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**KAHPERD**

 **CONVENTION 2016**

**Fort Hays State University**

**Hays, Kansas**

**November 2-4, 2016**

**KAHPERD Convention – HAYS, KS**

**November 2-4, 2016**

**Committee Chairs**

**Convention Manager Kim Morrissey**

**Convention Program Wendy Scholten**

**On-Site Managers Joyce Ellis, John Zody**

**Exhibits Greg Kandt**

**Banquet Anita Walters**

**Registration Glen McNeil, Kathy Kochersperger**

**Parking Steven Sedbrook, PEK members**

**Snacks/Hospitality Steve Sedbrook, Duane Shephard, PEK members**

**Equipment Ron Haag & Intermural Grad Assistants**

**Technology Glen McNeil, Graduate Assistants**

**Signs/Maps/Boards Lynn Maska, Jeff Burnett**

**Packet Preparation Andrea Zody & students**

**Social/Entertainment Kim Morrissey, Joyce Ellis, John Zody**

**Publicity Kim Morrissey, Jason Rameriz, April Baugh**

**Gifts/Door Prizes Wendy Scholten, KAHPERD**

**Grants/Outside Funding Wendy Scholten, Kim Morrissey**

**Student Organizer Joyce Ellis, John Zody**

**Hotel Joyce Ellis, John Zody, Kim Morrissey**

**Welcome to Hays**

** KAHPERD Welcome from President Claudia Welch**

**On behalf of the KAHPERD Executive Board and committees, welcome to the 2016 KAHPERD**

**Convention here in Ft Hays. Thank you for joining us and for making the commitment to your**

**profession to be the best you can be. With the assistance of our local host – Ft Hays State**

**University – we have planned an outstanding program for you!**

**At last year convention, SHAPE America announced a bold new vision designed to inspire the**

**health and physical education professionals. This commitment - better known as “50 Million**

**Strong by 2029” – will empower all children to lead healthy and active lives through effective**

**health and physical education programs. To be successful, we will need to reconsider,**

**reimagine and redesign how we deliver physical education and health education to Kansas**

**students. For the health and physical education professions this is truly a time of great**

**opportunity. But to succeed, all of us will need new skills and the motivation to impact**

**students’ learning and behavior so that it will carry them into adulthood.**

**At this convention, you’ll have many opportunities to learn more about the central role you can play in “50 Million Strong by 2029.” You can also share your own ideas so we can learn from you. In addition to attending presentations, take time to introduce yourself to colleagues from around the state. All of us share a common desire to give students the skills, knowledge and motivation to lead physically active and healthy lives.**

**Please take some time to visit our exhibitors and enjoy Ft Hays. Finally, be sure to connect with any of us on the KAHPERD Board to share your thoughts and suggestions about our convention or the future of health and physical education professions.**

**You are all truly MOVERS, SHAKERS ACTIVE SCHOOL EDUCATORS**

**Have a great convention!**

**Claudia Welch**

**KAHPERD President**

**Special Guests for the 2016 KAHPERD Convention**

** Charla Tedder (Parker) Krahnke -** Charla is the 2013 NASPE National HS PE TEACHER OF THE YEAR, 2013 Southern District TEACHER OF THE YEAR and NCAAHPERD TEACHER OF THE YEAR. She is a National Board Certified Teacher with a BS in Health/Physical Education from East Carolina University and Masters in Education/Exercise Science from Campbell University. Charla retired July 2014 after 31 years of teaching and coaching from the Wake County School System in NC. Charla is currently working as a Physical Education consultant presenting at state and district conferences. Presentations include Assessments, Common Core and Teaching Models (specializing in the Sport Education Model). Charla is

an advocate for the Sport Education Model. She feels this model works well for middle and high school students and will be an asset to adding common core, National Standards and assessments to any curriculum. Contact Charla for any assistance with writing curriculum or presentations. charlaphysed@gmail.com and website http://charlaphysed.weebly.com

** Scott Williams** graduated from Fairmont State University in West Virginia in 2001 with a BA in Physical Education (K-12) and Health Education (5-12). He received his MS in Athletic Coaching from West Virginia University in 2003. Scott has been teaching elementary physical education at Meriwether Lewis School in Charlottesville, VA since 2004 and taught summer high school physical education in Albemarle County from 2005-2009. Scott was a winner of the 2011 Golden Apple Award at his school, the 2013 Virginia AHPERD Elementary PE Teacher of the Year, and the 2015-16 Virginia AHPERD Dance Teacher of the Year. He is also a featured presenter and speaker at physical education conferences across the nation and has presented in twenty states. Scott is the founder/owner of Camp4Real, a summer camp that focuses on fun physical activity, character building and eating healthy foods free of artificial ingredients.

** Aaron Hart -** Aaron is the creator of OPEN and the Director of Educational Programs for US Games. He has co-authored several nationally recognized physical education curriculum projects and specializes in web-based content delivery. Aaron’s passion for equity of access and community empowerment began 20 years ago and has continued to guide his professional journey. He began his teaching career as a New York City public school teacher and is currently a part-time faculty member in SUNY Cortland’s Physical Education Department. The vision for OPEN began as a crazy conversation between Aaron and his long-time friend, Nick Kline. US Games and BSN Sports believed that Aaron’s crazy vision was the right thing to do for teachers and for the kids that they serve. Aaron joined the US Games family in 2014 and the OPEN movement was born.

