CC strategies into your daily routines and still remain loyal to our PE curriculum. Using these strategies will further validate the importance of our Physical Education curriculum to other staff members, administrator and parents.

Session 37*For: Elementary***Elementary P.E. Rocks!**

GYM B

Angela Redfern

Join us for various lead up games to Hockey, Frisbee, Basketball and Cup-stacking. We will also be demonstrating various Holiday themed tag games! You won't want to miss this action packed session!

Session 38

For: K thru 12.

<u>Team Work Works</u>	GYM C
<i>Andrew Cherry and Vicki Mester</i>	
Dare students to work together to reach a common goal! In this session numerous activities will be presented on how to teach teambuilding in the classroom. These activities are challenging and rewarding. They allow students of all grade levels to work in small groups, design and execute a plan, work through adversity and celebrate their successes. You will have activities to implement with your students and prove to them that teamwork works!	

Session 39

For: K through 12

<u>Let's Move in the Classroom</u>	Room 215
<i>Rhonda Holt, Catherine Arella, Joan Bolt, Jill Cundiff, Todd Junker, Shellie Stabley, and Claudi Welch.</i>	
During this session numerous brain break ideas and resources will be presented as well as some tips on working with classroom teachers to include activity breaks for their students.	

Session 40

For: Middle

<u>Minute to Win it.....if you can!</u>	Room 216
<i>Diane Wyatt</i>	
Does your gym need a little fun? Come and explore effective activities and concepts and have fun at the same time. Creative activities that will keep your students moving through maximum participation, improving fitness, motor development, and develop team concepts. Ideas for integrating technology, addressing common core through using iPads (animoto, i movie) for creating mini photo reports of activity.	

Session 41

For: Recreation

<u>Knots-Knots and even more Knots!</u>	Room 217
<i>Scott Gorman, Ryan Metcalf, Cole Shenmake, and Mike Carper</i>	
Learn hands-on the various knots used for camping, fishing, climbing and just plain old-fashioned ever day life! Have you ever played a big fish to the bank only to have it get away at the last second? AAAAAAHHHHHHH! Learn how to prevent this common problem. Fun useful fishing and camping knots will be taught that you will use for the rest of your highly active, outdoor, adventurous life!	

Session 42

For: College

<u>Higher Education Roundtable</u>	Room 219
<i>Bill Stobart, Laura Covert, Lindsey Gordon, Mica Rosenow, and Hillary Dickey</i>	
An informal discussion concerning various topics in higher education. Topics discussed will include: the modern college student, the changing college faculty, technology in the classroom, on-line classes, and	

problems encountered by both students and faculty in higher education. Attendees will be given the opportunity to discuss other topics of interest.

FRIDAY BREAKOUT SESSIONS: 8:30 – 9:20 a.m.

Session 43

For: Elementary

<u>Catching and Throwing games: Their importance to muscle eye fitness</u>	GYM A
<i>Scott Enge</i>	
Catching/throwing skills and games are not only important for sports, they enhance muscle eye fitness, reading skills, hand eye coordination and connect the two hemispheres of the brain through cross lateralization	

Session 44

For: Upper Elementary, Middle, and High School

<u>Hantilation for Physical Education</u>	GYM B
<i>Bill Schrant and Karl Ely</i>	
Hantis is an exciting new sport that combines elements of table tennis, 4-square, and handball. The game is great for upper elementary, middle school, high school, and adults. We will show you how to play, and more importantly a progression you can use with your students to help them be successful, and adaptations for students who struggle.	

Session 45

For: Adaptive

<u>APE Activity: Review of definitions & examples of modified games & activities</u>	GYM C
<i>Michael Merrie and Cole Shenmake</i>	
This session will provide a review of adapted PE definitions, a brief discussion of different disabilities/categories, and will provide an opportunity to participate in modified games and activities.	

Session 46

For: Middle, High, Adaptive, and Dance

<u>Aerobics & Fitness: A Zumba Inspired Cardio Party!</u>	Dance Studio
<i>Ashley Blanton</i>	
This session will feel like a party! You don't even have to know how to dance! Anyone and everyone will be successful in this session. This session will incorporate Zumba basics, strength training, flexibility, and cardiovascular endurance intervals to music teens enjoy. If you teach middle school or high school, you must visit this session because this will be a lesson your students will beg you to teach.	