**Beau Bragg -2015 Elementary TEACHER OF THE YEAR-** "Beau Bragg teaches Elementary Physical Education at Bonner Springs Elementary in Bonner Springs, KS. He has taught for thirteen years and received his undergraduate degree from Wichita State University and graduate degree from Emporia State University. Mr. Bragg believes that confidence and self-worth comes from those who help others believe in themselves. This is why he teaches and continues to teach others."

**Karl Ely – 2015 Middle School TEACHER OF THE YEAR and Central District Middle School TEACHER OF THE YEAR**. Karlgraduated from Wichita State University in 2002. He has been teaching in Wichita Public Schools for 14 years and is currently teach K-8 Physical Education at Christa McAuliffe Academy. He also coaches cross country and boys basketball. In his free time, he enjoys spending time with his wife and two daughters.

**Brandon Wolff – 2014 KAHPERD and 2015 SHAPE America Central District Middle School Teacher of the Year –** Brandon has been teaching physical education and health for 15 years, he currently teachs at Maize South Middle School. As a physical educator, his job inside and outside of the classroom is to promote students to be healthy physically, mentally and socially.  Some accomplishments are 2014 KAHPERD Middle School Teacher of the Year, 2015 Shape America Central District Middle School Teacher of the Year and Let’s Move in Active Schools National Award winner.

**Meggin DeMoss – SHAPE America Central District Past-President**

**Dennis Docheff – Past NASPE President**

**Vicki Worrell – KAHPERD Executive Director, AAHPERD Past President, NASPE Elementary TEACHER OF THE YEAR**

**Rhonda Holt – NASPE Elementary TEACHER OF THE YEAR**

**Rick Pappas – KAHPERD and Central District Elementary TEACHER OF THE YEAR**

**Jason Busche – 2013 NASPE National Middle School TEACHER OF THE YEAR**

**2016 KAHPERD CONVENTION PROGRAM**

**Fort Hays State University**

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| **Wednesday, November 3** |
| **9:00-4:00****LMAKS TEAM Training**Fort Hays State University |
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| **1:00-5:00 PM** **OPEN Curriculum – FREE** Fort Hays State University |
| **5:00pm-9:00pm**Early Packet Pick-upFort Hays State University |
| **7:00 – 8:30 PM**KAHPERD Board MeetingFort Hays State University room: 145 |
| Pre Convention Social7:00-11:00 PMGella’s Diner & Lb. Brewing Co.117 E. 11th StreetHays, KS  |
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| **Thursday, November 4**  |
| **7:00am-Noon** |
| Registration |
| **8:00 – Exhibits open****Gym 121** |
| **8:00 General Session – Welcome****Active Start to Convention****H3TV – Move, Shake, Active Physical Educator****Gym 101** |
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| **8:30-9:20am** |
| **Presenter(s)** | **Section** | **Title & Description** | **Room** |
| Gary Smith | All | **Physical Freedom-** Jean Galley, at Emporia State, invited a British educator trained in their program to conduct a class.It changed my basic approach to helping students learn how to successfully use their bodies.  Thisprogram allowed students to create their own solutions to each teacher's request; creativeness and success were promoted.   | Gym 101 |
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| Aaron Hart | Elementary | **Attack and Defend with OPEN Invasion Basics-** This session is filled with high-paced fun and rigorous learning to help your students spread the floor, attack the goal, and talk the talk of invasion games. Explore the vocabulary of invasion sports while you experience strategies to help your elementary students understand offensive and defensive movement. | Gym 100 |
| Karl Ely | MS | **Middle School Madness** - Come experience the "Madness" of Middle School Physical Education!Large class sizes, lots of energy, wide range of skill and fitness levels is the "madness". If any of those describe your P.E. class, then this session is for you! This session will feature fun lead up skill activities to traditional P.E. games such as basketball that are great for assessment, quick hitter fitness and warm up activities, team builder challenges, and some of my student’s favorite activities. | Gym 101 |
|  Glen F. McNeil\* Helen Miles | Health | **Update: Nutrition Information Changes-** This presentation will discuss the updates on the changes in the Dietary Guidelines for Americans, the food label, the nutritional panel and provide an overview of the popular food product labeling terms being used today**.** | Room 143 |
|  | Coaching | **Should I Coach the Way I’ve Been Coached**? - Most coaches tend to coach the way they have been coached. This presentation will feature a panel of veteran coaches and coaching educators who will discuss what ideas coaches should use from the past and present ideas to use for the future. Topics will include: style of coaching, punishment and discipline, communication, positive character development, and use of sports psychology. 1. The attendees in this session will be provided with practical and useful coaching ideas that can be implemented on a daily basis. 2. The attendees in this session will examine what useful coaching ideas from their past experiences can be used successfully with today’s athletes.3. The attendees in this session will acquire ideas on current best practices in the field of coaching education.  | Room 145 |
| Mark Stanbrough, Jim Krob |
|  | Exhibit - Health | **SAFE (Seatbelts Are For Everyone)-** SAFE (Seatbelts Are For Everyone) SAFE is a teen-run, peer-to-peer program focusing on increasing teen restraint compliance through education, positive rewards and enforcement. It is designed to bring awareness to the importance of wearing a seatbelt, therefore reducing the number of motor vehicle-related injuries and fatalities among Kansas teens | Dance Studio 122 |
| Laura Moore, Andrea Bradbury |
|  | Technology | **Twitter for You! -** Are you on Twitter? Do you use your Twitter account? Do you know the benefits? It doesn't matter if you answered yes or no to any of these questions, this session is for you! Come to this session and see what can happen when you take a step out of your comfort zone and build your #PLN using Twitter. At this session you will see examples of #physed and #health ideas that have been found on Twitter. You will also come away with a better understanding of how hashtags work and what a "chat" is. This is a session you will not want to miss!April Baugh is the Social Media Co-Chair for KAHPERD, and Mike Bohannon has found the benefits of Twitter by sharing and getting a lot of information. Both of these Twitter pro's will have you excited to use twitter to bring your physical education and health classes to a new level! |  |
| April BaughMike Bohannon |
| Rhonda Holt | Meeting | PAL Meeting | Room 144 |
| **9:30-10:20am** |
| **Presenter(s)** | **Section** | **Title & Description** | **Room** |
| Megan LeamingRyan Leaming | Technology | **The Connected Classroom**- Tips and Strategies that can make any classroom a connected classroom. This session will include technology, apps, and organizational strategies highlighting different technology and apps that can be used in the classroom to help boost organization and consistency to achieve maximum participation. | Room 144 |
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|  | Elementary, Middle, High School, Health, Recreation, Adaptive, Future Professional | **ACTION! Team Games with MVPA Assessment****Action Packed** – Students are constantly moving, strategizing, and working together.\* Class Oriented – Each game is designed for multiple students, perfect for large classes or groups.\*Teacher Friendly – Included instructions provide clear direction on game play along with variations\*Inclusive – The entire class is engaged and physically active so no one is sitting on the sidelines\*Only From Gopher - premium equipment, one-of-a-kind activity ideas that can’t be found anywhere else\*SHAPE America Standard Focused – All games are designed to align with SHAPE America Standard standards | Gym101 |
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| Adam Gill and/or Andy Tupy |
| Marlys Gwaltney | Elementary | **Organize Your Chaos**- Geared for your elementary and early middle school organized chaos, you will walk away with several activities that will keep your students learning in a highly active environment. Innovative games, useful lesson planning templates, and creative management ideas will be presented during this session. Plenty of tools will be provided for your professional toolbox. | Gym 100 |