Session 47

For: High School

<u>NASP: A Great Fit For Any Program</u>	Room 216
<i>Joyce Ellis and Gary Keehn</i>	
This session will introduce participants to the National Archery in the schools program in Kansas.	

Participants will learn more about how archery can be used to develop student fitness in Physical Education as well as academic skills in other content areas. Participants will have the opportunity to ask the state coordinate or any questions they might have about getting a program started in their school.

Session 48

For: Everyone.

<u>Pinamonti Facility Tour</u>	Room 217
<i>Bryce Winklepleck</i>	
Pinamonti Wellness Center is a brand new state of the art facility in Pittsburg, KS offering much more than just a place to workout. The wellness center is packed with high-tech equipment allowing for immediate feedback regarding your workout; certified personal trainers and group fitness instructors; licensed massage therapists; no-entry pool; wi-fi cafe; and soon-to-be rock climbing wall.	

Session 49

For: Elementary

<u>Perceptions of children toward physical fitness</u>	Room 219
<i>Rich Bomgardner</i>	
Children from different school environments completed two physical activity self-efficacy scales which was compared to their physical fitness tests. Results evaluated the environment and physical fitness tests to determine any correlation to the children's perceptions.	

Session 50

For: Middle School

<u>Bicycle Safety</u>	Assembly Hall Gym
<i>Denise Barber</i>	
The bicycle safety curriculum from SHAPE AMERICA for grades 6-12 will be presented.	

FRIDAY: 9:30 – 10:20 a.m.

Special Session 51

For: Elementary

<u>Integrating the College Career Ready Standards (Common Core) into Elementary Physical Education</u>	GYM A
<i>Rick Pappas</i>	
This session will focus on integrating the Kansas College Career Ready Standards (adapted from the Common Core Standards) for Math and English Language Arts into elementary Physical Education	

Session 52

For: Elementary

<u>NOW WHAT? Classroom Management tips from the Real World to help the Rookie Teacher</u>	GYM B
<i>Julie Webb</i>	
Your degree is done and you've got the job. All of that college preparation has you ready...or does it? Learn some tips and strategies to help you the first day, the first week, and your first year. Special Bonus! Everyone who attends this session will learn the simple recipe to teach kids how to jump rope in ten simple steps. Silence the "I can't do it" with	

your amazing knowledge and earn the trust of your students. Yes! You are a trained professional!

Session 53

For: Elementary

Fitnessgram Testing: Effective and Efficient Strategies

GYM C

Mark Thompson, Claudia Welch, and Abby Ungles

Two physical education teachers who have extensive experience with fitnessgram will demonstrate effective and efficient strategies for conducting testing on components outlined as part of the K-FIT program. Attendees will have an opportunity to observe and participate in demonstrations that emphasize best practices for fitness testing. Emphasis will be placed on testing at both the elementary and middle/ high school levels. The presentation will also address the incorporation of technology in conducting and recording fitness test data. Attendees will leave with an understanding of how to effectively incorporate fitness testing into their PE programs and how K-FIT can help further the teacher's, schools and district's goals.

Session 54

For: Dance

Mix it up with Zumba

Dance Studio

Julia Spresser, Janice Jewett, Shelly Grimes, Jenna Wendt & Bridgett Lancaster

Encourage participant interaction and participation with these Zumba routines. Expect hand jives, vocal responses, partner play, break-out dance battles, Cumbai costume partner dance etc. Come ready to sweat and make new friends. Choreography maps and music links included.

Session 55

For: Elementary, Middle, High and Health

This Ain't Yo' Mama's Health Class

Room 215

Diane Titterington

Spice up your classroom health lessons with some fresh ideas, games, and activities, as well as some twists to old ones. Also, hear ideas on how to start or expand a regular health curriculum in your school and how to get your administration excited about it. Although most activities will be targeted for elementary health classes, thoughts will be shared of how to easily adapt the games/activities for all grade levels.