| Scott Williams | K-12 | **Brain Bursts: Having a BLAST While Moving in Class**- Attend this ever-evolving session and learn innovative ways to bring activity into the classroom while utilizing technology, integration dance and brain challenges. The myriad of fun classroom movement choices will appeal to a wide range of attendees. Movement in the classroom is a win-win for classroom teachers, the PE profession an most importantly, students who reap the rewards. Gain positive exposure and instant credibility for your program by incorporating movement breaks. | Gym 120 |
| Blake Taylor | Elementary, Middle School  | **Be the change that you want to see happen and make your recess a Peaceful Playground!** -This session will look at proven strategies that will help you to improve your recess to make it a safe and fun place for both students and staff. The discussion will include types of games, procedures, training for everyone, supervision, available recess resources and sharing of ideas. We will also discuss how a well organized recess can help the whole school for consistency between staff and students So, if you’re tired of having problems during recess this is your session. | Room 145 |
| Julia Spresser | Dance | **Dance, Dance with Julia, Zumba Instructor**Actively learn Latin, Pop or World dance routines that will encourage your participants to keep their heart rates up. Choreography maps and music purchase information will be included. Come break it down, sweat and learn. | Dance Studio122 |
| Janice Jewett |
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| Arianne Seidl | Elementary, Middle School, High School, Higher Education, Health, Dance, Adaptive, Future Professional | **Every Student Succeeds Act**- The Positive Impact on Physical and Health Education - Understand how ESSA impacts physical and health education and developing an action plan. | Room 146 |
| Amy Merritt, Lauren Butler, Derek Howard,  | Exhibit - Health | **Engaging and innovative Health curriculum (and it’s FREE)!-** Healthe Foundations is a project-based curriculum to help students understand the long-term impact of everyday health decisions. It promotes healthy lifestyle choices, preventable medical condition awareness and enables students to make informed health decisions. During implementation, the classroom is transformed into a health care facility where students collaborate as health care teams. Together teams guide their patient from symptoms to diagnosis and create a care plan to improve their patient’s health status with a presentation to peers. |  |
| Wendy Scholten | Retirees | Retiree Social  | Tiger Room |
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| **10:30-11:20am** |
| **Presenter(s)** | **Section** | **Title & Description** | **Room** |
|  |  | **Disc Games: Fun and Skills** - Come join the 2013 National High School TEACHER OF THE YEAR for a fun standards-based ultimate Frisbee lesson, including fitness, assessments, practice with a purpose drills and teaching games for understanding. Fitness and fun combined in one! Ready to use activities for large groups and assessments. Participants will take away information, which can be put into action immediately as well as to be offered ongoing assistance after the convention. 5-12. | Gym 120 |
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| **Charla Tedder Krahnke** | Secondary |
|  | Elementary, Middle, High School  | **Forever Active...Moving for a Life Time** - This active session offers instructional strategies, ideas, opportunities for discussion, lesson plans and brain boosts to support physical literacy for lifelong movement. Physical literacy moves beyond fitness, motor skills, daily behavior, motivation, confidence, physical competence, knowledge and understanding. Leave with a toolbox of resources that can be used the next day. Move through various stations throughout the session to learn at your own pace. | Dance Studio122 |
| Jade NgMargaret Guerra |   |
|  | Elementary | **Elementary Physical Education Activities from Macksville and Otis-Bison Elementary** - Elementary physical activities will be presented from a success story at these two schools included will be Quick Hitters, Games, Kansas Day Activities, and ideas on Substitute Plans/Activities. | Gym 100 |
| Stan EwyJoyce Miller |   |
| Jean Drennon | ExhibitorElementary, Middle, Adaptive, Technology | DrumFIT: Exercising Body & Brain - Easy to Teach. Fun to Learn. DrumFIT is a non-competitive, fully inclusive cardio drumming program that gets results and engages your students 100%! Online video instruction makes this program sustainable and easy to run. Come experience what makes DrumFIT different! | Gym 101 |
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|  | Elementary, Middle, High School | **Mathematics and Physical Education – Teaching Basic Statistics Across the Physical Education Curriculum** - The presentation provides strategies for teaching Mathematics and Statistics across the Physical Education curriculum. It is often much easier to understand statistical concepts when associated with physical or sport activities. The presentation will provide basic teaching plans to promote cross-curricular projects involving Physical Education, Computer Literacy, English Composition and Mathematics. Those measurements can be analyzed with basic statistical procedures using Microsoft Excel and a written report on the findings. The activity plans are geared toward elementary and middle school students but can also be utilized at the high school level. | Room 143 |
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| Mark Pahls, Joyce Ellis |
| Dennis Docheff | Coaching | **Coaches: Do You Meet the Standard?** - This session is intended for coaches and/or soon-to-be coaches. Attendees are provided a look at the National Coaching Standards espoused by SHAPE America. The standards are presented in a manner that allows coaches to apply them to their coaching. Presentation includes brief small group discussion after the standards are presented. Come prepared to re-think your coaching technique. | Room 145 |
|  | Elementary, Middle, High, Higher Education, Health, Dance, Recreation, Adaptive, Coaching, Future Professional, Joint Projects | **Spreading Movement Throughout the School** - Studies continue to show the positive impact of movement. Often the students’ movement opportunities end at the gym doors. This session will discuss and present strategies for getting students moving throughout the school day. The presenter will discuss his and others’ current research on movement as a tool for increased learning and engagement in the classroom. This session will also present the importance of PE teachers acting as movement advocates school wide. Attendees will leave the session with new ideas to spark movement throughout their schools, as well as, strategies to work with classroom teachers to get students moving in and out of the gym. | Room 146 |
| Mark Ellner |
| American Heart Association | ALL | American Heart Association Can help you with the Kansas Educator Evaluation Protocol. | Room 144 |
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| **Lunch**  | **KAHPERD Heart Hero Rewards Luncheon** |
| **11:20 – General Session Gross****11:40-12:30 - Lunch**  | **11:40-12:30** **Room: Victor E Lounge****Invitation only**  |
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| **12:30- 1:20pm** |
| **Presenter(s)** | **Section** | **Title & Description** | **Room** |
|  | Elementary | **Camouflaging Fitness** - In this session you will experience various high energy games and activities that will camouflage physical fitness. This session will be worth your time as you gain many games as you can go home and play instantly ALL in one session. Be ready to play! | Gym 100 |
| Jaime McVey |
|  | ElementaryHealth | **Something Unique, Something Fun, Something Creative** - Organizing creative, unique, and fun themed activities/units that focus on the physically literate student. Units include Heart Obstacle Course, Dr Seuss Stations, International Games, Hanukkah, Week 1/2 Orientation, Tumbling, and working with large class sizes. | Room 146 |
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| Arianne Seidl |
| Susan OldfatherLori HegerMeggin DeMossRhonda Holt | K- 12 | **Trash to Treasure: recess equipment you can make:)** - During this session you will take away ideas to increase physical activity for your students during indoor recess. We will show you how to make equipment that will add to your recess program. A handout will explain how to make all of the equipment that you will see during this session. Come ready to use the equipment and move. | Dance Studio 122 |
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| Mark Stanbrough | Coaching | **Planning Your Practice to Make a Difference** - This presentation will focus on developing a practice plan that develops the athlete as a total person. Four essential components of a successful practice plan that develops the physical component as well as the social, character and mental aspects will be discussed. 1. Physical and Technical- all coaches coach this part.2. Fun- this is the number one reason athletes participate.3. Developing Positive Character-coaches should pro-actively incorporate this into the daily practice plan. | Room 143 |
| Nathan Burgess | Joint Projects Future Professional, | **JPC Collegiate Challenge** - This session is for future professionals to learn about the revised Joint Project Collegiate Challenge! We will be discussing the new guidelines as well as provide tips for making the most of the JPC Collegiate Challenge. This will be a great opportunity to ask questions and learn from your KAHPERD JPC team and AHA directors! | Room 144 |
| Mark ThompsonSarah Jo HeathVicki Worrell | ALL | **Kansas' Approach to ESSA for Health and Physical Education** - This session will provide an update on the steps taken in Kansas to prepare for how Health and Physical Education will fit into Every Student Succeeds Act (ESSA) beginning in 2017. With health and physical education having been designated as part of a student’s “well-rounded” education, there are expected to be federal funds that Kansas schools may be able to access for addressing health and PE. Many details, including how much funding would be available, are still being determined. Attendees will hear from the school, state, and association levels on the role they can and are playing on determining how ESSA will roll out in for health and PE in Kansas | Room 145 |
| Jade NgMargaret GuerraChris Walker | ExhibitorK-12 | **K-12 QPE using SQAIRs**. Teach fitness, sport skills, standards driven activities along with assessments to keep your students engaged using a square, magical mat. This interactive, fun experience gives instant feedback to enhance creativity and cooperation. Participants will be guided through various activities for teachable moments no matter what grade level you teach. | Gym 120 |
| Brandon WolffShane MitchellAndrew Moore | MS/HS | **Large group and Small-sided games for Secondary PE** (Will be using IHT Spirit Wrist Heart Rate Monitors during this session) - Come play some large group and small sided games! We will be explaining how to play games like Run the Gauntlet and Catapult and more! Plus, try on and use IHT Spirit wrist wearing Heartrate Monitors during this session! We will show how easy it is to use with your students! It will be some heart pumping action! | Gym 101 |
| **1:30-2:20pm** |
| **Presenter(s)** | **Section** | **Title & Description** | **Room** |
|  | Elementary, Middle, Recreation | **“Essentials” of Sport Stacking with Speed Stacks! Stack Up… Stack Down… using the NEW Speed Stacks Sport Stacking Instructor Guide**! - This session features lessons from the NEW Speed Stacks Sport Stacking Instructor Guide. Learn and review the teaching techniques for the sport stacking patterns, 3-3-3, 3-6-3 and Cycle. Experience stacking and movement activities included within the Instructor Guide. First time attendees will receive FREE Instruction materials. | Gym 100 |
| Jackie Hall |
| **Charla Tedder Krahnke** | Secondary | **Badminton Bonanza (Large Groups)** - All National standards and progressions are utilized as we perform Badminton drills/skills/assessments and fitness activities as we integrate large numbers into your program. OPENphysed.org Badminton and Roundnet lessons will be used as well. Physical literacy and technology will be discussed in this session. Follow-up/assistance will be provided after the session. | Gym 120 |
| Nilo RamosKen Murfay | Elementary | **Operation Countdown** - Often elementary physical educators only see their students twice a week for 20-30 minutes. Every second of this instructional time must be used wisely and effectively in order to maintain fitness and enhance skill development. This session will provide instant activities, quick management techniques, motivational tips, and rapid equipment distribution practices that will aid the teacher in making the most of the allotted physical education time. | Gym 120 |
|  | ExhibitorElementary, Middle Education, High School, Health, Coaching, Nutrition | **Fueled Up? Important Nutrition Tips for Young Athletes** - From fueling up with breakfast to refueling after a game, nutritious foods play an important role in a student athlete’s training plan. Learn how to help your student athletes choose healthy proteins, carbohydrates and fats to help them excel in practice, during the game and in-school. | Room 143 |
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| Robyn Stuewe |
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| Dennis Docheff, Meggin DeMoss, Scott Gorman | High School Physical Education, Higher Education, Coaching, Future Professional | **Coaches Who Are Bullies- No More!**Every week one reads of a coach who has inappropriately treated (bullied) his or her student-athletes. School have done much to curtail "student to student" bullying but little is known about "coach to athlete" bullying. This session will: 1) briefly report the findings from a research study involving approximately 1000 athletes from seven states, 2) discuss the impact these coaching behaviors have on athletes, and 3) present implications for coaching and coaching education. This inappropriate behavior has to stop. Attend to learn and share your personal experiences! | Room 145 |
|  | Technology | **The Power of Twitter!** - Learn about the "Power of Twitter" and how it can help you grow your physical education program! We will be sharing the many ways twitter can help take your gym to the next level. We will discuss some must follow physical educators, share some amazing activities, and talk about the numerous resources twitter can make available to you! | Room 146s |