Session 56

For: College

Let's Move! Active Schools" Sharing Session for Higher Education Faculty

Room 217

Rhonda Holt

All Higher Education faculty are invited to this session to learn about changes to the "LMAS" project as well as share ideas and strategies to include Comprehensive School Physical Activity concepts as part of your curriculum

Session 57

For: Health

Importance of Functional Movement

Room 219

Bryce Winklepleck and John Tricks

The past few decades there has been a major decline in physical activity among children of all ages. This

results in a decrease of functional movement that will hinder quality of life as children mature. This session will cover the decline of functional movement and movement patterns that need to be implemented into daily life for children

Session 58

For: K-12

<u>Create Activities on the Spot: Your Chance to Develop New Games!</u>	Assembly Hall Gym
<i>Hillary Dickey, Stuart Jeck, Mica Rosenow, Lindsey Gordon, Taylor Zingg and Jake Dollar</i>	
Participants will be put in small groups and given pieces of equipment typically used in a Physical Education class of any level k-12. They will be given a few minutes to come up with a creative game or fitness activity working as a group and then presenting it to the rest of the session attendees for actual play. The goal is to see which group comes up with the best activity which would keep a classes attention, keep them active and of course have fun.	

FRIDAY: 10:30 – 11:20 a.m.

Session 59

For Elementary

<u>Physical Activity Used or Withheld for Punishment...Is It Happening in Your School?</u>	GYM A
<i>Beau Bragg</i>	
How often do you hear “you owe me 10 minutes of recess”, “You owe me 5 laps at recess”, or “you need to complete your work instead of go to PE”? What can you do as the Physical Activity leader in your school? We know why physical activity is important, but do your colleagues? I will provide you with a few strategies to get the conversation started, resources to support physical activity in schools, justification for eliminating the above statements, and alternative to withholding PA or using it as punishment Oh and now worries we will be up and moving!	

Session 60

For: Health

<u>The (Icha) Bod Shop</u>	GYM B
<i>Tiffany Dirks</i>	
This elementary health and fitness curriculum is aligned with NASPE and state standards. Students compare their bodies to cars and learn to take care of the most important machine they will ever own with the help of Head Mechanics, the Physical Education specialists. The different components of the 4 “departments” in the bod shop help teach students’ the importance of both healthy choices and physical fitness / activities that they will use throughout their lifetime to keep their “machines” (bodies) in top performing condition.	

Session 61

For: Middle school thru Adult Fitness

<u>Cross Fitness Challenge</u>	GYM C
<i>Shelly Grimes</i>	
This session is a participation required, sweaty workout!!! The Cross Fitness Challenge session will get your heart rate pumping’ with floor cross training routines, then progress to a circuit style workout including various P.E. and equipment utilized to build endurance and strength including the BOSU ball, INDO boards, ropes, bands, and balls. This class can be taught at the middles school to college age level and /or in a health	

club setting. If you are attending the conference and just need a good workout for the day....drop by and take this session.

Session 62

For: Coaching

Getting Ready to Coach: Six P's That Get You Prepared

Room 215

Dennis Docheff

As young coaches enter the profession, there are a lot of people who may questions themselves—"Will I be ready?" This session provides young coaches with ideas on how to prepare for that first coaching job. Items for discussion include: Philosophy, Professionalism, Planning, Practice, Promotion, and Play.

Session 63

For: Middle and High School

Differentiated Instruction in Physical Education

Room 216

Jeff and Jen Zimmerman

Learn about differentiating instruction in physical education by sorting the students by fitness level to tailor their workouts and maximize results

Session 64

For Elementary, Middle, Secondary, Future Professionals, Recreation

Highlights for Higher Education from KSDE

Room 219

Mark Thompson

Come hear the latest updates from the Kansas State Department of Education in regards to health education and physical education. Updates will include information on the status of revising the Health Education and Physical Education Model Curricular Standards, steps to provide K-FIT training for pre-service teachers, how fitness testing and Let's Move! Active Schools elements are being incorporated into Kansas wellness policy guidelines, and more.

Session 65

For Elementary, Middle, High, College and Adaptive

School Tennis—Fun, Easy, No Courts Required!

Assembly
Hall Gym

Jaren Glaser and Jodi Gordon

Participate in an activity demonstration on how to offer tennis in your PE class, after school program, or at recess, without having prior tennis experience. No courts are required, so schools can effectively offer tennis in a variety of settings. Also, experience the ease of using "right-sized" equipment for kids that makes offering tennis easy for large of small groups.