| Nathan Burgess |
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| Jean Drennon | Technology | Rack PE | Dance Studio |
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| **2:30-3:20 pm** |
| **Presenter(s)** | **Section** | **Title & Description** | **Room** |
| Jeff Davis | ExhibitorTechnologyK-12 | **Connect in the Classroom** -See how you can use Garmin Connect in your classroom. You will be shown cases and how Garmin Connect uses groups, setting goals, etc. | Room 146 |
| Candee Stuchlik | High School  | **Bells and Boxing-**Tired of boring old workout routines? Bells and Boxing will show you how to incorporate a fun alternative to the same old grind. This workout will incorporate cardio kickboxing, kettlebells, weights, and more. Come get your fun on! | Gym 101 |
|  | K-12 | **Fowling--We're Not Kidding** - Who would have ever thought that combining two of America's pastimes--football and bowling--would create such a challenging and fun new activity. Don't miss this session--come and give it a try. | Gym 100 |
| Karla Stenzel, Pat Jackson, Demarla Martinez, Tim Coaltrain, Todd Junker |
| Scott Williams | Elementary | **Dudes Don't Dance -** Take part in this action-packed session and walk away with fun and easy to do dances, resources and ideas that will help the body buy in while providing unique ways to pump up your PE program. The music, choreography and strategies are all in place. All you need to do is show up, have a blast, then establish a culture that will provide your students with years of enjoyment through the social interaction of dance?!?!  | Gym 120 |
| Cody Bowers, Ashley Foss, Rick Pappas, Karla Stenzel and Vicki Worrell | Young Professionals | **You are the Future!** - The KAHPERD Future Professional Chair and Chair-Elect will share their experiences of being a KAHPERD and SHAPE America member and how it has helped prepare them for teaching. The KAHPERD Executive Director, Joint Projects Chair, and KAHPERD Future Professional Advisor will also be available to answer any questions students might have in preparing to be a physical education teacher. Snacks and door prizes will be given. This is a “don’t miss” session for college/university students. | Room 144 |
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| Shannon Loveridge | Dance | **Lost teaching dance? Find your way with music mapping** - A little hesitant on how YOU think you will teach dance? Come learn and experience about music mapping, an innovative way on how to help you gain confidence in helping teach your students “movement to music” in your physical education program. | Dance Studio 122 |
| Verneda Edwards | Elementary | **Body plus Mind = Fullness**! Mindfulness and growth mindset are two areas that are getting a great deal of attention in education today. Both theories stress children think internally about how their bodies and minds respond to activities. This presentation was developed to share a curriculum with elementary physical educators that could help children learn to reflect on how they feel in a variety of situations. Teachers will also be given some helpful tips in working with classroom teachers. The elementary physical educator will gain an understanding of how mindfulness and a growth mindset could contribute to a child’s overall physical literacy. Understanding how both theories work together is critical to helping children understand how their body reacts in a variety of situations and how to help control those feelings. A written curriculum, including both physical and cognitive activities, to help develop mindfulness will be shared with participants. The physical educator will be introduced to a written curriculum, using technology, that will support student learning of mindfulness and growth mindset.  | Room 143 |
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| KAHPERD Marketing Committee | ALL | **KAHPERD Camp Fire Chat**- Campfire chats provide the perfect place for sharing, collaborating and learning. This session will provide all of this. During this session you will have a choice of various topics to set around a "campfire" and chat with other professionals. Topic discussions include-all things KAHPERD, Grant Opportunities, Joint Projects, 50 Million Strong, ESSA, Mentor/Mentee Connections, Fitness testing, and more! | Room 145 |
|  |  |  |  |
| **3:30-4:20** |
| Kristin Gilmore | K-8 | **Advanced Sport Stacking with a Focus on Fitness & MVPA-**  | Gym 120 |
|  Randy Jordan,  Steve Sedbrook,  | Health,Higher Education, | **Manufacturing Health, Physical Education, and Athletic Equipment: A Collaborative Approach** - In today's age of shrinking budgets, it is important that teachers and coaches think creatively when it comes to equipment needs. This collaborative session (between the FHSU Departments of Applied Technology and Health and Human Performance) will discuss the importance, benefits, and process for schools manufacturing equipment that can be used in health, physical education, and athletics. Examples of such equipment can include: sit and reach boxes, vertical jump standards, resistance training equipment (benches, racks, etc.), plyometric boxes, field screens, mobility chutes, and watering stations. | Room 145 |
| Rick Hardy | Middle, High, Recreation | **Geocaching Rally** - Think Road Rally on foot. A geocaching rally is a timed activity using GPS to direct participants to the target destinations. Working as individuals or in a two to three person teams, players move on a route from point to point using the GPS on a phone, watch, or GPS unit. Geocaching activities can be set up on school grounds, a greenway, or over multiple parks throughout the city, county, state or nation. In an academic setting, participants can be graded or evaluated using a variety of methods and criteria. A geocaching rally requires a sense of adventure, cooperation for teams, and is fun for all. | Room 144 |
| Rob HefleyJohn OppligerCole Shewmake | Future Professionals | **H-Ball Tourney for the Ages** - This is a competitive tournament activity that involves student majors from the various university and colleges. In less than twenty minutes your team will be taught the fun, competitive game of H-Ball and compete against other university teams to become the KAHPERD H-Ball champions. This will take two sessions to complete the tournament with a one game elimination format. Come join the fun, compete, bond with other majors and enjoy the friendly rival competition! | Gym 101 |
| Christy Hunt  | K-8 | **BLAST-Bicycle education**- Do you wand to start a bicycle education program at your school? We will show you how. BLAST stands for Bicycle Lesson and Safety Training. BLAST is a unique hands-on learning program that allows all students access to bicycle education. The BLAST program focuses on: proper helmet fitting, bike safety check (ABCs), traffic rules and road hazards, as well as skills-based hands-on cycling techniques such as starting, stopping, hand signaling, riding in traffic and scanning for hazards. | Gym 100 |
| Rhonda Holt | Higher Ed - meeting | Higher Ed Share LMAS meeting | Room 144 |
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| **Thursday Evening** |
| 5:30-6:15 | President’s Social and Appreciation AwardsUnrein Building (Formerly the Schenk Building)1344 Fairground RoadHays, KS 67601 |  |
| 6:30-8:30pm | KAHPERD Awards BanquetUnrein Building (Formerly the Schenk Building)1344 Fairground RoadHays, KS 67601 |  |
| 9:00pm – 10:00am | KAHPERD After Party POLKA !Everyone welcome!Unrein Building (Formerly the Schenk Building)1344 Fairground RoadHays, KS 67601 |  |
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| **Friday, November 4, 2016** |
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| **8:30-9:20am** |
| **Presenter(s)** | **Section** | **Title & Description** | **Room** |
|  | K-12s | **LMAKS: Three Trainings, One Goal - More Active Students!** - This session will provide examples of how Kansas teachers have successfully implemented one or more strategies to help their school environments be more physically active. Participants will actively discover unique avenues of reaching administrators and other decision makers to facilitate their buy-in to the importance of physical activity for students and schools. Ideas for helping teachers understand how to integrate physical activity into the classroom setting will be demonstrated. An overview of the success of three types of trainings that are offered to Kansas teachers through the “Let’s Move! Active Kansas Schools” initiative will be shared. | Gym 120 |
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| Mark ThompsonRhonda HoltKelly Wayner |
| Aaron Hart | Secondary | **Growth Mindset in Secondary PE-** Experience outcomes-based teaching strategies and activities that demonstrate and promote growth mindset in your secondary school students. This is an active and fun session that will introduce new skills to test your mindset in order to illustrate the importance of perseverance in the face of individual and cooperative challenges. Key concepts include: grit, purposeful practice, mindset, and positive self-talk. | Gym 100 |
| Beau Bragg | Elementary, Middle, High School, Higher Education, Future Professional, Staff Wellness | **Building a Connected Team (Staff & Students)-** You feel like something is missing in your building or classroom...you feel disconnected from your teammates or students...people around you seem too busy or stressed...or maybe you simply want some ideas to make school fun again. In any case, this session will help you find ways to CONNECT people. We all know physical activity is a great way to engage learners in content, but it is also an important piece in developing relational capacity in your building and classroom. Use the ideas from this session to make a difference in the culture of your building with staff and students alike! | Dance Studio 122 |
| Tiffany DirksRoss Friesen | Secondary | Touch Rugby | Gym 101 |
|  | Middle School Physical Education, High School Physical Education, Coaching | **High school faculty and coach’s awareness of post-concussion return-to-learn policies and guidelines** - The research objectives were to identify high school faculty and coach’s awareness of concussion training, school, district, or governing body (i.e. NFHSA, KSHSAA, or other) policies on concussions, return-to-learn guidelines, and any observations of post-concussion learning difficulties in the classroom. | Room 143 |
| Rich Bomgardner |
| Ali Alyousef | Health | **Physical Activity and Ketogenic Diet to Treat and Control Seizures for Individuals with Epilepsy** - The purpose of this literature review is to evaluate the role of physical activity and diet in treating and controlling seizures for individuals who have epilepsy. This research will examine the effects of exercise on epilepsy, as well as the impact of the ketogenic diet in patients with epilepsy., and finding specific ways to prevent or/and reduce epileptic seizures by using ketogenic diet and exercise. | Room 145 |
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|  | All | **Physical Education has gone to the Dogs-** During this session you will learn why it is important to have a therapy dog in your classroom. How do you get involved in a therapy dog training program or take the time to train your own dog? What are you looking for when selecting a dog for such a profession? This and many other questions will be answered. Please come and meet Remington and hear his story. |  |
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| Lori HegerRemington |
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| John Zody and students | Higher Education, Recreation, Future Professional | **The Olympic Spirit, Turnverein Society, and Germany's impact on Physical Activity** - The roots of American physical education is found in the German Turnverein Society of Fredrik Jahn. You will learn of the impact this movement had not only in the United States, but even today in Germany. Session will explore the experience from both the 1936 and 1972 Olympics hosted in Berlin and Munich; respectively. Discussion will also be conducted on how to organize a Study Abroad program for your students. | Room 144 |
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| **9:30-10:20am** |
| **Presenter(s)** | **Section** | **Title & Description** | **Room** |
| Greg Kandt, John Zody, Steve Sedbrook, Frank Owens, Ben Santos | Health | **Is Obesity a Disease: Implications for Health and Physical Educators**- The presentation will clarify he history and rationale of classifying obesity as a disease.; discuss potential implications for health and physical education; and analyze new tools for measuring body composition using measurement apps, ultrasound, and calculated indexes such as A Body Shape Index (ABSI). | Room 146 |
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| Sandra OrtizMathew Dunkin | Adaptive, Elementary, Middle,  | **Keep Calm and Follow these S. T. E. P. S** - Keep Calm and Follow these S. T. E. P. S will allow educators to share ideas related to Students, Tasks, Equipment, Personnel, and Safety. Concepts will encourage learning for ALL students including those that are Athletic with Behaviors (AB's), Athletically Challenged (AC's), and/or Athletically Deficient (AD's). This session will address Shape America's Appropriate Practices. | Room 144 |
|  Steve Sedbrook, FHSU Students (current & former), and USD 489 (Hays) Teachers and Coaches | Middle, High School, Coaching, Future Professional | **Developing Teaching and Coaching Skills (and a Resume) for Future Professionals: A Panel Discussion** - Ultimately, the result of college is to get a job! Therefore, prepare yourself along the way. The purpose of this panel discussion (including future professionals, current teachers and coaches) is to provide suggestions for developing pedagogical skills while enhancing one's resume. The panel will provide recommendations, as well as personal experiences, in regard to preparing for one's first job (both teaching and coaching). The importance of having a professional plan with diverse experiences, such as, volunteering, networking, and working with a variety of age groups will be discussed.  | Room 145 |
|  Helen MilesDuane Shephard | High Ed | **A Biomechanical Approach to Motor Programming in Competitive Shotgun Sports.-** Presentation of a biomechanical analysis of selected shotgun shooting skills necessary for intercollegiate competition and discussion of sensory-motor skills essential to success. The application of computer guided assessment for improvement of visual targeting using the Dry Fire U.S.A. target simulators as a part of the training process leading to greater success will be also be discussed. Question and answer time will be allowed at the end of the session. | Room 143 |