Closing Ceremony

11:30 a.m.

**Finals KAN-JAM Tourney
Major Door Prize Giveaway
(\$550 Hybrid Bicycle)
(DELL Computer)**

(must be present to win)

KAHPERD Exhibitors

Advanced Exercise Equipment

Jeff Paxton
10291 W. 295th St.
Louisburg, KS 66053
877-764-8981
jpakman@mokancomm.net

Archery In the Schools

Gary Keehn
2840 254th Rd.
Soldier, KS 66540
785.834.2075
archeryintheschools@ksoutdoors.com

American Heart Association

Angie Galindo
6800 W 93rd St.
Overland Park, KS 66212
816-918-5528
angie.galindo@heart.org

Brax Fundraising

Jen Pospisil
355 W. 8th
Cortland, NE 68331
402-450-6122
jenp@braxltd.com

Central District Shape

Vicki Worrell
1200 Commercial, Campus Box 4013
Emporia, KS 66801
605.574.4616
sjscherrer@gmail.com

Cleveland Chiropractic College

Dr. Karen Doyle
10850 Lowell Ave
Overland Park, KS 6210
913-234-0600
karen.doyle@cleveland.edu

Fort Hays

Glen McNeil
600 Park St
Hays, KS 67601
785-628-5296
gmcneil@fhsu.edu

Goodheart-Willcox Publisher

Don Blazer
18604 W. Creek Dr.
Tinley Park, IL 60477
888-409-6108
dblazek@g-w.com

Image Sport

Jon Linder
1115 SE Westbrooke Dr.
Waukee, IA 50263
515-987-7699
lsmith@imagesport.com

KAHPERD Model School Exhibit

Michelle DiLisio
Chanute High School 1501 W. 36th St
Chanute, KS 66723
620-432-2510
dilisiom@usd413.org

Midwest Dairy Council

1804 NW Parkway
Wichita, KS 67212

Polar Health First

Jean Drennan
13260 Switzer
Overland Park, KS 66213
913.239.3456

Skatetime School Programs/C'motion

Jeania Luber
P.O. Box 32612
Oklahoma City, OK 73123
405-771-4792
jeanialuber@luber.com

Southwest Dairy Museum

P.O. Box 936
Sulphur Springs, TX
903-439-6455
cmckinney@southwestdairyfarmers.com

Speed Stacks, Inc.

Pola Metz
11 Inverness Way South
Englewood, CO 80112
303.663.8083

US Tennis Association – Missouri Valley

Susan Riemann
457 – A South Clay Ave.
St. Louis, MO 63122
913-322-4836
riemann@movalley.usta.com

Special Thanks

Midwest Dairy Council for sponsoring the Thursday morning nutrition break.