| Andrea Zody, Students and Para educators of USD 489John Zody | Adaptive | **Making STRIDES with Mighty Milers** - Mighty Milers is a running program for students including those with differing levels of ability. It is designed to get children and teens moving to help prevent obesity and illness along with promoting self-esteem and goal setting. This particular session will demonstrate how the Mighty Milers program has been adapted for students with special needs. Students will share how they participate in the Mighty Milers program while incorporating the use of brain, flexibility and strength activities. | Dance Studio 122  |
| **Scott Williams** | Elementary | **PhysEd Faves: Minds BLOWN in 50 Minutes!** - Join in this fast-paced session and learn tried and true activities for students in both elementary and secondary! Agility drills, dances, apps, management techniques, fun authentic assessments, awesome equipment, pop culture activities and more will be shared in this whirlwind session. Come have a blast while filling up your physed grab bag! | Gym 120 |
| Shannon Loveridge | K-12, Higher Education, Health, Future Professional, Wellness | **Everyone to the starting line: Don't forget the adults!** - Participants will be exposed to the importance of having staff wellness programs in schools. Current data and research will be given to participants to be used as an advocacy tool to include health and wellness into his or her working environments. Participants will engage in a modified staff wellness program: The Amazing Race, which was created and designed to facilitate a healthy, collaborative working environment utilizing communication, physical activity and healthy habits. Participants will leave this session with access to all the documents needed to implement this program into his or her schools. | Gym 101 |
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| Scott GormanJason Busche | Secondary | **Archery s- It's More Than Bows & Arrows!** - Archery s will briefly cover the National Archery in Schools Program philosophy, curriculum and educational goals & objectives. target archery equipment, range set-up, safety, and shooting technique will be presented. Participants will have the opportunity to shoot 1-2 competitive ends and determine their personal skill level! | Gym 121 |
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| **10:30-11:20am** |
| **Presenter(s)** | **Section** | **Title & Description** | **Room** |
|  | Secondary/Assessments | **Sport Education: A Teaching Model That Never Grows Old -** Would you like to be able to improve class behavior and attendance, make students responsible for their own learning, and add peer, self and teacher assessments to your curriculum? The Sport Education model can do this as well as include all National Standards. Activities will be used to show these assessments and Sport Education in action. Follow up on the workshop with Sport Education Seasons and personal assistance. Use this model immediately in fitness, lifetime or team activities grades 5-12. | Gym 101 |
| **Charla Tedder Krahnke** |
|  | Elementary | **No We Are Not Playing Dodgeball Integrated Games for K – 5 Physical Education** - This activity session will focus on integrated warm-ups, and games that will infuse and reinforce what students are learning in the classroom with what they are learning in physical education. We will be up and moving, reading, counting, adding, subtracting, spelling and having fun. Come to find out how to use cooperation and teamwork to bring the classroom and gym together. | Gym 120 |
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| Mike Bohannon |
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| Scott GormanJason BuscheMike Carper | Middle, High, Higher Education, Recreation, Future Professional | **3D Archery & Bowhunting Basics-** This session will expand upon the archery basics taught during a National Archery in Schools Program (NASP) session. We will add information found in a traditional KDWP bow hunting education program. Basic hunting equipment such as compound and crossbows, specialized arrows, points, knocks, scents, camo, rangefinders, etc. will be presented. Participants will have the unique opportunity to try their hand at shooting 3D targets. The lead instructor has over 25 years’ experience teaching bow hunting safety and skills at KDWP Hunter Education programs. | Gym 121 |
| Brandon WolffAndrew Moore | K-12 | **Fitness Test Scores- "Now what**?" - In this session, we will discuss in detail on how we made fitness scores meaningful to our students. By creating an end of the year celebration called the Bull Rush, which is a 5K obstacle course. We will discuss how we used goal setting and fitness testing to allow students to qualify to run. With a step by step process, we hope to help you create something special for your school community! | Room 143 |
|  | Elementary | **Field Day Fun** - Dozens of activities will be provided for your elementary students. Whether your students are working individually, in small groups, large groups, inside, outside, vigorous activity, or craft-based, there will be something for everyone. Prepare to take away some creative ideas for your next fun Field Day. | Room 145 |
| Marlys Gwaltney |
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| Bryan Minnich, Brandi Calihan, and Rhonda Bird | Adaptive Physical Education, Higher Education,  | **Experiential Learning to the Max**. - Do you want to engage your students in a way that will change their lives forever? If you do, then attend this session. You will discover a unique way for your students to get the most out of an Adapted Sport, Physical Education, and recreational course. The service learning project, integrates meaningful community service with instruction and reflection to enrich the learning experience, teach civic responsibility, and help strengthen communities. | Room 146 |
| Sarah BallRick HardyCole ShewmakeJohn Oppliger | AdvocacyFuture Professional, Future & Young Professionals | **Move & Shake your Profession through Volunteerism** - The best form of advocacy is demonstrated, observable involvement by professionals. The best form of involvement is volunteerism. This session will familiarize future and young professionals, from the education, recreation and dance fields, with ways to serve in their professions. An introduction to new events and endeavors, in addition to traditional acts of service, will be presented in order to promote their respective associations and professions. | Room 144 |
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| **11:30 – 12:00pm** |
| Closing Ceremonies- **FAMILY FEUD** with Reggie from H3TV as HostDoor Prizes- Tablet, PE Equipment, and More | Gym 100 |
| **12:10-1:00 pm** |
| Post-Convention KAHPERD Board Meeting All current & NEW Board members should plan to attend this meeting! | Room 145 |
| **Thank you** **KAHPERD MOVERS, SHAKERS, ACTIVE PHYSICAL EDUCATORS** **for attending. Please fill out surveys for sessions you attended.****See you next year in Topeka, October 26-28, 2017!** |  |