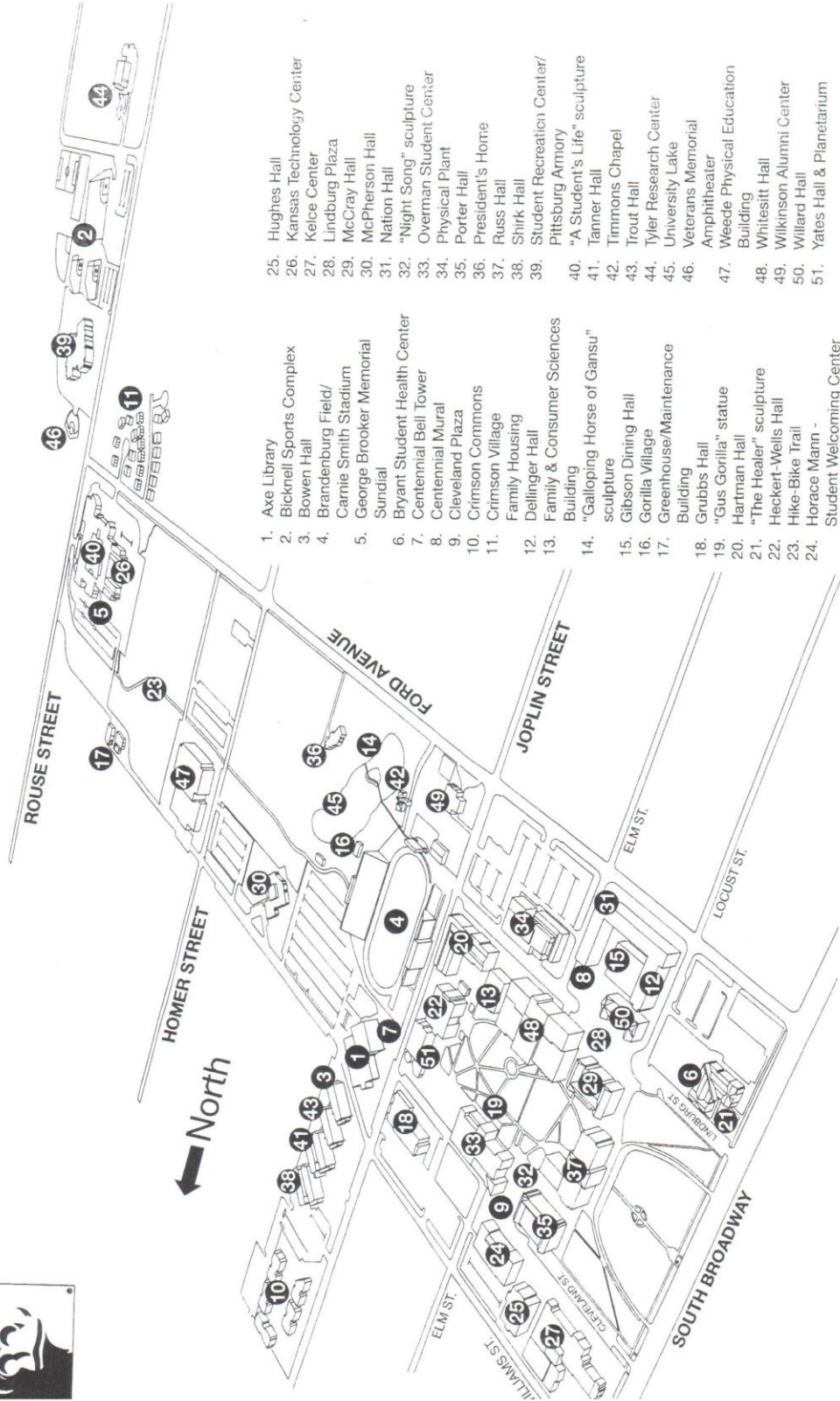


Crawford County Convention and Visitors Bureau for sponsoring the convention



Pittsburg State University Campus Map

Pittsburg State University Campus Map



1. Axe Library
2. Bicknell Sports Complex
3. Bowen Hall
4. Brandenburg Field/ Carnegie Smith Stadium
5. George Brooker Memorial Sundial
6. Bryant Student Health Center
7. Centennial Bell Tower
8. Centennial Mural
9. Cleveland Plaza
10. Crimson Commons
11. Crimson Village
12. Family Housing
13. Dellinger Hall
14. Family & Consumer Sciences Building
15. "Galloping Horse of Gansu" sculpture
16. Gibson Dining Hall
17. Gorilla Village
18. Greenhouse/Maintenance Building
19. Grubbs Hall
20. "Gus Gorilla" statue
21. Hartman Hall
22. "The Healer" sculpture
23. Heckert-Wells Hall
24. Hike-Bike Trail
25. Horace Mann - Student Welcoming Center
26. Hughes Hall
27. Kansas Technology Center
28. Kelce Center
29. Lindburg Plaza
30. McCray Hall
31. McPherson Hall
32. Nation Hall
33. "Night Song" sculpture
34. Overman Student Center
35. Physical Plant
36. Porter Hall
37. President's Home
38. Russ Hall
39. Shirk Hall
40. Pittsburg Recreation Center/ Pittsburg Armory
41. "A Student's Life" sculpture
42. Tanner Hall
43. Timmons Chapel
44. Trout Hall
45. Tyler Research Center
46. University Lake
47. Veterans Memorial Amphitheater
48. Weede Physical Education Building
49. Whitesitt Hall
50. Wilkinson Alumni Center
51. Willard Hall
52. Yates Hall & Planetarium

7/2010

See You at the 2015 KAHPERD Convention

Wichita State University

